



NEED HELP TO QUIT TOBACCO, SMOKING, VAPING, OR USING NICOTINE?

What you'll receive:

- + Voluntary, short-term counseling
- + Group and individual counseling
- + Motivational support
- + Help to stay on course
- + Education and resources

What you'll learn:

- + Relapse prevention
- + What makes you want to smoke, vape, use tobacco or nicotine
- + How quitting can improve your health
- + How to find support in your community
- + How to manage withdrawal, cravings and stress
- + How to stay positive
- + Nicotine replacement therapy options

Three convenient locations:

Middlesex Hospital
28 Crescent Street
Middletown, CT 06457

Marlborough Medical Center
12 Jones Hollow Road
Marlborough, CT 06447

Shoreline Medical Center
250 Flat Rock Place
Westbrook, CT 06498

For more information,
call **860-358-5426**.

Sessions are covered by most insurance companies.

Center for Chronic Care Management
Middlesex Hospital
28 Crescent Street, Middletown, CT 06457
860-358-5420

M+ Middlesex
Health