

# Sample Schedule

## Time-limited Tobacco Treatment Group

### Session One

Introduction  
Filling out forms  
The decisional balance: acknowledging ambivalence  
What's a pack wrap?  
Introduction to medications

### Session Two

Review pack-wraps  
A review of available medications (Nicotine Replacement Therapy, Zyban and Chantix)  
Setting a quit date

### Session Three

Making a plan of action  
Goal-setting  
Learning from past quit attempts – group discussion  
Gearing up for the quit attempt

### Session Four

Group check in: what's working, what's not working?  
Stress management

### Session Five

Relapse Prevention  
Honoring our efforts  
The next step  
Evaluation

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MaineHealth  
Center for Tobacco  
Independence