

Tobacco Cessation Course Schedule



During this five-week tobacco cessation program we will focus on a number of tools to help you quit tobacco for good. Here is a brief breakdown for each week's session.

Session 1

- Introduction
- Paperwork
- Carbon monoxide screening
- Are you ready to quit?
- Pack tracker
- Practice breaking routines

Session 2

- Tracking smoking
- What is in tobacco
- Why do you smoke
- Decision making goals
- Discussion

Session 3

- Goals from previous week
- Decision making goals
- Nicotine replacement therapy
- Triggers and rewards
- Setting a quit date and making a quit plan
- Discussion

Session 4

- Goals from previous week
- Decision making goals
- Symptoms of recovery
- Stress management
- Quit plan
- Discussion

Session 5

- Goals from previous week
- Overcoming a slip or relapse
- Relapse prevention
- Carbon monoxide screening
- Celebration and advice