




FREE ONLINE C3I TOBACCO CESSATION SUPPORT GROUPS


LEARNING, SHARING, CARING

Current quitters and ex-smokers are welcome! Come and learn strategies to overcome withdrawal symptoms and to break habits that link to and trigger tobacco use.

Tobacco cessation support groups help you to identify the mental, physical and social aspects of tobacco use. Participants are six times more likely to be tobacco-free one year later than those who quit on their own. Also, statistics have shown that up to 60% of tobacco users have quit by the end of the program.

English-speaking support groups:

 **EVERY MONDAY AT 3 P.M.**
Via Zoom: **CityofHope.zoom.us**
Meeting ID: 95674191143
Password: 040510

 **EVERY TUESDAY AT 6 P.M.**
Via Zoom: **CityofHope.zoom.us**
Meeting ID: 97570111353
Password: 91010

For more information, please visit [CityofHope.org/smokingcessation](https://www.cityofhope.org/smokingcessation). To R.S.V.P., call **(626) 218-9410** or **(661) 405-4344**, or email smokingcessation@coh.org.