

Group Program Outline – Packing It In: Creating A Plan to Quit Smoking

(Single Session – 90 minutes)

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

1. Benefits of Quitting
 - Health
 - Social
 - Cost
2. Why people smoke
3. Using the 3 Aspects of quitting to quit and stay quit
 - Physical
 - Environmental
 - Social-Emotional
4. Developing a Quit Plan
5. Resources