

**North STARSS Group Sessions Summary
Victoria Faulkner Women's Centre (VFWC)
Whitehorse Yukon STARSS Rollout Site
Lindsay Roberts/Shannon Duke**

We ran two weekly **STARSS** groups at Victoria Faulkner Women's Centre (VFWC) in Whitehorse, one with the Healthy Moms, Healthy Babies drop-in lunch and one after the Women's Community Kitchen lunch.

We made a new wall display for **STARSS** and each week we introduced one new tip to reduce secondhand smoke that accompanied an activity, discussion and handout. The breakdown of the eight weeks was as follows:

Week One: Introduction to the group/program, played the Secondhand Smoke Myth & Fact game, and handed out the **STARSS Handout 'Effects of Secondhand Smoke on Children'**. Parents also decorated a tea cup and we discussed how drinking herbal tea can help you when you are trying to delay smoking by having less caffeine, reducing stress, and giving yourself a little break.

Week Two: We decorated the front and back of a **STARSS** journal with scrapbook materials and discussed 'writing in a journal' as one option to reduce stress. We handed out the **STARSS Worksheet #9 'Coping with Stress'** and talked about various ideas people use to deal with the stress of life.

Week Three: We painted large coffee cans and talk about ideas to create a smoking area outside. We handed out **STARSS Worksheet #3 'How to Choose a Smoking Place'** and discussed the challenges of smoking outside and small steps to reducing secondhand smoke even when you can't get outside to smoke.

Week Four: We stamped, decorated, and laminated 'Please Smoke Outside' signs for homes and discussed the challenges with asking friends and family to smoke outside even when you smoke. We handed out the **STARSS Handout 'What Works!'**

Week Five: We made 'hourglass timers' with salt and peppershakers, a glue gun, and modeling clay. We handed out the **STARSS Worksheet #2 'Cigarette Fading and DEEDS'** and talked about the benefits of delaying your smoking until you can get outside. We also discussed using the timer to

help manage your stress by flipping the timer over and taking a few minutes for yourself when you can't get away for longer periods of time.

Week Six: We had mini-manicures and discussed other options to keep your hands busy until you can go outside or away from your kids to smoke. We handed out the **STARSS Worksheet #10 'Some Ideas to Help You Quit Smoking'**. This week we also had donations from Shopper's Drug Mart of make-up and we did up spa kits with bubble bath, make-up, nail polish, and a relaxation CD for all the women who participated.

Week Seven: We made encouragement cards and discussed how giving and getting support is essential when making a change. We used the **STARSS Handout 'Help My Mom Be a STAR!'** and we also talked about how encouraging other people can also help you to feel better too. One mom came with her 8-year old son. She helped him make a card for his dad who was in the **STARSS** program to encourage him.

Week Eight: The last week was our wrap-up week and we presented to the Community Kitchen group that people could still get **STARSS** support one-on-one by connecting with the **North STARSS** program with the CPNP group. We did a fun presentation with the entire group on 'The BEST Medicine' where we described exercise as a medication. We made up a 1500 ml canning jar to look like a bottle of medicine. We filled the jar with plastic Easter-eggs and each egg had a different idea of ways to move your body more. We asked the group if anyone would like to take a medication that increases energy, self-esteem, mental-focus, relaxation, and strength; decreases heart attacks, strokes, osteoporosis, cancer, depression, falls, injuries and stress levels; and as a bonus helps you manage your weight and to make changes to your smoking? Each woman who put their hand up took an egg out of the jar, opened it and shared their physical activity idea with the group. Then we announced that this medication was exercise and that the daily dose of this medication was 30 minutes/day and that it could be taken in 3 doses of 10 minutes as well. People were invited to come on a trail-walk as a wrap-up activity. **North STARSS** brochures were available to the group but you could also use **STARSS Handout 'Information for STARSS Moms'**.

Four parents joined the one-on-one support through attending the other groups or being referred by a partner.

