

Group Program Outline – Commit to Quit (C2Q)

At the end of the sessions, participants will have reviewed:

Session 1:

- Benefits of quitting smoking or vaping
- Difference between commercial tobacco use and traditional use in Aboriginal cultures
- Tobacco addiction
 - Process of addiction, process of quitting
 - Decisional balance - reasons to smoke, reasons to quit
- Cigarette tracking
- Homework

Session 2:

- Smoking Cessation Medications
 - How to use them
 - Why they may help
- Vaping to quit
- Quitting considerations - alcohol, cannabis & caffeine
- Homework

Session 3:

- Reconnecting with motivations
- Managing triggers
- SMART goals
 - How to use them
 - Why they may help
- Homework

Session 4:

- Problem solving, trigger to management
- Nicotine withdrawal
- Caring for yourself
 - Social support
 - Physical activity
 - Stress management
 - Anxiety & depression resources
- Homework

Session 5:

- Dealing with temptation and high-risk situations
- “Slips” versus relapse, relapse warning signs
- Rewarding yourself
- Medication use going forward

- Barriers and problem solving