



# Smoking Cessation Group

## Group Information

- **Day:**  
Mondays
- **Time:**  
5pm – 6pm
- **Age:**  
Adults (18 older)
- **Clinic:**  
Woodbury Office
- **Group Length:**  
6 weeks

### **Facilitator:**

Teresa (Terry) Winston,  
MA, TTS, BCS, LPCC

## About the Group

This group is designed to be a 6 week closed group that aims to provide individuals with an environment that is supportive of their smoking cessation goals. It will offer a setting for members to share concerns and develop self-awareness through self-disclosure and feedback.

### **Advantages of group include:**

- \* Opportunity to learn coping techniques from peers as well as additional challenges others face.
- \* Increase willingness to address concerns that may appear “shameful” or different.
- \* An opportunity to learn from the diversity of other group members.
- \* To have a supportive environment while making personal change in daily habits.