

# NICOTINE ADDICTION TREATMENT



## QUITTING IS THE BEST THING YOU CAN DO TO IMPROVE YOUR LIFE AND HEALTH

Annapolis Valley Health offers group counselling for people who are interested in quitting or cutting back on their use of tobacco. This includes cigarettes, cigars, chewing tobacco and pipe tobacco. This is a free program that is on-going and open, which means that anyone can join at any time. No pre-registration is required.

During the group sessions, people are given opportunities to share concerns, successes, ask questions and gain support from others. Some topics discussed are: dealing with cravings, stress, withdrawal and different quitting strategies including information about other stop-smoking aids.

If you feel this program is for you please feel free to attend a group session for more information. Weekly group times and locations are as follows:

### Annapolis Royal

Annapolis Community Health Centre  
Education Room, Mon 12 pm\*

### Middleton

Soldiers Memorial Hospital  
Multi-Purpose Room, Tues 6 pm\*

### Berwick

Town Hall  
Multi-Purpose Room, Wed 9:30 am\*

### Kentville

Valley Regional Hospital  
Classrooms A&B, Wed 6 pm\*

### Wolfville

Eastern Kings Memorial  
Community Health Centre  
Corner Group Room, Thurs 3:30 pm\*

\*Group times and locations are subject to change. Please contact Addiction Services for more information.

All services are covered by MSI (NS Health); Please remember to bring your card.

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## IT'S NEVER TOO LATE TO QUIT!

Talk to your doctor about quitting or cutting back on your tobacco use. Research shows that programs which include the following will increase your chances of quitting or cutting back:

- » Support and counselling
- » Skills training
- » Nicotine replacement and/or medications

Over 70% of our clients report using tobacco less, or not at all, after getting support.

### TIPS...

- » Thinking of yourself as tobacco-free is key to becoming tobacco-free
- » Consider making your home and car 100% tobacco-free
- » Make a list of pros and cons for quitting or cutting back
- » Tell people about your plan to quit or cut back
- » Start exercising regularly (even a little goes a long way)
- » Drink water everyday, deep breathe, delay use and distract yourself
- » No matter how many times you have tried... you can quit! Celebrate your successes!

### Other Resources

Smoker's Helpline  
Phone toll free and confidential  
1-877-513-5333

[www.ns.lung.ca](http://www.ns.lung.ca)  
[www.gosmokefree.ca](http://www.gosmokefree.ca)  
[www.cancer.ca](http://www.cancer.ca)

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