



Portland Metropolitan Programs

A list of programs and support groups that may assist you in your effort to quit smoking.

Tuality Counseling and Health Education - Tobacco Cessation Group

- Various personalized classes available. Call 503-681-1700 or visit <http://www.tuality.org/home/> under the health education tab.
- Life after Tobacco support groups meet 1st and 3rd Monday of every month at 6:30 pm. Tuality Health Education Center 334 SE 8th Ave, Hillsboro.

Oregon Department Human Services

- Help develop personalized quit plan with discussion forums, support, and a Quit Coach. Services are free with Coach available for up to 12 months.
- Visit <https://www.quitnow.net/oregon/>

Smoke Enders

- Seven week CD-ROM seminar, and “How to quit” kit. Phone counseling also available. \$125 + Shipping and handling. For more information contact <http://smokenders.com/> or call 1-800-828-4357.

Providence Health & Services – “Stop-Smoking Resources”

- Offers Providence pharmacist-assisted smoking cessation classes, “Free & Clear”- telephone based support, drug therapies, and smoking cessation resource center.
- Call 503-574-6595 or 1-800-562-8964 or visit <http://www.providence.org/oregon/> and search “stop smoking”.

Kaiser Permanente – “Freedom from Tobacco”

- Offer online tools, information, counseling, phone counseling, medications and health classes. Classes cover behavior modification and relapse prevention technique. Length of class ranges from 1 day to 6 week sessions. Prices vary. Check with insurance, as they may pay for classes.
- Call 503-286-6816, 1-866-301-3866 (toll free) or visit www.kaiserpermanente.org and search under “Freedom from Tobacco” for class information.

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Adventist Medical Center – Smoke Free Support Group

- Free, drop in, no registration required
- Every Monday (except holidays) 7-8 pm at Cafeteria Conference Room 10123 SE Market St, Portland
- Contact Ed Hoover at 503-251-6201.

The Alano Club of Portland – Nicotine Anonymous

- Meet every Tuesday 7:30-8:30 pm
- Call 503-222-5756 or visit www.portlandalano.org.

National Network of Tobacco Cessation Quit Lines

- Offers free phone support and will connect you to your local state quit smoking resources.
- Call 1-800-784-8669 (1-800-QUIT-NOW).

American Lung Association – Stop Smoking

- Call 1-800-LUNG-USA (1-800-586-4872) or visit <http://www.lungusa.org/stop-smoking/>.