



Tobacco Cessation Support Group

✓ All sessions at Panther Valley Elementary School

For more information call 570-645-1966

What is the Support Group?

The Group is for patients and families or friends that want to quit using tobacco products. The group meets to socialize and learn to deal with problems related to the tobacco cessation by emphasizing what can be done rather than what can't be done. The group may give new hope and insight to those involved.

Who can join?

The group is open to all interested people

What are the goals of the Support Group?

Education:

- ✓ Learn about creating a quit plan.
- ✓ Increase self-help, problem-solving and prevention measures
- ✓ Provide a resource group to patients and their families
- ✓ Provide encouragement regarding mutual problems and accomplishments

Socialization:

- ✓ It is hard to quit smoking if you are acting alone. Smokers have a better chance of quitting with a support program