

Commit to Quit! Group Program

Thinking about quitting? Not sure where to start?

Join others in their quit journey in our **free** Commit to Quit! group program, led by our expert team of certified tobacco counselors.

Curriculum is based on four pillars – Awareness, Support, Planning and Goals.

The six-session, weekly program is offered virtually. Internet access is required.



Learn More:



No referral needed. Anyone can register.

Questions?

Call our team at (585) 602-0720 or email us at

healthy_living@urmc.rochester.edu.

Session topics include:

Session 1: Why Quit Now?

Session 2: Pharmacotherapy

Session 3: Triggers, Behavior Change, and Habit

Session 4: Stress Reduction and Social Supports

Session 5: Developing a Quit Plan

Session 6: Relapse Prevention and Staying the Course

The program is flexible – you can choose which sessions you want to attend. Come for one or come for all of the sessions.

No Internet access? Check with your local library to see if they have a computer available for you to use for telehealth appointments.