



Uniting as one to make a difference...

● Prevention ● Treatment ● Recovery

- [About Us](#)
- [Current Events](#)
- [ATOD Info](#)
- [Latest News](#)
- [Parent Information](#)
- [Disposal of Medications](#)
- [Interesting Links](#)
- [Contact Us](#)
- [Archives](#)

"Learn from yesterday, live for today, and hope for tomorrow."



## Accept the Great American Smokeout Challenge

Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

- [Reasons to Quit](#)
- [Guide to Quitting Smoking](#)
- [Plan Your Quit Day](#)

## American Cancer Society Marks 34th Great American Smokeout® by Encouraging Smokers to Quit

### Less Smoking Leads to More Birthdays

As the official sponsor of birthdays, the American Cancer Society marks the 34th Great American Smokeout on **November 19** by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Need help for a drug or alcohol problem? Go to [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

How much is too much? Click here to find out [www.alcoholscreening.org](http://www.alcoholscreening.org)

Do you use drugs? Are these substances harming your health or increasing your risk for other

problems? Click her to find out [www.drugscreening.org](http://www.drugscreening.org)

