

## About WESDARC

WESDARC is a not-for-profit, non-government organisation using a harm minimisation approach. We provided drug and alcohol information, referral services and engage in community development activities and projects. Although we focus our services on our local areas of Penrith, the Blue Mountains and Hawkesbury (Western Cluster) are also available to provide information, training and resources further a-field.

## Philosophy

Education and community development can minimise the harm associated with alcohol and other drug use as well as change the belief and value systems that support this.

## Vision

WESDARC operates from within the community to promote the principles of harm minimisation in a creative and responsive way that reflects an understanding of the diversity of social, cultural and environmental needs of people living in Penrith, Blue Mountains and the Hawkesbury.

Through the provision of education resources, skills development, community development, training and support; WESDARC strives to promote health, increase alternatives and bring about change.

WESDARC promotes social justice and access and equity in collaboration with the communities of Sydney West Area Health Service

To register your interest or for more information on current or future groups contact:

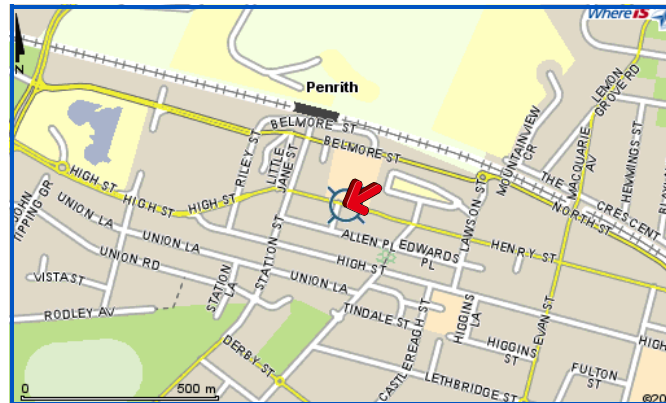
Contact person: Sonja

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or

0434 438972

Email: [sonja@wesdarc.org.au](mailto:sonja@wesdarc.org.au)



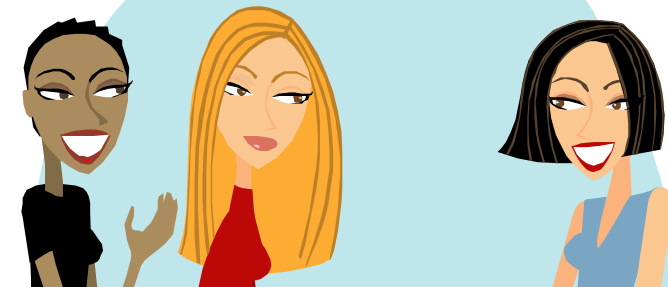
Venue: WESDARC

Community Connection Building  
Suite 109, 114-116 Henry Street  
Penrith NSW 2750



# Breathing Space

## Free Quit Smoking Group for Women



 **WESDARC**  
Western Sydney Drug & Alcohol Resource Centre Inc.

'Reducing harm through education and community development'

Funded by The Cancer Council NSW

About

# Breathing Space

## Quit Smoking Group for Women

*Breathing Space* is a **FREE** support group aimed at assisting women to stop smoking

*Breathing Space* runs for two hours, once a week for six weeks and is funded by The Cancer Council NSW and WESDARC.

## A Snapshot of *Breathing Space*

### Week 1: Preparing to Quit

- Become highly aware of your smoking habit
- Assess your level of dependence using specialist tool
- Measure the amount of Expired Carbon Monoxide in your body
- Receive information about nicotine dependence

### Week 2: Setting a Quit Date

- Receive comprehensive information about Nicotine Replacement Therapy, including specific products, dosages and side effects
- Opportunity to plan a quit day so as to reduce triggers and cope with cravings. As well as considering a range of helping relationships to support this process

### Week 3: Dealing with Cravings

- Develop a greater understanding of cravings so as to develop an action plan to implement at times of cravings
- Learn and practice relaxation techniques focusing on breathing
- Become aware of how thinking affects quitting

### Week 4: Your Wellbeing

- Understand the process one goes through when attempting to change behaviour
- Address concerns about gaining weight as a result of quitting
- Increase coping skills through the use of progressive muscle relaxation
- Observe stress levels, compare coping styles and gain awareness of helpful and harmful ways of dealing with change and stress

### Week 5: The Hard Facts

- Learn about the health effects of smoking through an interactive quiz
- Prepare for a lapse/relapse and boost your determination for change
- Use visualisation or imagery to increase relaxation skills

### Week 6: Relapse Prevention

- Increase confidence about how to cope in high risk situations, perhaps avoiding a relapse in the process
- Learn some simple 'passive' stretches in which gravity is used to relax major muscle groups as well as abdominal breathing techniques
- Identify items and activities that can be utilised during the early stages of quitting

**Morning Tea will be provided**

