

Smoking Cessation Program Resource Guide

Date: [Insert Date]

To: [Participant's Name]

From: [Your Name]

Subject: Welcome to the Smoking Cessation Program

Dear [Participant's Name],

We are pleased to welcome you to our Smoking Cessation Program. This resource guide is designed to support you on your journey to quit smoking.

Program Overview

This program offers various resources including:

- Individual Counseling Sessions
- Support Groups
- Online Resources and Apps
- Nicotine Replacement Therapy Information

Helpful Resources

Here are some resources to get you started:

- Smokefree.gov
- Quit.org.au
- Centers for Disease Control

Contact Information

If you have any questions or need further assistance, please do not hesitate to contact us at:

Email: [Your Email]

Phone: [Your Phone Number]

We wish you the best of luck in your journey to become smoke-free!

Sincerely,

[Your Name]
[Your Title]
[Your Organization]