

EOHU  
Eastern Ontario  
Health Unit



BSEO  
Bureau de santé  
de l'est de l'Ontario

Planning to  
Quit Smoking?



Quit Smoking Services

The Eastern Ontario  
Health Unit has many resources  
to make your quit attempt **SUCCESSFUL!**



[www.eohu.ca](http://www.eohu.ca)  
Your health... our priority

[www.bseo.ca](http://www.bseo.ca)  
Votre santé... notre priorité

# Quit Smoking Support Group

If you're looking to quit smoking, but think you need a little extra help, this program is for you. The Eastern Ontario Health Unit offers a six-session workshop that runs for four weeks and focuses on group therapy and support. You'll be able to share your experiences with other smokers who are attempting to quit and learn from our knowledgeable staff.



## Over the four weeks, you'll:

- design your own quit plan,
- learn coping strategies to overcome cravings,
- gain techniques to deal with withdrawals,
- adjust to life as a non-smoker.



## Quit Smoking Online

This program is for those who want to quit on their own, but could use a few extra resources. The Quit Smoking Online program provides tips and guidance while it takes you step by step through the quitting process. It also provides downloadable information on topics such as: coping with cravings, relaxation techniques and designing your own quit plan. Quit on your own time! Visit:

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

## Brief One on One Counseling

Meeting with a highly trained member of our tobacco team could be just the thing you need to get started on quitting smoking. They'll take the time to learn your individual habits and provide you with tools and resources to get you off to the right start. Staff members from the Eastern Ontario Health Unit will also be available by phone if you need some help after your first appointment.

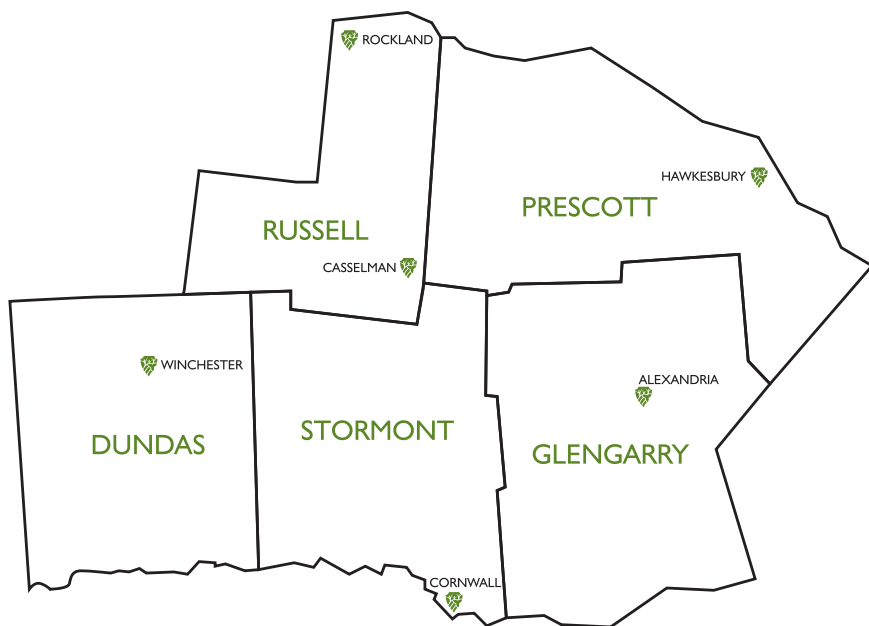


# Strategies to Quit Smoking

## A one-hour presentation is now available!

An informative presentation could be quite useful if you plan to quit smoking. The Eastern Ontario Health Unit offers a one-hour presentation on:

- tobacco products,
- benefits of quitting,
- tools to help you quit,
- elements of a quit plan,
- how to deal with a relapse.



Quit Smoking Services are offered at all of our offices.  
For more information, call the Eastern Ontario Health Unit at

**613-933-1375 • 1 800 267-7120**

and ask for the Health Line.

You can also visit our website at [www.eohu.ca](http://www.eohu.ca).