

# ChangeCore

## MNA commercial tobacco peer support group

### For Métis Albertans 18+

- Do you smoke, vape, or use smokeless tobacco and wish you had a non-clinical peer-led support to help you reduce or quit?
- Have you already quit but wish you had ongoing support to maintain your quit?
- Are you unsure about reducing or quitting but wish you had a non-judgmental, safe space to talk about it?



ChangeCore may be the right fit for you.

Meetings every Monday  
7pm - 8pm  
Zoom Video Meetings

### HOW TO ENROLL

Email [khachey@metis.org](mailto:khachey@metis.org) your name, phone number, and preferred email address.

If you have any questions or concerns, please email Kyla at [khachey@metis.org](mailto:khachey@metis.org).

### What to know about ChangeCore

- Non-judgmental, community led, and culturally-safe support.
- No requirement to attend every meeting.
- Any stage of change is welcome, even if you're still using commercial tobacco.
- Make community connections, get and stay motivated, increase your knowledge and skills about reducing or quitting your tobacco use.

- Each meeting will have a different theme.
- **Attend 2 or more meetings a month to enter a prize draw. Two prizes drawn the last Monday of every month.**
- To join meetings, you will need any device with internet, camera\*, and microphone. Computers are recommended to view the group properly.

\*Camera on is not mandatory but helps create a safe space.



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