

Are you a CSU student who uses tobacco and is...

Thinking About Quitting?  
Trying To Quit And Need A Little Help?  
Having Difficulty Staying Tobacco Free?

**Join the Tobacco Cessation Group at the  
Cleveland State University Counseling Center!**



The group will meet at the counseling center (UN 220) on **Wednesdays from 3pm to 4pm starting on October 16<sup>th</sup>** and will provide education and support to help you quit/reduce your tobacco use.

The group will be facilitated by Todd Seibert, Ph.D., Psychologist and Preston Elder, M.S., Psychology Intern

**To register, please call 216-687-2277**

or stop by the Cleveland State University Counseling Center located in the Union Building (UN 220)