

# Tobacco Recovery

at

## Jefferson Center



If you are interested in greatly increasing your health, wellness and quality of life by cutting back or quitting your use of tobacco, Jefferson Center for Mental Health has a number of options you can choose from.

### **Peer Support Groups**

A community of support can be of tremendous benefit to your tobacco recovery. Peer to Peer Groups are held at the Cedar office.

- *Mondays, 9-10 AM, beginning September 20 and running weekly*
- *Thursdays, 9-10 AM, meeting every week.*

### **Tobacco Recovery Workshops**

Get the basics about quitting tobacco, learn skills to succeed and create a plan for moving forward in these one-time, three hour workshops.

- *West Colfax office, 1-4 PM: Oct. 6, Nov. 3, and Dec. 1*
- *Independence office, 1-4 PM: Oct. 20, Nov 17, and Dec 15*

### **Personalized Tobacco Recovery Coaching**

If you attend a tobacco recovery workshop and would like ongoing support, you can enroll in Tobacco Recovery Coaching. In order to access this service, please contact Nathan Gates, MA, LPC: 303.423.2302

### **Nicotine Replacement and Pharmacotherapy**

There are a number of ways to receive nicotine replacement therapy, such as the patch or nicotine gum, or pharmacotherapy, such as Chantix or Zyban, at low to no cost. Please ask your Jefferson Center provider for more information.

