



## SMOKING CESSATION PROGRAMS

### 1. UF & Shands Jacksonville

UF Community Health Center ACC Building 4<sup>th</sup> Floor,  
655 W. 8th Street  
Jacksonville, Florida 32209  
(904) BIG-STEP (244-7837).  
<http://jax.shands.org/patients/support.asp>

**Description:** Big Step is a four-week smoking cessation program open to the public. Topics include yoga and meditation as an aid to smoking cessation. The program starts on the first Wednesday of each month and continues through the following three Wednesdays. Meetings are held at 11:30 a.m. - 1pm. The cost is \$5.00 per session. Also available is the Healthy Start program offering free cessation classes for pregnant women and their families. (904-544-4843)

### 2. Florida Quitline

**1-877-U-CAN-NOW (1-877-822-6669)**  
<http://www.doh.state.fl.us/Tobacco/quitline.html>

**Description:** Florida Quitline is a free telephone program that consists of five sessions (8 for pregnant women). The Quitline provides counseling as well as materials.

### 3. Freedom from Smoking

[www.ffsonline.org](http://www.ffsonline.org)

**Description:** The American Lung Association's program is a free web-based program consisting of seven modules.

### 4. Northeast Florida Area Health Education Center (AHEC)

1107 Myra Street, Suite 250  
Jacksonville, Florida 32204  
(904) 482-0189

**Description:** The Quit Smoking Now program is a free six week program with each session lasting one hour. The sessions are provided in a group environment. Please call for further information.

### 5. Baptist Health-Baptist Hospital Downtown

800 Prudential Drive  
Jacksonville, Florida 32207  
(904) 202-7069  
<http://community.e-baptisthealth.com/services/bci/prevent/smoking.html>

**Description:** The QuitSmart system is offered and uses a kit with a guidebook as well as an audio aid, minimum of 3 classes. Cost is \$100.00 for the series.

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### 6. American Legacy Foundation

[www.becomeanex.org](http://www.becomeanex.org)

**Description:** EX is a free plan that focuses on how to quit smoking rather than why to stop.

### 7. NOT On Tobacco

6852 Belfort Oaks Place  
Jacksonville, FL, 32216  
Or call 1-800-LUNGUSA  
(904) 743-2933

**Description:** Not On Tobacco (N-O-T) is a program for high school students offered by the American Lung Association in Florida.

### 8. Nicotine Anonymous (NA)

1-877-879-6422

**Description:** Nicotine Anonymous is a non-profit group that assists individuals currently addicted to nicotine as well as those attending cessation programs and using withdrawal aids. In addition to group sessions, telephone and internet meetings can be scheduled. Additional information can be obtained from ([www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)).

### 9. St Vincent's Medical Center

1824 King St. Suite 100  
Jacksonville, Florida 32204  
(904) 308 7560  
[www.jaxhealth.com/services/smoking-cessation.aspx](http://www.jaxhealth.com/services/smoking-cessation.aspx)

**Description:** Uses the Quit Smoking Now program meeting for 6 weeks every Tuesday from 2-3pm. The cost is free and participants can join the weekly sessions at any time.

### 10. Duval County Health Department

900 University Blvd. N. Suite 205  
Jacksonville, Florida 32211  
(904) 253 2308

**Description:** Assistance with registration for free phone counseling or cessation classes.

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### **11. Web sites:**

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/guide-to-quitting-smoking-why-so-hard-to-quit>

<http://www.ffsonline.org/>

<http://www.myquitsmokingdiary.com/>

<http://www.tobaccofreeflorida.com/>

<http://www.doh.state.fl.us/Tobacco/quitline.html>

<http://www.nicotine-anonymous.org/>

<http://www.jaxhealth.com/services/smoking-cessation.aspx>

<http://community.e-baptisthealth.com/services/bci/prevent/smoking.html>

<http://jax.shands.org/patients/support.asp>

<http://www.quitsmokingnowfirstcoast.com/index.html>