

# ASH KICKERS

## Quit Smoking Program



Ash Kickers is a six-session quit smoking program based on the trans-theoretical model of behavior modification. Sessions are one hour and meet weekly. This program helps smokers travel through the various stages of quitting, which includes thinking about quitting, preparing to quit, finally quitting, and preventing relapse.

### Overview of Six Session Class

- 1 Time to Make the Break**  
Overview of the program. Help to learn current habits, why you do it, and how to undo it. Contemplation phase.
- 2 Commit to Change**  
Prepare to quit. Recruit supporters, learn quitting skills and strategies. Make individual plans. Preparation phase.
- 3 Take Action**  
Quitting day. Group dynamics help you solve potential problems with new skills and strategies. Action phase.
- 4 Keys to Success**  
Repair for health. Group meets 48 hours after quit day. Quitters rally to lend each other support. Action phase.
- 5 Keys to Continued Success**  
Build healthy habits that will keep you smoke-free: healthy eating, exercise, and stress management. Maintenance phase.
- 6 Maintain Your Quit**  
Prevent Relapse. Uphold your resolve to stay quit and celebrate. Maintenance phase.

Sliding Scale Available  
Insurance Coverage Available

For more information on  
upcoming classes visit  
[www.breathebayarea.org](http://www.breathebayarea.org)

or call  
(408) 998-5865



**BREATHE**  
**CALIFORNIA**  
*of the Bay Area*