



**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**
1440 W Washington Blvd, Chicago, Illinois 60607
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

Cessation Program **Courage to Quit**
Location **Community Health**
Conference Room, 2611 W Chicago Ave, Chicago, Illinois 60622
Contact Anna Blankenberger (773) 395-9900, ext. 19
E-mail ablankenberger@communityhealth.org
Cost Free
Program Description Six week program
Next session Please call (773) 395-9900, ext. 19 for details.

Location **Jillian Eichel**
445 E. Ohio, Suite 260, Chicago, Illinois 60611
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 (773) 909-6039.

Location **Howard Brown Health Center**
4025 North Sheridan Road, Chicago, Illinois 60613
Contact: Kristin Torres, MSW (773) 388-8682
Email/Website kristint@howardbrown.org www.bitchoquit.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. Please call for details.

Cessation Program **Breathing Freedom – North Lawndale Smoking Cessation Program**

Location **Sinai Urban Health Institute**
California Avenue at 15th Street, Room K588E, Chicago, Illinois 60608

Contact Charlene J Gamboa, Project Coordinator

E-mail breathingfreedom@sinai.org www.suhichicago.org

Cost Free

Program Description A community-based initiative funded by the Illinois Department of Public Health to provide free smoking cessation services to the North Lawndale community. Includes:

- 2-hour workshops for organizations
- Support groups meeting 9 times over 10 weeks
- One-on-one physician counseling
- Faith-based tobacco collaboration with Health Ministries
- Helpline resource

Next session Ongoing. Please call (773) 257-2399.

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. Please call for details.



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. Please call for details.

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 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 1st Ave, 1st 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"