The EX Plan is a quit smoking program free of charge, one that can show you a whole new way to think about quitting. It’s based on personal experiences from ex-smokers as well as the latest scientific research from the experts at the Mayo Clinic.

The EX Plan helps you see quitting not as one big war, but as a number of little battles you can actually win. And the secret to winning these battles is re-learning your life without cigarettes.

The CT Quitline is a telephone help line offered free of charge that provides cessation counseling, quitting information, personalized Quit Plans, and support while quitting.

The CT Quitline is open 7 days a week 24 hours a day. English, Spanish, and other languages are available. Internet Web based cessation services and a text messaging program also available free of charge as part of the quit program.

Connecticut Quitline
Telephone Tobacco Use Cessation Assistance available 7 days a week
Call 1-800 QUIT NOW or 1-855-DEJELO-YA
(para español) or register online at www.quitnow.net/connecticut

BecomeAnEX.org
Online cessation program available 24 hours, 7 days a week
http://www.BecomeAnEx.org
Local Cessation Programs
Alphabetical by Town

**BHcare - Valley**
435 East Main Street
Ansonia, CT 06401
Attn: Marie Solazzo
(203) 736-2601

**BHcare - Shoreline**
14 Sycamore Way
Branford, CT 06405
Attn: Maggie Goodwin
(203) 483-2630 Ext. 241

**Bridgeport Hospital**
QuitSmart
267 Grant Street
Bridgeport, CT 06610
Attn: Gretchen May Fendo
(203) 336-7375

**Greater Bridgeport Area Prevention Program**
Mountainside Treatment Center
Nicotine Anonymous
P.O. Box 717
Canaan, CT 06018
Attn: Matt Eikan
(203) 366-8255

**St. Vincent’s Medical Center**
Teen Smoke Stoppers
2800 Main Street
Bridgeport, CT 06606
Attn: Mary Ellen Bolcer
(203) 576-5451

**Danbury Hospital**
Quit Now Smoking Cessation
24 Hospital Avenue
Danbury, CT 06810
Attn: Marianne Mitchell
(203) 739-8161

**Mountainside Treatment Center**
Danbury Hospital *
24 Hospital Avenue
Danbury, CT 06810
Attn: Debbie Smith
(203) 791-5165

**Midwestern Connecticut Council of Alcoholism**
2 Hospital Ave
Danbury, CT. 06810
Attn: Terry Budlong
203-743-4027

**Intercommunity, Inc.**
281 Main Street
East Hartford, CT 06118
Attn: Jessica Rees-Muniz
(203) 690-1707

**UConn Health Center**
263 Farmington Ave
Farmington, CT 06032
Attn: Peter Kryzkowski
(860) 679-3136

**Greenwich Hospital**
Smoke Stoppers
5 Perryridge Road
Greenwich, CT 06830
Attn: Diane DeMain
(203) 863-3786

**Rushford Center**
883 Paddock Avenue
Meriden, CT 06450
Attn: Jenna Aceycek
(203) 634-7415

**Life Changes LLC**
193 Main Street
Middletown, CT 06457
Attn: Andrew Degling
(860) 944-1171

**St. Francis Hospital**
Break Free From Smoking
114 Woodland Street
Hartford, CT 06105
Attn: Sally Lerman
(877) 783-7262

**Community Health Resources**
587 East Middle Turnpike
Manchester, CT 06040
Attn: Christin Cofiell
(860) 646-3888

**City of Meriden**
Dept of Health & Human Services
165 Miller Street
Meriden, CT 06450
Attn: Geralyn Laut
(203) 361-4003

**Bridges: A Community Support System**
949 Bridgeport Avenue
Milford, CT 06460
Attn: Jane Skolnick
(203) 878-6365

**Milford Hospital Education Dept**
Freedom From Smoking
300 Seaside Avenue
Milford, CT 06460
Attn: Diane Frankel Gramelis
(203) 876-4003

