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Our goal is to assist our patients on their journey to becoming tobacco free and provide you with the support you need.

"The moment when you want to quit smoking is the moment when you need to keep pushing."

Tobacco Treatment Program



1 on 1 Counseling

Group Sessions

Community Outreach

Support



HAWAII COMMUNITY FOUNDATION

Simplify the Power of Giving

Ready to quit? We can help!

Start living the healthy lifestyle you've been dreaming of

About Our Services

Bay Clinic's Tobacco Treatment Program offers free cessation services at five of our health centers here in East Hawai'i. We have two tobacco treatment specialist that smokers can call to schedule an appointment with or to ask questions. We also accept walk-ins once a week at each clinic. For days and times of walk-ins, call 965-3093 or 965-3092.

We will assist you ...

- ✓ Identify your smoking triggers
- ✓ Know health concerns
- ✓ Understanding withdrawal symptoms
- ✓ Dealing with withdrawal symptoms
- ✓ Offer support
- ✓ Reach your goal as a non-smoker!



**One on One
Counseling
Sessions**

Not everyone is comfortable in a group session setting. In order to reach as many smokers as possible, we also offer 1 on 1 counseling.



**Nicotine
Replacement
Therapy**

During our sessions, we discuss all of the different types of Nicotine Replacement Therapies (NRT's) that are available and how to use them properly.



Group Classes

We offer several types of group sessions, such as large or small groups sessions, couples sessions, and family sessions. We try to work the times of these classes around the work schedules of our patients.

