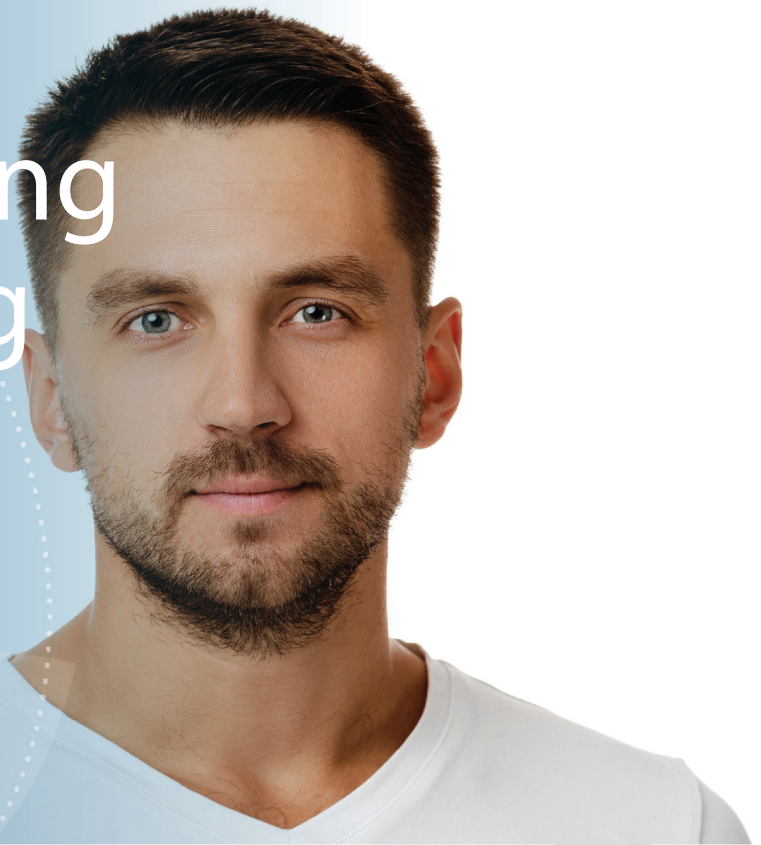


Are you thinking about Quitting Smoking?



Great News: Smoking Cessation can now be part of your treatment at CHR! Using evidence-based practices, we can work with you to develop a plan to help you quit for good, recover from tobacco and nicotine use and improve your physical and mental health.

“Healthy Living” Groups are starting soon and will be available in-person and through Star Leaf.

Manchester Adult Outpatient: Wednesdays, 2:00 – 3:00 p.m., starting Dec. 2nd

Why join the Healthy Living Group?

- Live a new and healthy lifestyle
- Build your support team
- Find alternatives to smoking and learn healthy coping skills
- Minimize withdrawal symptoms
- You'll be surrounded by people in the same boat as you, who are trying to quit
- Develop a personal quit plan
- Clarify your reasons to quit
- Practice changing behaviors

Smoking is the number-one killer among adults with a mental illness or substance use disorder but recovery is possible!

You don't have to be ready to quit to start the conversation.

**Call Peggy Winsman, LCSW ,
Wellness Coordinator at 1.860.835.7313!**

