



## Resources and Links for Freedom From Smoking® Facilitators

### [FFSProgramResources](#):

Facilitators like you are the foundation of the Freedom From Smoking® program.

[FFSProgramResources](#) is your source for tools to help your group programs run smoothly and effectively. As a facilitator, you now have access to a library of resources from marketing toolkits and one-pagers to the most updated supplemental resources for Freedom From Smoking® group program. You also have access to the most up to date Freedom From Smoking® Facilitator Binder/Guide, which can be uploaded, saved, and used for program delivery as it works in partnership with the updated Participant Workbooks. More information can be found below under Material Ordering.

### **Online Support Program:**

Join the American Lung Association's [Quit Now: Freedom From Smoking® Quit Smoking Support Group and Discussion Community](#) to connect with other quit journey participants and supporters – this is a great free resource for program participants and Freedom From Smoking® facilitators!

### **Reporting your Freedom From Smoking® Program and Promoting it:**

We ask all trained and certified facilitators to notify the American Lung Association anytime you schedule a Freedom From Smoking® group program, whether that be virtually delivered or in person. We also offer promotion of all community group programs at no cost through our signature website, [www.Lung.org](http://www.Lung.org).

To report and promote your group program, please complete the online form at [Report a Program Form](#), and submit it prior to the start of your program. Once your webpage is built and launched on [Lung.org](http://Lung.org) you will be notified with a direct link you can use for promotional efforts. A webpage dedicated to your group program is a great way to showcase your program to any community members seeking a tobacco cessation program in your state.

### **Marketing Your Program Locally:**

In addition to website promotion, there are many other marketing materials and valuable resources available at [FFSProgramResources](#). To review these resources, simply visit [Bit.ly/FFSProgramResources](http://Bit.ly/FFSProgramResources) and browse through program materials and updated, video links, marketing support and the other sections available.





### **Ordering Materials:**

Each participant enrolled in your group program must be provided with their own Freedom From Smoking® Participant Workbook, which includes a workbook with activities to personalize their quit plan through all 8-sessions of the program, as well as direct links to breathing exercises. Certified facilitators are able to access a catalog of all print literature available, pricing and place an order for Freedom From Smoking® materials through the site, [Lung.org/PrintStore](https://www.lung.org/printstore). To get directly to the Participant Workbooks you can click [here](#).

*\*Please submit your material order prior to the start of your clinic, preferable two full weeks before\**

### **Post-Program Evaluation:**

After your program has begun, we ask that you report your enrollment numbers through the post-program reporting form at the [Final Report Form](#) (within two weeks following final program session). This allows us to evaluate the effectiveness of our program's delivery and reach.

### **Become a Lung Champion and Share Your Story:**

Everyone involved with Freedom From Smoking® has a story to tell. The American Lung Association is seeking individuals who have facilitated a Freedom From Smoking® group program, participated in a Freedom From Smoking® program or have witnessed the changes Freedom From Smoking® can create in people's lives to share their story and become a Lung Champion! Lung Champions stand together against lung cancer and other lung diseases and stand for lung health. By participating in Freedom From Smoking® you have already shown one way you are standing up for lung health. If you would like to help others by sharing your story on why you decided to take action, you can become a Lung Champion Storyteller by completing the [Lung Champion Submission Form](#). Please share this opportunity with program participants as well!

### **Ongoing Support for our National Tobacco Programs Team:**

Any questions, concerns or needs for support? You should be receiving a monthly Freedom From Smoking® Facilitator e-newsletter from the American Lung Association. If you have any FAQs from program participants, are in need of additional resources or would like to share best practices for program implementation, please contact our National Tobacco Programs Team at [FreedomFromSmoking@Lung.org](mailto:FreedomFromSmoking@Lung.org).

