

GROUP OF SMOKING AND/OR VAPING DISHABITUATION - UNIVERSITAT DE VALÈNCIA

Are you ready to quit smoking and improve your health?

The Servei de Prevenció i Medi Ambient of the Universitat de València, together with the Asociación Española Contra el Cáncer, offer the opportunity of participating in a free programme to quit smoking and/or vaping, based on a model of global change in the treatment of addictive behaviours.

How does it work?

The programme is based on group therapy with cognitive-behavioural principles and has three phases: preparation for the change, abandonment of the smoking behaviours and maintenance.

What makes our programme unique?

- Effective: based on a model of change scientifically verified.
- Free of charge: you don't have to pay to take part in the programme.
- Group therapy: the support and motivation from other attendees will help you reach your goals.
- Complete: it gives you the necessary tools and support for each step of the process

Is it free?

The programme is free of charge, but if you decide to take part in the group, we'll ask for a deposit of 50 euros if you are working and 20 if you are a student. This deposit will be given back at the 9th session if you've attended most of the sessions and you haven't abandoned the group. It is a compromise with the attendance to the group, not with abstinence. Therefore, if you have been going until the end, but couldn't stop smoking, the money will be given back regardless.

How to participate?

To sign up to the programme, fill this brief questionnaire and we'll contact you:

<https://forms.office.com/e/50VuTivjXh>

Where do we carry out the workshops?

The workshops will be done on-site, online or mixed at the different campuses of the Universitat de València, from 16:00 to 18:00pm.

How many attendees are there in each group?

The group have between 8 to 10 participants, maximum 12.

What happens once I register?

In order to start with the group, a minimum of 8 people must be signed up. Once the minimum requirement is met, the ones interested will be called to an **individual interview** where, conjunctively, the viability of going through the process to quitting smoking at that precise moment will be evaluated. Therefore, until you haven't gone through this interview, you won't be a part of the group.

Do not wait any longer. **Sing up now!**