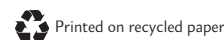




Becoming smoke-free is the most important step you can take towards good health for you and your family.

By reading this brochure you are already taking the first step towards becoming smoke-free and reclaiming your life.

Stopping smoking means not only overcoming the physical dependency to nicotine but also dealing with the psychological dependency and making changes in behaviour—we can help you through this challenge.



Information and support for people who want to
STOP SMOKING

Get your
life back

Reclaim the energy you had before you started smoking! You'll be healthier, feel good about yourself, save money and protect those close to you.





WHY QUIT?

The benefits of becoming smoke-free start right away!

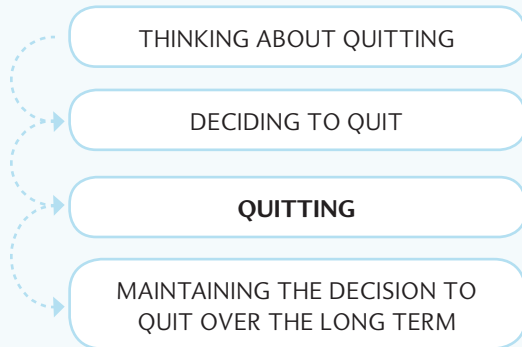
THE RISK OF DEVELOPING HEART DISEASE, CANCER AND BREATHING PROBLEMS DECREASES IMMEDIATELY.

WITHIN 72 HOURS, LUNG CAPACITY INCREASES AND BREATHING BECOMES EASIER.

WITHIN ONE YEAR, THE RISK OF HAVING A HEART ATTACK IS CUT IN HALF.

WITHIN 10 YEARS, THE RISK OF DYING FROM LUNG CANCER IS CUT IN HALF.

BECOMING SMOKE-FREE IS A PROCESS THAT NORMALLY INVOLVES SEVERAL STAGES:



GROUP EDUCATION, TREATMENT AND SUPPORT

We have a program that is designed for people who want help in planning how to stop smoking. The sessions are held once a week for six weeks. Each session lasts an hour and a half.

- ✓ Learn about nicotine addiction and understand why you smoke.
- ✓ Discuss your worries about quitting.
- ✓ Develop strategies for dealing with cravings and learn how to cope with nicotine withdrawal symptoms.
- ✓ Understand the importance of coping with stress and the role of healthy eating and physical activity in your quit plan.
- ✓ Learn about Nicotine Replacement Therapies and prescription medications to help you quit.
- ✓ Find support from other group members.

TAKE THE ‘I’ OUT OF QUITTING WITH GROUP SUPPORT

“The support of the group and the dialogue makes the difference.”

FORMER PARTICIPANT FROM GLACE BAY

“Trading stories was really helpful... you think you’re the only one but you’re not.”

FORMER PARTICIPANT FROM WHITNEY PIER

“I wouldn’t have been able to do it without the group.”

FORMER PARTICIPANT FROM NEW WATERFORD

“The group setting was very helpful.”

FORMER PARTICIPANT FROM GLACE BAY

“We all felt comfortable with each other (in the group) to discuss our issues and challenges as the facilitator set the tone to make that happen.”

FORMER PARTICIPANT FROM SYDNEY

“The facilitator’s encouragement was tremendous.”

FORMER PARTICIPANT FROM GLACE BAY

“My family doctor really encouraged me to be part of this group program”

FORMER PARTICIPANT FROM WHITNEY PIER

Did you know that people who participate in group counseling for their nicotine addiction greatly increase their chances of success.

