



## **Fresh Start Quit Smoking Program**

Bridges FRESH START Program is an evidence-based program developed by the Cancer Foundation and run by Bridges specially trained Facilitators.

The course is designed to **reduce fear and anxiety** about quitting and to help participants understand:

- Why they smoke
- How smoking affects their lives
- Techniques to deal with withdrawal, stress and weight gain
- How to change behaviour and cope in smoking situations
- Ways to stay stopped.

For further information or to obtain a copy of our Referral Form

**Please phone 1300 707 655**

**Or visit [www.bas.org.au](http://www.bas.org.au)**