

Group Schedule & Locations

Annapolis

Monday's 12:00-1:00 p.m.
Boardroom at Annapolis Community
Health Centre

Middleton

Tuesday's 6:00-7:00 & 7:30-8:30 p.m.
Addictions Services at Soldiers
Memorial Hospital

Berwick

Wednesday's 9:30-10:30 a.m.
Addiction Services (2nd floor) at
Western Kings Memorial Health
Centre

Kentville

Wednesday's 6:00-7:00 & 7:30-8:30
p.m. Classrooms A&B at Valley
Regional Hospital

Wolfville

Thursday's 3:30-4:30 p.m.
Addictions Group Room at Eastern
Kings Memorial Health Centre

* Also provide nicotine addiction
treatment for students in most
Annapolis Valley High Schools.



Kris Garby

Community Health Worker
(Nicotine Addiction Treatment)
Annapolis Valley Health
Coldbrook, Nova Scotia
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Phone: (902) 365-1715

**Middleton Addiction Services
(902) 825-6828**



NICOTINE ADDICTION TREATMENT

**Now provided by
Addiction Services**



**DO YOU SMOKE CIGARETTES,
CIGARS, PIPES OR CHEW
TOBACCO?**

**THINKING ABOUT QUITTING
OR CUTTING BACK?**



What is the nicotine addiction treatment program?

Addiction Services now offers group counseling for individuals who are interested in quitting or cutting back on their use of tobacco. This free program is an on-going open group style. Which means that anyone in the Annapolis Valley can join at any time. No pre-registration required.

During the group sessions individuals are given an opportunity to share concerns, successes, ask questions and gain support from other people. Some topics that are discussed in the program include how to cope with cravings, stress management, withdrawal management and much more.

If you feel this program is for you please do not hesitate to attend a group session for more information or contact Addiction Services.

Tips to help you quit or cut back on your use of tobacco

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- ◆ Make your house 100% smoke-free
 - ◆ Drink water everyday.
 - ◆ Start exercising regularly
 - ◆ Talk to your doctor about quitting or cutting back on tobacco
 - ◆ Make a list of pros and cons for quitting or cutting back
 - ◆ Tell everybody that you are quitting or cutting back
 - ◆ Get your teeth, house, clothes, and car cleaned
 - ◆ Develop a list of nicotine free activities that you can do to fill up your free time.
 - ◆ Delay your nicotine use each day, distract yourself, deep breathe.
 - ◆ Get a supportive buddy.



Did you know?

- ? After not smoking for 2 days you will have a better sense of taste and smell.
- ? Nicotine withdrawal typically lasts three weeks.
- ? Quitting reduces the chances of getting lung cancer. It's never too late to quit.
- ? There are more non-smokers than smokers in Nova Scotia.
- ? Smoking kills 1650 Nova Scotians each year.
- ? Chewing tobacco and cigars are just as harmful as cigarettes.
- ? A pack a day smoker spends approximately \$3640/year on cigarettes.
- ? How much do you spend?

Cost of cigarettes/day x 365 days

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Annual cost of smoking