

# 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