

Montgomery County Smoking Cessation Resources

Montgomery County Department of Health and Human Services

Smoking Prevention and Cessation Program 240-777-1734

Resources:

Educational materials (English & Spanish)

Self help guides

Counseling and nicotine patches for eligible county residents

Cancer and Tobacco Program 240-777-3848

Counseling and nicotine patches for eligible Montgomery County employees and the community.

Holy Cross Hospital

1501 Forest Glen Road

Silver Spring, MD 20910

Information and Registration: 301-754-8800 or 301-754-7162

Nicotine Anonymous

www.nicotine-anonymous.org

Support Group 12-Step Program (Open Meetings)

St. Paul's United Methodist Church

10401 Armory Drive

Kensington, MD 20895

301-589-0546

Every Monday 7-8 p.m.

\$1.00 donation/session

Northwood Presbyterian Church

1200 W. University Blvd.

Silver Spring, MD 20902

301-589-0546

Every Friday 7-8 p.m.

\$1.00 donation/session

Montgomery General Hospital

18101 Prince Phillip Drive

Olney, MD 20832

Program is 4 weeks, each session is

1 1/2 hrs, once a week

301-774-8881

\$40 fee

Adventist Healthcare

Washington Adventist Hospital

7600 Carroll Avenue

Takoma Park, MD 20912

Cessation Class

\$80 fee

Monthly Support Group

Free

Information and Registration

1-800-542-5096

Shady Grove Adventist Hospital

Medical Center Drive

Rockville, MD

Freedom from Smoking - 8 week Cessation Class

Information and Registration

1-800-542-5096

Call for Fee

Kaiser Permanente - Several Locations in Metro Area

"Health Education"

Commit to Quit - 2 hour class, one session, introduction, resources, quit kit
Six-Week Smoking Cessation Program

Information and Registration

1-800-444-6696

Suburban Hospital

"Wellworks"

8600 Old Georgetown Road

Bethesda, MD 20814

Cessation Class - 7 weeks

Information and Registration

301-896-3939

\$95 fee

National Tobacco Independence Campaign

Counseling Individual and Group

8600 Old Georgetown Road

Bethesda, MD 20814

Cessation Class - 7 weeks

Information and Registration

301-879-7933

Korean Community Service Center of Greater Washington

11141 Georgia Avenue

Wheaton, MD 20902

Information and Registration

301-933-7010/Fax:301-933-7336

American Cancer Society

1331 Amherst Avenue

Wheaton, MD 20902

Four-Day Smoking Cessation Program

Information and Registration

301-933-9350/888-277-6333

Free of Charge

Ephesians Life Ministries, Inc.

1620 Elton Road, Suite 204

Silver Spring, MD 20903

Free Group Sessions (Women Only)

Individual Sessions

For Information and Registration

www.ephesians.org

\$25/individual session

301-439-7191/Fax 301-439-1169