



We understand... **It's complicated!**
Your relationship with tobacco/nicotine is **complicated.**

We strive to provide compassionate, comprehensive, and competent help for smokers/vapers who are trying to untangle that relationship! **These services provided without cost to participants.**



Weekly Facilitated QuittersWin Group now meeting virtually!

Mondays & Wednesdays at 4:00 pm (3:30 orientation for new folks) (413) 774-6301 to register



Patient-initiated Phone Coaching

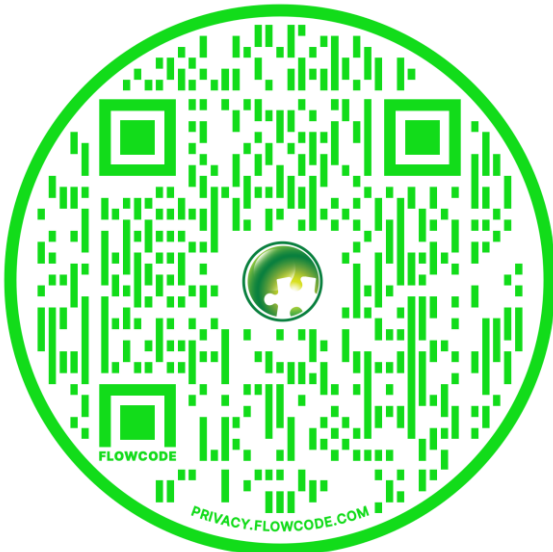
Mondays, Tuesdays, & Wednesdays, Tim is available by phone at (413) 800-2334. Some people call once a week, some call less often, some call when they feel “stuck” and some just call when they want to brag about their progress! When you’re ready to talk about quitting, please arrange at least one 8 or 10-minute call, so we can offer the support you want.



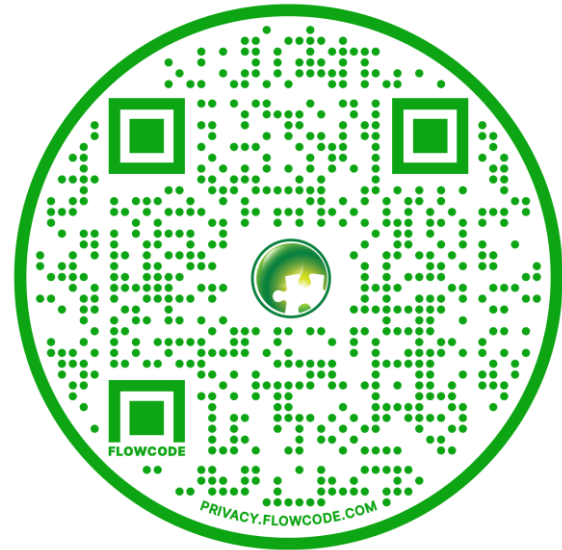
Text Message Support

Just to remind you that you aren’t alone on this journey, sign up to receive the positive text messages a few times each week. They won’t teach you quit smoking, but they’ll remind you (in a deliberately positive way) that you’ve got a team behind you. Stay in touch and stay on track!

*Scan this code to watch a short video about
The various ways we can help.*



Scan this code to sign up for Tim’s text messages.



We’re happy to offer you support on this important journey. Let’s talk about how we can help. Don’t be shy, you deserve to be free.

Thanks!

Tim,

T J Sweeney, NCTTP

(413) 800-2334

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www.QuittersWin.blog/cd