

Leave the Pack Behind: Tools to Quit Smoking

Smoking Cessation Initial Session - Homework Page

1. Attempt to identify three triggers. What makes you smoke? Why do you smoke?
2. What are you going to do instead of smoking? Think of some distraction techniques.
3. Where do you plan to spend the money that you will save from not smoking?
4. Create rules to make smoking inconvenient.
5. Do you have a quit date in mind?
6. Do you think you need help with this quit? Assistance can include medications to keep you comfortable and make cigarettes less enjoyable.

If you answered yes, please contact your community pharmacist OR if you are a patient of the Thames Valley Family Health Team, please contact the Team Administrator at your site to schedule a 1:1 appointment with a practitioner. See contact information below.

SITE	PHONE NUMBER
Byron Family Medical Centre	519-685-8500 ext. 71263
Elgin Community Health Hub	519-473-0530 ext. 2258
Elmwood Family Health Organization	519-286-2960 ext. 2187
Forest City Family Health Organization (450 Central Ave.)	519-434-2944 ext. 2212
Middlesex Centre Family Medicine Clinic (Ilderton)	519-666-1610 ext. 219
Old South Family Health Organization	519-433-3180 ext. 2150
Southwest Middlesex Health Centre (Mt. Brydges)	519-473-0530 ext. 2191
St. Joseph's Family Medical Centre & Oxford Medical Group	519-646-6000 ext. 67236
Strathroy Medical Clinic/Caradoc St.	226-726-8440 ext. 2183
Victoria Family Medical Centre	519-685-8500 ext. 71263
West London Family Health Centre	519-286-2962 ext. 2236
West Middlesex Health Centre	519-473-0530 ext. 2191
Westmount Family Physicians	226-272-0272 ext. 126
Windemere Family Medical Centre	519-631-5670 ext. 2285
Woodstock - Dundas Street East	519-537-6701 ext. 2167