

QUIT
FOR GOOD



QUIT
FOR LIFE

FREQUENTLY ASKED QUESTIONS

WHERE ARE THE CLASSES HELD?

The classes are held in the Shasta Community Health Center conference room.

WHEN ARE THE CLASSES HELD?

Group sessions are held on Mondays from 10:00 to 12:00 and
Individual sessions are held on Tuesdays from 11:00 to 12:00.

HOW MANY SESSIONS ARE AVAILABLE?

The program consists of eight two hour sessions, or you can come when you like, open enrollment for those who cannot make it consistently. The one hour sessions are for those who need one on one encouragement and support.

HOW MUCH DOES IT COST?

The program is **FREE**, but you must register to attend.

CAN I BRING A FAMILY MEMBER?

Yes, family members who want to learn how to quit all forms of tobacco are welcome.

WHAT WILL I LEARN?

This program provides in depth information about all forms of tobacco abuse, practical counseling, problem solving skills, and social support.

Utilizing motivational interviewing, behavior modification, group support and education, participants learn to understand the physical, psychological and behavioral impact of tobacco addiction.

Participants are taught to assess the level of their addiction to tobacco and assist in developing a plan for quitting. Weekly challenges are given to provide an opportunity to quit tobacco at their own pace. Participants are given tools to quit and stay quit.

HOW CAN I REGISTER?

Fill out and turn in the registration form.

WHO CAN I CONTACT IF I HAVE MORE QUESTIONS?

Rick Crowley: Program Facilitator—530-406-9678

Theresa Blanco: Patient Educator—530-246-5806