




Community Hospital of the Monterey Peninsula®



Are you or is someone you love a smoker? Are you thinking of quitting?

A close-up photograph of two hands with manicured nails, one holding a lit cigarette and the other holding a broken cigarette, symbolizing quitting smoking.

Research shows that combining group support, individual counseling, and medication increases chances of success.

Community Hospital now provides a comprehensive program to help kick nicotine addiction.

WE OFFER:

Introductory 30-minute session

Meet with a smoking cessation counselor to review how nicotine affects the body and mind, symptoms of withdrawal, the benefits of quitting, new medications and treatment, and assess your readiness to quit. *No charge. Call for appointment.*

Individual counseling

Partner with a smoking cessation counselor for a comprehensive assessment, including the need for nicotine replacement or prescription medications. Individual appointments include a review of medications, setting action steps, and learning to manage urges and change behavior. *Call for appointment.*

Weekly support group

An opportunity to share practical ideas, manage challenges, and share successes. Every Wednesday, 7–8 p.m. Hartnell Professional Center conference room. *No charge. No registration required.*

To learn more, please call 883-5660.