**Community Mental Health Affiliates, Inc**
270 John Downey Drive
New Britain, CT 06051
Attn: Kathryn Barnard
(860) 229-6575
<table>
<thead>
<tr>
<th>Local Cessation Programs</th>
<th>Page 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS Project New Haven, Inc.</td>
<td>CommuniCare, Inc. *</td>
</tr>
<tr>
<td>1302 Chapel Street New Haven, CT 06511</td>
<td>85 Willow Street, Building A, Suite 3 New Haven, CT 06511</td>
</tr>
<tr>
<td>Attn: Seph Mayo</td>
<td>Attn: John O’Rourke</td>
</tr>
<tr>
<td>(203) 624-0947 Ext. 227</td>
<td>(203) 553-7234 Ext. 16</td>
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<thead>
<tr>
<th>Fair Haven Community Health Clinic, Inc. **</th>
<th>Fellowship Place*</th>
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<tbody>
<tr>
<td>374 Grand Ave New Haven, CT 06513</td>
<td>441 Elm Street New Haven, CT 06511</td>
</tr>
<tr>
<td>Attn: Bala Sivaramakrishnan</td>
<td>Attn: Wanda Gomez</td>
</tr>
<tr>
<td>(203) 777-7411</td>
<td>(203) 401-4227 Ext. 127</td>
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<tr>
<th>Yale-New Haven Hospital Saint Raphael Campus</th>
<th>Yale-New Haven Hospital York Street Campus</th>
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<tbody>
<tr>
<td>1450 Chapel Street New Haven, CT 06510</td>
<td>789 Howard Avenue New Haven, CT 06510</td>
</tr>
<tr>
<td>Attn: Doreen DeCerbo</td>
<td>Attn: Doreen DeCerbo</td>
</tr>
<tr>
<td>(203) 789-4146</td>
<td>(203) 789-4146</td>
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<tr>
<th>Yale School of Medicine</th>
<th>VA CT Healthcare System Smoking Cessation Treatment</th>
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<tbody>
<tr>
<td>50 York Street New Haven, CT 06511</td>
<td>555 Willard Avenue Newington, CT 06111</td>
</tr>
<tr>
<td>Attn: Susan Neveu</td>
<td>Attn: Regina Gilbert</td>
</tr>
<tr>
<td>(203) 974-7588</td>
<td>(860) 594-6302</td>
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<tr>
<th>Ledge Light Health District **</th>
<th>New Milford Hospital Freshstart</th>
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<tbody>
<tr>
<td>216 Broad Street New London, CT 06320</td>
<td>21 Elm Street New Milford, CT 06776</td>
</tr>
<tr>
<td>Attn: Carolyn Wilson</td>
<td>Attn: Dorothy Christman</td>
</tr>
<tr>
<td>(860) 448-4882</td>
<td>(203) 794-5429</td>
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<tr>
<th>Girl Scouts of Connecticut</th>
<th>Norwalk Hospital Stop Smoking</th>
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<tbody>
<tr>
<td>20 Washington Avenue North Haven, CT 06473</td>
<td>34 Maple Street Norwalk, CT 06856</td>
</tr>
<tr>
<td>Attn: Cathy Monckton</td>
<td>Attn: Margaret Haggerty</td>
</tr>
<tr>
<td>(203) 239-2922 Ext 3342</td>
<td>(203) 852-2484</td>
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<tr>
<th>Uncas Health District**</th>
<th>Wheeler Clinic**</th>
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<tbody>
<tr>
<td>401 West Thames Street Norwich, CT 06360</td>
<td>Prevention, Wellness &amp; Recovery 334 Farmington Avenue Plainville, CT 06479</td>
</tr>
<tr>
<td>Attn: Constance Capacchione</td>
<td>Attn: Aisha Hamid</td>
</tr>
<tr>
<td>(860) 823-1189</td>
<td>(860) 793-2164</td>
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<tr>
<th>Day Kimball Hospital Wellness Program</th>
<th>The Stamford Hospital Tully Health Care Center</th>
</tr>
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<tbody>
<tr>
<td>320 Pomfret Street Putnam, CT 06260</td>
<td>32 Strawberry Hill Court Stamford, CT 06904</td>
</tr>
<tr>
<td>Attn: Judith Hansen</td>
<td>Attn: Mary Judge</td>
</tr>
<tr>
<td>(860) 928-6541 Ext. 2015</td>
<td>(203) 276-7875</td>
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<tr>
<th>Recovery Network of Programs, Inc. *</th>
<th>Charlotte Hungerford Hospital* Behavioral Health Services Torrington, CT 06790</th>
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<tbody>
<tr>
<td>2 Research Drive Stratford, CT 06615</td>
<td>Attn: Joy Pendola</td>
</tr>
<tr>
<td>Attn: Stephanie Birmingham</td>
<td>(203) 386-8802</td>
</tr>
<tr>
<td>(860) 496-6380</td>
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<thead>
<tr>
<th>Charlotte Hungerford Hospital</th>
<th>Heart Ctr of Greater Waterbury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulmonary Education (FFS) 780 Litchfield Street Torrington, CT 06790</td>
<td>Freedom from Smoking 1075 Chase Parkway Waterbury, CT 06722</td>
</tr>
<tr>
<td>Attn: Sandra Markus</td>
<td>Attn: Sandra Micalizzi</td>
</tr>
<tr>
<td>(860) 738-6661</td>
<td>(203) 575-1992</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Northwest Regional Mental Health Board*</th>
<th>Waterbury Hospital* Independence Center 1075 Chase Parkway Waterbury, CT 06722</th>
</tr>
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<tbody>
<tr>
<td>969 West Main Street, Suite B Waterbury, CT 06708</td>
<td>Attn: Laura Nesta</td>
</tr>
<tr>
<td>Attn: Janine Sullivan-Wiley</td>
<td>(203) 757-9603</td>
</tr>
<tr>
<td>(203) 757-9603</td>
<td>(203) 573-6056</td>
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<tr>
<th>Generations Family Health Ctr</th>
<th>* These programs, specialized in individuals with mental illness and SUD, are funded by DPH through Tobacco and Health Trust Funding</th>
</tr>
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<tbody>
<tr>
<td>Healthcare Access &amp; Promotions 1315 Main Street Willimantic, CT 06262</td>
<td>Attn:</td>
</tr>
<tr>
<td>(860) 450-7456</td>
<td>**These community-based programs are funded by DPH through a grant from the Tobacco and Health Trust Fund</td>
</tr>
</tbody>
</table>

