

SMOKING CESSATION

American Cancer Society

1-800-ACS-2345

503-795-3911 0330 SW Curry St. Portland, OR 97239

Free brochures and videos available to borrow. Offers group sessions for quitting and support for quitters and their families.

Website: www.cancer.org/docroot/home/index.asp

American Lung Association

503-924-4094 7420 SW Bridgeport Rd. #200 Tigard, OR 97224

The American Lung Association (ALA) is the oldest voluntary health organization in the United States. ALA today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. Offers multicultural research, and advocacy programs.

Website: www.lungoregon.com

Free and Clear

1-800-292-2336

Consists of five telephone sessions with a professional tobacco cessation counselor. One on one interventions are scheduled according to clients needs.

Hours, 5:00 am-9:00pm 7 days a week.

Website: www.freeclear.com

Kaiser Permanente

503-286-6816 7201 N. Interstate Portland, OR 97217

Freedom from cigarettes, a six-session class addressing the physical and mental addiction to nicotine. Nicotine replacement therapy and Well-butrin are also available. \$160 for members \$110 for non-members.

Website: www.kp.org

Nicotine Anonymous

503-323-2110 7425 SW 52nd Ave. Portland, OR 97219

Offers support group meetings for peer tobacco users. Uses the 12-step method for dealing with addictions.

Website: www.nicotine-anonymous.org

Oregon Tobacco Quit Line

1-877-270-7867

Information and referral for quitting tobacco use.

Website: www.oregonquitline.org or www.freeandclear.com

Smoke Free Support Group

503-256-4000 10123 SE Market St. Portland, OR 97216

Meets Mondays 7:00 pm-8:00 pm in conference room adjacent to cafeteria of Adventist Hospital. Two part series, Cost is \$40.00. Must take smoke free classes before participating in support group.

www.Adventisthealthnw.com