



Fresh Start Quit Smoking Course

For more information contact Cancer Council ACT on 6257 9999 or tobaccocontrol@actcancer.org.

Who should attend a Fresh Start course?

People who are interested in quitting smoking

What will a Fresh Start course cover?

- The course is designed to enable participants to develop an understanding of the role smoking plays in their lives and develop strategies to replace smoking and manage cravings and withdrawal symptoms.

The Fresh Start course also aims to:

- Provide knowledge of different quitting methods and products and provide support to decide on an appropriate type;
- Provide support and resources to enable participants to develop an individual quit plan suited to their needs;
- Reduce any fear and anxiety about quitting smoking and behaviour change; and
- Provide further information so participants are able to access a range of resources and support to stay quit.

How is the Fresh Start course structured?

The Fresh Start Course comprises of eight one-hour sessions, held over an eight-week period, with each session focusing on a different aspect of smoking and quitting as outlined below.

Session 1 – Understanding smoking and quitting

Session 2 – Planning to quit

Session 3 – Health effects of smoking and quitting methods

Session 4 – Coping without cigarettes physically

Session 5 – Coping without cigarettes emotionally

Session 6 – Staying stopped in the short term

Session 7 – Staying stopped in the long term

Session 8 – Enjoying being a non-smoker forever

Who conducts the course?

A certified educator, trained in smoking cessation, and who is regularly updated on the latest information about helping people quit smoking.

How many people can attend?

The Fresh Start course can cater for up to 15 participants with a minimum requirement of 4 participants.

Where are Fresh Start courses conducted?

Courses can be conducted in workplaces, schools, and community settings.



For details of ANU courses: Go to <http://hr.anu.edu.au/staff-health-and-wellbeing/wellbeing/quit>



'Short Course' Quit Smoking Course

For more information contact Cancer Council ACT on 6257 9999 or tobaccocontrol@actcancer.org.

The Quit smoking Short Course covers the same content that the Fresh Start course does, in a slightly different format over a shorter period. This course is ideal for organisations, workplaces or community groups who are not able to commit to a full eight-session program.

What makes the 'Short Course' different to the 'Fresh Start' Course?

- The Short Course is comprised of only 2 sessions, that are each 3 hours in length. These 2 sessions are normally scheduled to be about 2 – 3 weeks apart.
- In between the 2 sessions participants complete self-help work sheets and receive support from the Quitline.
- The Short Course facilitator will also organise for the Quitline to contact participants to assist with their quitting attempts. This will occur between the 2 sessions and again 3-months after the course has been completed, to check how participants have pro-gressed and offer any further support that may be required.

Short Course content:

Session 1 – Assist participants prepare to quit

Session 2 – Review progress, help with any difficulties, and establish future plans

Quitline:

The Quitline (13 78 48 or 13 QUIT) is a free and confidential telephone advice, counseling and information service designed to help smokers quit as well as provide support to family and friends who are seeking information about smoking.

The Quitline operates seven days a week during the following hours:

Monday-Friday
7am-10:30pm

Saturday, Sunday and Public Holidays
9am-5pm

You can also call the Quitline 24 hours a day, seven days a week, every day of the year, to receive a free Quit Kit that has been developed to show you why quitting is the best choice for you and those around you, as well as provide ideas on how to quit and stay a non-smoker forever.

Quitline 13 7848



Cancer Council ACT
5 Richmond Ave , Fairbairn ACT 2609
Tel 02 6257 9999 Fax 02 6257 5055
www.actcancer.org

May 2013