

# Zumbro Valley Mental Health Center

## TOBACCO EDUCATION CLASS

### PURPOSE

The adolescent tobacco education class is designed to help participants understand the dangers of smoking or chewing tobacco and learn techniques for quitting tobacco. This group will review the consequences of smoking. Participants will watch educational videos, share their experiences in activities and join in group discussions that relate to the impacts of tobacco use.

Goals for the class include:

- Educate students on the impact of smoking (physical/social/financial consequences, stigmatization, restrictions on smokers, etc)
- Give students skills on how to say “no” under peer pressure
- Assist students in coming up with their own decisional balance to be better equipped to make a more informed decision about tobacco use
- Educate students on tobacco quit techniques and encourage them to check in with their physician when they decide to quit
- Educate students on relapse prevention when dealing with triggers, including stress management techniques

### DIRECTIONS

#### FROM NORTH

- Take 40th Street South exit, (approximately 1/2 mile south of US52/US63 interchange)
- Turn left over US63
- Turn left onto Wood Lake Drive frontage road
- Turn right onto 35th Street SE
- Drive to the end of 35th Street SE

#### FROM SOUTH

- Take 40th Street South exit, (approximately 1/8 mile north of 48th Street SE exit)
- Go straight onto Wood Lake Drive frontage road
- Turn right onto 35th Street SE
- Drive to the end of 35th Street SE

### FORMAT

- Class is held from 3:30 pm to 5:50 pm on the second Wednesday of February, April, June, August, October and December .
- Fee is \$50, which can be paid with cash or credit card. Fee must be paid at front desk prior to class.

### CONTACT INFORMATION

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