List does not mean endorsement by DPH and may not include all cessation programs in Connecticut.
Tips to Quit Tobacco

- Pick a quit date and write it down on a calendar or some place where you will see it often
- Start healthy habits, such as eating healthy, exercise and relaxation, to help you quit more successfully
- Write down all of the reasons you want to quit
- Find all of your triggers to use tobacco. Write down where and when you smoke or use tobacco
- Think about what you will do when your triggers are present, what will you do instead of use tobacco. Write down these strategies
- Find your support system, friends, family, co-workers, online support, CT Quitline, BecomeAnEX.org. Tell them your plans and that you want their support in quitting.
- Throw away all of the ashtrays, lighters, and tobacco products in the house and car.
- Tell other people to stop smoking in your car and house. Ask them not to use tobacco around you.

State of Connecticut
CONNECTICUT DEPARTMENT OF PUBLIC HEALTH
COMMUNITY HEALTH & PREVENTION SECTION

Tobacco Use Prevention and Control Program
410 Capitol Avenue, P.O. Box 340308
Hartford, CT 06134-0308
Phone: 860-509-8251
Fax: 860-509-7854
E-mail: DPHTobacco@ct.gov
www.ct.gov/dph/tobacco

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Tobacco cessation resources:
- Center for Disease Control and Prevention (CDC)
  http://www.cdc.gov/tobacco
- The National Cancer Institute (NCI)
  U.S. National Institutes of Health
  800-4-cancer (800-422-6237)
  http://www.cancer.gov
  1-877-44U-QUIT (1-877-448-7848) - Telephone Quitline
  http://www.smokefree.gov — website tools and support
  http://women.smokefree.gov — website for women
  http://teen.smokefree.gov — website for teens
  https://livehelp.cancer.gov/app/chat/chat_landing — Live online conversation with Cancer Information Specialist
  http://smokefree.gov/apps-quitpal — Smartphone app
- The American Cancer Society
  http://www.cancer.org
- The American Lung Association Freedom from Smoking
  1-800-586-4872 — The Lung Helpline
  http://www.ffsonline.org — Online program for adults
  http://quitterinyou.org — Tools, tips and support
- Healthways
  Comprehensive Kicks Habits with Greater Support
  http://www.quitnet.com
- U.S. Department of Health and Human Services
  http://betobaccofree.hhs.gov

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