

## How to get involved?

If you or someone you know is interested in this program, ask your family doctor or nurse practitioner to be referred to the Smoking Cessation Clinic.

Nothing is impossible.

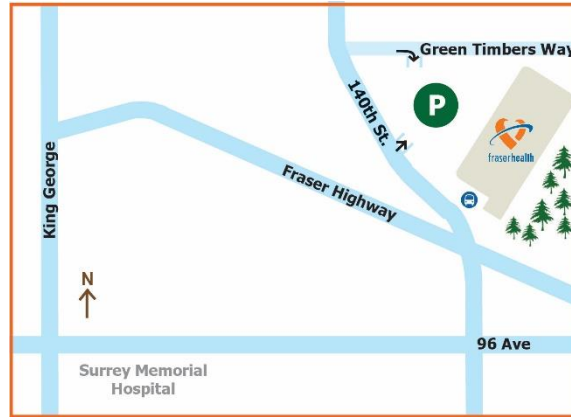
The word itself says:

**I'm Possible**

Audrey Hepburn

## Lung Diagnostics & Lung Health

Jim Pattison Outpatient Care and Surgery Centre  
1C – 9750 140 Street, Surrey



## Smoking Cessation Clinic

Jim Pattison  
Outpatient Care and Surgery Centre



CCO 1.0/PublicDomainPictures/Pixabay.com

We look forward to  
being a part of  
your smoke-free journey.

**QUIT  
TOBACCO  
FOR LIFE**

Cancer Patients Aids Association – used with permission

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #266088 (May 2019)  
To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

Lung Diagnostics & Lung Health  
Telephone: 604-582-4565  
Fax: 604-582-3744

 **fraserhealth**

# Smoking Cessation Clinic

## What is it?

The Smoking Cessation Clinic is a **Free** program that guides people to become smoke-free through education, behavioral support, and counselling.

The program runs over a 10-week period. It includes 4 group sessions and 1 follow-up phone call.

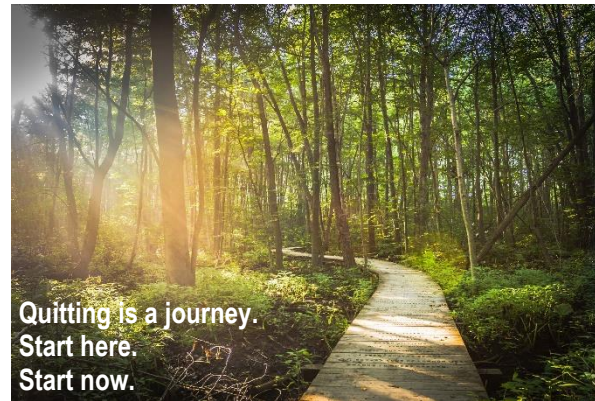
Our tobacco cessation educators lead the program. Our goal is to empower people who are motivated to take control of their health and becoming smoke-free.

The group sessions are held in the evenings at the Jim Pattison Outpatient Care and Surgery Centre in Surrey.



Jim Pattison Outpatient Care and Surgery Centre

We recognize that each person has different needs, motivators, and preferences. To help each person make their 'quit' goals and a plan to meet their goals, we meet each person to talk about their wishes and the support they might need on their journey.



## Why go smoke-free?

There are many benefits to becoming smoke-free:

- ✓ Stay healthier.
- ✓ Feel and look better.
- ✓ Feel a sense of pride and confidence for achieving something so challenging.
- ✓ Lessen the risks to the health of those around you, like family and friends.
- ✓ Tobacco no longer controls your life.

## What can you expect?

### Group Session Topics:

- Supports and resources used to help treat nicotine addiction (quit-aids and behavioral support)
- How to make a personal goal and quit smoking strategy
- How to quitting smoking without gaining weight
- Ways to adjust your sleep when quitting smoking
- Relationship between alcohol and smoking
- Benefits of physical activity and exercise
- Stress management and mental health
- Ways to prevent 'slips' and relapses when going smoke-free

### Telephone Follow-Up Call

We offer everyone various resources and community services that support people going and staying smoke-free.