



**Smoking Cessation Programs and Support Groups
Metropolitan Chicago Area**

Online Resources

- www.cookcounty.quitnet.com (For residents of Cook County)
www.quitnet.com
www.becomeanex.org

Cessation Program **Courage to Quit**
 Location **Respiratory Health Association of Metropolitan Chicago**
 Cost Free
 Program Description Group Program offered over 7 weeks
 Contact Please call 312-243-2000 for more information

City of Chicago

Location **Chicago Department of Public Health**
 Many programs offered. Please contact 312-747-2138 for more information

Location **Jillian Eichel**
 445 E. Ohio, Suite 260, Chicago, Illinois
 Jillian Eichel (773) 909-6039
 E-mail smokingcessationgroup@yahoo.com
 Cost \$50 - \$100 per hour
 Program Description Individual program, 8 – 1 hour sessions over 2 months
 Next session: Ongoing, please call

Location **Howard Brown Health Center**
 4025 North Sheridan Road, Chicago, Illinois 60613
 Contact: Kristin Torres, MSW (773) 388-8682
 Email/Online kristint@howardbrown.org www.bitctoquit.com
 Cost Free
 Program Description For LBT individual and groups, 1½ hour sessions, 8 sessions over 7 weeks
 Next Session Offered four times per year. Please call for details.

Location: **Howard Brown Health Center**
 4025 North Sheridan Road, Chicago, Illinois 60613
 Contact: Kristin Torres, MSW (773) 388-8906
 Email: kristint@howardbrown.org
 Cost: Free
 Program Description: Group support, 8 sessions over 7 weeks, LBGT focus
 Next Session: Ongoing. Please call for dates.

Location **Northwestern Memorial Hospital Wellness Institute**
 150 East Huron, Suite 1100, Chicago, Illinois 60611
 Contact Carol Southard (773) 395-9514
 E-mail csouthar@nmh.org
 Cost Group counseling - \$200 per person for 8 weeks. Individual counseling - \$150 per hour. Off-site programming is \$250
 Program Description Programs for individuals and groups. Groups are 8 one-hour sessions over 8 weeks
 Next Session Ongoing. Please call for details.



Location	Norwegian American Hospital 1044 North Francisco, Chicago, Illinois 60622
Contact	Carol Southard (773) 395-9514
E-mail	csouthar@nmh.org
Cost	\$200 per person for 8 weeks
Program Description	Group support program, 8 one-hour sessions over 8 weeks
Next session	Ongoing, please call for details.

Location	Pain and Rehabilitation Clinic of Chicago 640 North LaSalle, Suite 610, Chicago, Illinois 60610
Contact	Dr. Kenneth Lofland (312) 337-6661
E-mail	Lofland1@aol.com
Cost	Sliding fee for individuals without insurance
Program Description	Programs for individuals, weekly one-hour sessions over the course of 6-8 weeks
Next session	Ongoing

Location:	Swedish Covenant Hospital 5145 North California, Chicago, Illinois 60625 (773) 878-6888
Contact	Carol Southard (773) 395-9514
E-mail	csouthar@nmh.org
Cost	\$200 per person for 8 weeks
Program Description	Group support program, 8 one-hour sessions over 8 weeks
Next session	Ongoing.

Location	Wellness Source 30 North Michigan, Suite 1627, Chicago, Illinois 60602
Contact	Arlene Englander, LCSW (312) 236-7636
Email	arleneenglander@sbcglobal.net
Cost	\$130
Program Description	Offer primarily one-on-one support; 2 sessions, one week apart that include building motivation, behavior modification, and hypnosis
Next session	Ongoing

Cessation Program	Chicago STOP Smoking Research Project (C-STOP)
Location	University of Chicago, Department of Psychiatry 5841 South Maryland Avenue (MC-3077), Room M360, Chicago, Illinois 60637
Contact	Mihai Raicu, M.S., Project Coordinator (773) 834-8654 Andrea King, Ph.D., Principal Investigator and Associate Professor
Email/Website Online	stopsmoking@uchicago.edu http://stopsmoking.uchicago.edu
Program Description	Research study - 6 individual behavioral counseling sessions with a Masters-level therapist; Nicotine patch provided at no cost for one month; 50% of subjects will get study drug (naltrexone) and 50% will get a placebo (sugar pill); 10 study visits over a three-month period, follow-up at 6 and 12 months; Reimbursements for study measures and travel compensations
Next session	Enrollment is ongoing, from June 2006 to August 2008

Location	University of Illinois at Chicago Medicine Center 1801 West Taylor, Suite 3A, Chicago, Illinois 60612
Contact	Lori Wilken, PharmD (312) 996-6110 ext.8
Email/Website	lwilken@uic.edu http://uillinoismedcenter.org/content.cfm/smoking_cessation
Cost	\$50 per session, will bill insurance
Program Description	Programs for individuals only. Sessions are half hour to one hour.
Next session	Ongoing, please call (312) 996-1682 for an appointment



