

Do you want to QUIT smoking?

Every
One
Matters.

Join us for our free Virtual Quit Café Smoking Cessation Group!



Dates of Online Zoom Support Groups:

Thursday, January 21, 2021 from 3:30 p.m. – 4:30 p.m.
Thursday, February 18, 2021 from 3:30 p.m. – 4:30 p.m.
Thursday, March 18, 2021 from 3:30 p.m. – 4:30 p.m.
Thursday, April 15, 2021 from 3:30 p.m. – 4:30 p.m.

As part of Quit Café we have pre-recorded “Quit Topics” to help you along your quit journey. To access these recordings, please visit <https://wehc.on.ca/programs-and-services/health-promotion/quit-cafe>

Once you register, you will be sent an email to access the Zoom Support Group meeting. Instructions on how to use Zoom are in the following links.

Zoom instructions: <https://www.dropbox.com/s/xjtee91eooas0g0/zoom-instructions.pdf?dl=0>

Zoom cheat

sheet: <https://www.dropbox.com/s/y6dlftdbwsqvmwy/Zoom%20cheat%20sheet.png?dl=0>

To register for the Quit Café program and to gain access to the online Zoom meetings or if you have questions please contact Diane at 519-768-1715 ext. 2224.