

LOCAL SMOKING CESSATION PROGRAMS

Telephone/Internet Services

- “Quitline”, 1-866-NJ-STOPS (1-866-657-8677)
Available six days a week, no fee
Telephone hotline offering personal counseling to New Jersey residents
- “Quitnet”, www.nj.quitnet.com
Available regularly, no fee
Online resource that provides a comprehensive, individually tailored smoking cessation plan
- Freedom From Smoking Online
American Lung Association of New Jersey
www.lungusa.org/ffs/

Bergen County Quit Centers

- The Valley Hospital
223 N. Van Dien Avenue
Ridgewood, NJ 07450
(201) 447-8612
Fees: \$50.00 initial visit (1 ½ hrs.), \$35.00 follow-up visit (30-45 min.), \$15.00 follow-up visit (15 min.), \$15.00 single group session (following initial visit)
Offers face to face, group and telephone counseling, supervised and subsidized medical support, relapse prevention
- HARP of Hackensack University Medical Center
25 Salem Street
Hackensack, NJ 07601
(201) 996-2038
Fees are based on a sliding scale, call for additional information
Offers face to face and group counseling

Behavior Modification Quit Smoking Groups

- Mom’s Quit Connection
Northern New Jersey Maternal and Child Health Consortium
(201) 843-7400 X27 • (201) 315-8050
Offers free assistance to pregnant women and those with young children through individualized counseling or a Mom’s Group

Behavior Modification Quit Smoking Groups, cont’d.

- “Freedom From Smoking Program”
Englewood Hospital, (201) 894-3157
3 sessions, \$40.00 fee (offered monthly)
additional sessions free
- “Quit & Win”
Pascack Valley Hospital in Westwood, (201) 358-6000
5 weeks, \$50.00 fee
Community education and self-help program, individual and group counseling
- “Quitting Smoking: Are You Ready?”
Pascack Valley Hospital in Westwood, (201) 358-6000
1 session, no fee
Community education lecture on behavior and stages of change

Nicotine Anonymous (12 Step Program)

- Pascack Valley Hospital in Westwood
7 p.m., Wednesdays, 1st Floor Conference Room
(201) 666-2523—Nancy W.
- St. Mark’s Episcopal Church in Teaneck
7 p.m., Saturdays
(201) 947-3305—Bill C.
- St. Paul’s Lutheran Church in Teaneck
7 a.m., Tuesdays
(201) 569-9523—Vic. S.

Hypnosis Programs

- Holy Name Hospital in Teaneck, (201) 227-6250
1 session, \$50.00 fee (offered monthly)
Self-hypnosis program with take home materials (includes an audiotape), for one year may come back for reinforcement (free of charge)
- The Valley Hospital in Ridgewood, 1-800-VALLEY-1
(1-800-825-5391) 1 session, \$60.00 fee (7:00 – 9:00 p.m.)
2002 schedule: July 9, September 10, November 12
Lecture with hypnosis, reinforcement tape, follow-up visit