

MONTÉRÉGIE
sans
fumée

**Policy on smoke-free
environments**



Out of respect for your healthcare worker, please refrain from smoking around them.



The **Quit Smoking Centres (QSC)** at the CISSS de la Montérégie-Ouest can help you quit smoking.

Users can attend one-on-one or group meetings for **free**.

Get the professional support you need to increase your chances of success.

1-866-603-7114

Other QSCs in the Montérégie:

CISSS de la Montérégie-Est

1-833-887-7669

CISSS de la Montérégie-Centre

1-833-611-4903



www.quebecsanstabac.ca



SMAT.ca
Text messaging



1 866 JARRETE (527-7383)

*Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest*

Québec 