

DO YOU WANT TO

Quit Smoking CIGARETTES?

The **STOP program** delivers research-based, cost-free smoking cessation workshops in local communities.

Eligible participants will:

- Attend an **educational session**
- Receive a five-week course of **nicotine patches**

Workshops will be held on:

July 27 - Dunnville 2:00, 4:00 and 6:00 p.m.

July 28 - Caledonia 2:00, 4:00 and 6:00 p.m.

July 29 - Simcoe 2:00, 4:00 and 6:00 p.m.

To learn more, see if you qualify, and to register, contact:

Eric Robertson 519.426.6170 Ext. 3804 OR 905.318.5367 Ext. 310

**Confidentiality assured.*



For more detailed information on the STOP program, please call 416-535-8501 x4455 or email stop.study@camh.ca. CAMH is a research and teaching hospital fully affiliated with the University of Toronto and is a Pan American Health Organization/World Health Organization Collaborating Centre. For information on other CAMH treatment programs and services, visit www.camh.ca or call 416-535-8501 (1-800-463-6273).