

## **Quit Smoking Resources**

### **Baby & Me Tobacco Free- *pregnant women only*** Contact: Tameka Austin 330-926-5756

Evidence-based Baby & Me Tobacco Free Program is offered to pregnant women in Summit County. There are no income restrictions. Participants will meet one-on-one with a trained facilitator four times prior to giving birth, quit smoking by session three and then meet once a month for up to 12 months after the baby is born.

### **Cleveland Clinic Akron General - 330-344-AGMC (2462)**

[www.akrongeneral.org/portal/page/portal/AGMC\\_PAGEGROUP/YOUR\\_GOOD\\_HEALTH\\_CALENDAR?category=Smoking%20Cessation](http://www.akrongeneral.org/portal/page/portal/AGMC_PAGEGROUP/YOUR_GOOD_HEALTH_CALENDAR?category=Smoking%20Cessation)

Join this free, six-session smoking cessation class using the American Lung Association's Freedom from Smoking program and taught by Tobacco Treatment Specialists.

\*Classes can accommodate up to 25 people

### **Summa Health System- Akron City, Barberton, & Wadsworth Hospitals**

1-800-237-8662 or [www.summahealth.org/quitsmokingnow](http://www.summahealth.org/quitsmokingnow)

Free six week smoking cessation class taught by Tobacco Treatment Specialists.

One-on-one sessions also available by calling 234-312-5226

\*Classes accommodate between 15-20 people (based on location)

### **Western Reserve Hospital- 330-929-5864**

Provides individual and group sessions offered throughout the year.

### **Ohio Tobacco Quitline- 1-800-QUITNOW (784-8669)**

Telephone counseling- Participants enroll and speak to a quit coach at approximately two week intervals.

### **Nicotine Anonymous Meetings** \*Support group

Stow United Methodist Church

4880 Fishcreek Road, Stow

Tuesday 7:30 - 8:30 pm - downstairs

[www.ohio-nica.org](http://www.ohio-nica.org) 330-673-6784