

# Want to **QUIT SMOKING?**

Get help with Black Creek CHC's  
**Smoke Stoppers Group**

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Registration required, please call us  
**416-246-2388**

Black Creek Community Health Centre  
1 Yorkgate Blvd.  
2<sup>nd</sup> Floor inside the Yorkgate Mall

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Join the Free Program and receive help with:

- ✓ Developing a plan to start smoking cessation
- ✓ Nicotine Replacement Therapy (NRT)
- ✓ How to manage and overcome cravings
- ✓ Ongoing support to quit successfully



Canadian Mental  
Health Association  
*Mental health for all*



**Black Creek**  
Community Health Centre



*Please let us know if you need any accommodations*