



# QuitCore

## Join QuitCore

AlbertaQuits group support program



**Support when you need it most**

**Dates: February 5<sup>th</sup> – March 19<sup>th</sup>, 2025.**

**Wednesday Nights for 6 Sessions  
NO CLASS FEBRUARY 19TH**

**Time: 6:30 p.m. – 8:00 p.m.**

**Location: Johnstone Crossing  
Community Health Centre  
300 Jordan Parkway  
Red Deer, AB**

**Free, convenient,  
personalized support  
to quit tobacco.**

QuitCore is a **FREE** group support program led by a trained counsellor.

Make new friends, share stories and tips, and celebrate milestones together.

**To register please send your name and phone number, with subject “QuitCore registration”, via email to**  
[rdtobaccosupports@ahs.ca](mailto:rdtobaccosupports@ahs.ca)

Or call 1-866-710-QUIT (7848)

**Participants are eligible for Nicotine Replacement Therapy funding, & where medically appropriate, prescription cessation medications funding.**



**AlbertaQuits.ca**

Call toll-free

**1-866-710-QUIT (7848)**

to join the upcoming group in your area.



**Recovery Alberta**

MENTAL HEALTH AND ADDICTION SERVICES