

## Press Release

### For Immediate Release

**1 -8- 2014**

**Contact:**

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### **Skyway House Offers Free Smoking Cessation Groups**

Beginning Tuesday, Feb. 4th at 6:30 PM the Skyway House, in partnership with the Butte County Office of Education, is proud to offer the "Quit Using or Ingesting Tobacco" (QUIT) program free of charge to anyone in Butte County wishing to quit smoking, chewing, or to be free from any other form of nicotine addiction. Sessions will be held at the Skyway House Administrative Offices located at 40 Landing Circle, Suite 1, Chico CA. The QUIT groups will run on Tuesdays for eight weeks from 6:30 to 8 pm, with an additional meeting in week three, which is quit week.

The sessions will be facilitated by Bruce Baldwin from the Butte County Office of Education. He is a former smoker with over 20 years of experience helping tobacco users to quit. According to Mr. Baldwin, "Most people who are trying to quit find it easier if they have the support of a group. We will spend the first two sessions preparing to quit and then in week three the members will quit together, going through the process together." The goal is for group members to support each other through the process and to provide ongoing support after the sessions are completed.

Jennifer Carvalho, Executive Director of the Skyway House says, "Our goal is to help individuals and families to recover from the devastating effects of substance abuse, including nicotine. Currently one of five deaths in the United States is caused by tobacco and Butte County rates of tobacco use are much higher than the state average. We are thrilled to offer our clients and any community members who are struggling to be free from nicotine addiction this valuable support."

**To sign up for the free classes call the Skyway House at 530-898-8326.**

**For information about the Q.U.I.T. program contact Bruce Baldwin 530-532-5842 or 530-828-7806  
Or email: [bbaldwin@bcoe.org](mailto:bbaldwin@bcoe.org)**

