



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

**Online Resources**

[www.cookcounty.quitnet.com](http://www.cookcounty.quitnet.com) (For residents of Cook County)

[www.quitnet.com](http://www.quitnet.com)

[www.becomeanex.org](http://www.becomeanex.org)

**City of Chicago**

<b>Cessation Program</b>	<b>Courage to Quit</b>
<b>Location</b>	<b>Respiratory Health Association of Metropolitan Chicago</b>
<b>Cost</b>	Free
<b>Program Description</b>	Group Program offered over 7 weeks
<b>Next Session</b>	Next session begins January 24 <sup>th</sup> ; 5:30 p.m. at RHAMC; 1440 West Washington Blvd.
<b>Contact</b>	Please call 312-243-2000 to register
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<b>Location</b>	<b>Chicago Department of Public Health</b> Many programs offered. Please contact 312-747-2138 for more information
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<b>Location</b>	<b>Jillian Eichel</b> 445 E. Ohio, Suite 260, Chicago, Illinois Jillian Eichel (773) 909-6039
<b>E-mail</b>	<a href="mailto:smokingcessationgroup@yahoo.com">smokingcessationgroup@yahoo.com</a>
<b>Cost</b>	\$50 - \$100 per hour
<b>Program Description</b>	Individual program, 8 – 1 hour sessions over 2 months
<b>Next session:</b>	Ongoing, please call
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<b>Location</b>	<b>Howard Brown Health Center</b> 4025 North Sheridan Road, Chicago, Illinois 60613
<b>Contact:</b>	Kristin Torres, MSW (773) 388-8682
<b>Email/Online</b>	<a href="mailto:kristint@howardbrown.org">kristint@howardbrown.org</a> www.bitchoquit.com
<b>Cost</b>	Free
<b>Program Description</b>	For LBT individual and groups, 1½ hour sessions, 8 sessions over 7 weeks
<b>Next Session</b>	Offered four times per year. Please call for details.
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<b>Location:</b>	<b>Howard Brown Health Center</b> 4025 North Sheridan Road, Chicago, Illinois 60613
<b>Contact:</b>	Kristin Torres, MSW (773) 388-8906
<b>Email:</b>	<a href="mailto:kristint@howardbrown.org">kristint@howardbrown.org</a>
<b>Cost:</b>	Free
<b>Program Description:</b>	Group support, 8 sessions over 7 weeks, LBGT focus
<b>Next Session:</b>	Ongoing. Please call for dates.
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<b>Location</b>	<b>Northwestern Memorial Hospital Wellness Institute</b> 150 East Huron, Suite 1100, Chicago, Illinois 60611
<b>Contact</b>	Carol Southard (773) 395-9514
<b>E-mail</b>	<a href="mailto:csouthar@nmh.org">csouthar@nmh.org</a>
<b>Cost</b>	Group counseling - \$200 per person for 8 weeks. Individual counseling - \$150 per hour. Off-site programming is \$250
<b>Program Description</b>	Programs for individuals and groups. Groups are 8 one-hour sessions over 8 weeks
<b>Next Session</b>	Ongoing. Please call for details.



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

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

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

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

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<b>Cessation Program</b>	<b>Chicago STOP Smoking Research Project (C-STOP)</b>
<b>Location</b>	<b>University of Chicago, Department of Psychiatry</b> 5841 South Maryland Avenue (MC-3077), Room M360, Chicago, Illinois 60637
<b>Contact</b>	Mihai Raicu, M.S., Project Coordinator (773) 834-8654 Andrea King, Ph.D., Principal Investigator and Associate Professor
<b>Email/Website Online</b>	<a href="mailto:stopsmoking@uchicago.edu">stopsmoking@uchicago.edu</a> <a href="http://stopsmoking.uchicago.edu">http://stopsmoking.uchicago.edu</a>
<b>Program Description</b>	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
<b>Next session</b>	Enrollment is ongoing, from June 2006 to August 2008

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



## Northern Suburbs

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**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

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

**Contact:** John Goodman (847) 259-0005

**Email/Website:** [changenow@internalchange.com](mailto:changenow@internalchange.com) [www.internalchange.com](http://www.internalchange.com)

**Cost:** \$295

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

**Next session:** Ongoing

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

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

**Website:** [www.nch.org](http://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

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

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

**Website:** [www.nch.org](http://www.nch.org)

**Cost:** Free

**Program Description:** Group support

**Next session:** Every Tuesday at 7pm

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

**Contact:** Joel Spitzer (847) 866-2952

**Website:** [www.skokiessc.com](http://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

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**Location:** **Loyola University Medical Center**  
2160 South 1<sup>st</sup> 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



<b>Location</b>	<b>Loyola University Medical Center Center for Heart and Vascular Medicine</b>
	2160 South 1 <sup>st</sup> Ave, 1 <sup>st</sup> Floor Conference Room, Maywood, IL 60153
<b>Contact</b>	Barb Majcher APRN and Cindy Mulhall APRN (708) 216-0585
<b>Email/Website</b>	<a href="mailto:bmaiche@lumc.edu">bmaiche@lumc.edu</a> <a href="http://www.LUHS.org">www.LUHS.org</a>
<b>Cost</b>	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.
<b>Program Description</b>	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.
<b>Next Session</b>	Program is offered three times a year: Jan, May and October.

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

## South Suburbs

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

## Southwestern Suburbs

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

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



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

## Outside Cook County

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