



## Virtual Tobacco Cessation Group

Tobacco Treatment Service

# Connect your patients with a single referral

Every Monday 12:00 p.m. - 1:00 p.m.

Offered via Zoom

Quitting tobacco can be challenging. The tobacco cessation group is FREE of charge and open to patients at Stanford and their family members.

### Each session offers:

- Motivation and support
- Guidance to develop an individualized treatment plan
- Mindfulness skills coaching
- Education

### Refer today!

1. Send a staff message to Amy Pirkl in EPIC or SECURE email at [APirkl@stanfordhealthcare.org](mailto:APirkl@stanfordhealthcare.org)
2. In the message include: patient's name, DOB, and /or MRN

**50%**  
Success Rate  
9 months after attending  
8+ group sessions

Current as of 1/2022

Stanford Health Care Patient Experience/Health Education, Engagement, and Promotion  
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