



Is smoking or vaping an issue in your congregation?

The Tobacco Treatment Center of Ohio is partnering with faith-based organizations to enhance cessation with faith at the heart of the program.

Empowered by Faith, Strengthened for Change

Discover the Power Within!

Faith inspires us to strive for a better, healthier life. Whether rooted in religion or a personal belief system, faith has the power to:

- Inspire Hope: Believe that change is possible.
- Strengthen Resilience: Overcome challenges with confidence.
- Foster Community: Lean on others for encouragement.
- Promote Growth: Embrace a path to physical, emotional, and spiritual well-being.

When you align your faith with your desire to quit harmful habits like smoking or vaping, you unlock the potential for meaningful, lasting transformation.

Your Journey Begins Here.

Join the **Faith to Quit** program, a supportive community where your faith fuels your strength to break free from old patterns and create a healthier, happier life.

Take the first step today. *Believe. Transform. Thrive*



Call us: 614-457-4570

Email us: FTQ@breathingassociation.org

www.breathingassociation.org

Bring **Faith to Quit** to your community or faith-based organization.

Do you lead a faith-based organization, community center, or group? We can help you build a quitting program for your people!

Contact us today to get started.



How it works

- **Send us a Champion:** This is someone from your group who cares about helping others quit.
- **We Provide Training:** We will coach and teach them about quitting, behavioral change, and leading groups.
- **Support for Groups:** After training, your Champion will know how to lead groups, guide discussions, and support members.

What we ask from you

- Help us collect data from your group to measure your success.
- Your champion will celebrate every step forward within your group, at your location.
- The Breathing Association brings this program to you for a donation that is meaningful for you.

What we provide

- **Education:** Learning why people are hooked, how they can quit, and strategies that work.
- **Plan to Quit:** A plan to help people prepare to quit, while they are quitting and after the quit.
- **Medical Support:** If there are health concerns, The Breathing Association can provide medical assistance in our free clinic.
- **Ongoing guidance:** We are here to help you stay Quit and to support your Champion to feel confident to lead the group.

Teen and Adult Programs Available



Faith to Quit is just one of our cessation programs. If this isn't the right fit, your organization can use other quitting clinics or programs we offer. Visit breathingassociation.org for more information.

"Every small step toward change matter, and every effort is worth celebrating"