Northern Suburbs

Location: Alexian Brothers Medical Center
800 Biesterfield Road, Elk Grove Village, Illinois 60007

Contact: Janice Lau (847) 952-7355

Email/Website: lauj@alexian.net <http://www.alexian.org/>

Cost: \$125

Program Description: Five week group program based off of Mayo clinic guidelines

Next session: Ongoing, please call for details

Location: Center for Internal Change
6 North Pine Street, Mt. Prospect, Illinois 60056

Contact: John Goodman (847) 259-0005

Email/Website: changenow@internalchange.com www.internalchange.com

Cost: \$295

Program Description: One-on-one, three session program

Next session: Ongoing

Location: Northwest Community Hospital
900 West Central, Arlington Heights, Illinois 60005

Contact: Mary McNally, RN (847) 618-7916

Website: www.nch.org

Cost: \$100 for counseling sessions. Support group is free.

Program Description: Offer one-on-one counseling in 3 one-hour sessions. Group meetings are also held. Support group is held on the last Tuesday of every month at 4pm.

Next session: Ongoing, please call for details

Location: Northwest Community Hospital
901 W. Kirchoff, Arlington Heights, Illinois 60005

Contact: Mary McNally, RN (847) 618-7916

Website: www.nch.org

Cost: Free

Program Description: Group support

Next session: Every Tuesday at 7pm

Location: Skokie Village Hall
5127 Oakton St, Skokie, IL

Contact: Joel Spitzer (847) 866-2952

Website: www.skokiessc.com

Cost: Program is FREE to residents of Skokie and Evanston

Program Description: Group support, 6 sessions over the course of 2 weeks

Next session: Ongoing.

Western Suburbs

Location: Loyola University Medical Center
2160 South 1st Avenue, Maywood, Illinois 60153

Contact: Moira Jursik (708) 484-8541

Website: <http://www.luhs.org>

Cost: \$3 - \$20

Program Description: Group program, 12-16 weeks for one hour session

Next session: Ongoing, please call



Location	Loyola University Medical Center Center for Heart and Vascular Medicine 2160 South 1 st Ave, 1 st Floor Conference Room, Maywood, IL 60153
Contact	Barb Majcher APRN and Cindy Mulhall APRN (708) 216-0585
Email/Website	bmajche@lumc.edu www.LUHS.org
Cost	Cost is billed to patient's insurance. \$50 per person who do not have insurance. Patients will not be turned away, regardless of ability to pay.
Program Description	The LUHS "Quit for Good" tobacco smoking cessation program provides individual and group sessions in which clients learn what works best for them. The participants give each other moral support and encouragement. Program is six weeks for an hour each week.
Next Session	Program is offered three times a year: Jan, May and October.

Location	RML Specialty Hospital 5601 South County Line Road, Hinsdale, Illinois 60521
Contact	Phyllis Sampoawski, LCSW (630) 286-4532
Email/Website	psampoawski@rmlsh.org www.rmlspecialtyhospital.org
Cost	Call for details
Program Description	Group program, four – one hour sessions. For pulmonary patients and community members.
Next Session	Ongoing, please call for details.

South Suburbs

Location	St. James Hospital 1423 Chicago Road, Chicago Heights, Illinois 60625
Contact	Linda Vitkauskas (708) 756-1000 ext. 461
Email	Linda.Vitkauskas@ssfhs.org
Cost	Free to patients of St. James Hospital; sliding scale for community members
Program Description	Individual program, 4 sessions, 1 ½ hours to 2 hours each session, based on the American Cancer Society's "Fresh Start" program
Next session	Ongoing, please call

Southwestern Suburbs

Location	Little Company of Mary Hospital 2800 West 95 th Street, Evergreen Park, Illinois 60805
Contact	Rick Adema, LCPC (708) 423-5774
Email	rick.adema@mcgrathclinic.com
Cost	\$45 per session
Program Description	Small group setting which teaches self-hypnosis skills.
Next session	Ongoing, please call for details

Location	The McGrath Clinic – Center for Behavioral Services 14400 John Humphrey Drive, Suite 200, Orland Park, IL 60462
Contact	Rick Adema, LCPC (708) 423-5774 or (708) 226-1360
Email	rick.adema@mcgrathclinic.com
Cost	\$45 per session
Program Description	Small group setting which teaches self-hypnosis skills.
Next session	Ongoing, please call for details



Location	Palos Community Hospital – Satellite Site 15300 West Avenue, Orland Park, IL 60463
Contact	Mike Azzaline (708) 226-2300
Email	MRazzaline@comcast.net
Cost	\$120
Program Description	Individual support, meet with clients once per week for one hour for eight weeks.
Next session	Ongoing, please call for details

Outside Cook County

Location	Advocate Good Samaritan 3551 Highland Avenue, Downers Grove, Illinois 60010
Contact	(800) 323-8622 to register or online
Website	http://www.advocatehealth.com/gsam/
Cost	Free
Program Description	Bimonthly group, meets for one hour
Next Session	Ongoing, please call (800) 323-8622 to register or go online to “Classes and Screenings”