

Introducing the ★★NEW★★ Tobacco Free Support Group

- The first group is scheduled for Friday, September 28th from 1:00 to 2:15 pm.
- It will meet monthly on the 4th Friday of each month.
- It will be held in Bldg 40, Room 117.

This free support group is open to all current and prior tobacco users desiring to become or continue to be tobacco free.

The purpose of this group is to provide Veterans, Spouses, Employees, and Volunteers with:

- Encouragement
- Increase self-confidence
- Manage withdrawal symptoms and cravings
- Develop relapse prevention and coping skills
- Enhance a tobacco-free life style
- Education about nicotine addiction and recovery

Please call 509.434.7050 to get a spot in this group.

Here is some information about our other Quit Tobacco programs:

Quit Tobacco Medication Clinic

This clinic is designed for those who *only* want medications or nicotine replacement therapy to aide them in smoking cessation. Please call 509.434.7619

Quit Tobacco Classes

This a series of two classes during which the Veteran will have the option of being prescribed medications or nicotine replacement therapy. Classes are held the first and second Wednesdays at 9am or the third and fourth Fridays at 1pm. Please call 509.434.7652

