

# A STOP SMOKING RESOURCE GUIDE

**Call the agencies below for information about stop smoking classes, materials, or support groups.**

## **TOBACCO INFORMATION & MATERIALS**

American Cancer Society (810) 733-3702

Genesee County Health Department  
Smoke-free, Multi-Agency Resource Team (SMART) (810) 341-5898

## **STOP SMOKING COUNSELING & RESOURCES**

American Legacy Foundation  
Great Start, Free Telephone Counseling for pregnant women (866)66-START

American Lung Association  
Internet-based stop smoking counseling  
Freedom From Smoking (On-Line) [www.ffsonline.org](http://www.ffsonline.org)

American Lung Association  
Free Telephone Counseling (800) 548-8252

Comprehensive Counseling Center  
Clinical Hypnosis and Addiction Counseling (810) 720-3120

Genesys Hurley Cancer Institute  
Stop Smoking Support Group (810) 762-8226

I Can Quit  
Free Telephone Counseling (800) QUIT-NOW

Laser Therapy Solutions  
Laser Smoking Cessation (866) 733-8055

Ready, Set, Grow!  
Smoke Free Babies Project (810) 767-0703

*The cessation resources are not affiliated with the Genesee County Health Department (GCHD) and GCHD does not imply any endorsement of these resources.*

**ARE YOU READY TO QUIT SMOKING?**