

Resources to Stop Smoking and Stay Smoke-Free

DUTCHESS COUNTY

Smoking Cessation Classes

St. Francis Hospital
Center for Health Information
Atrium Suite 203
Poughkeepsie, NY
845-483-5777
Fee: None

Denise Lewis, New You Coaching

Fresh Start and S.O.S available to businesses, groups and personal one-on-one coaching over the phone and in office.
1604 East Noxon Road
LaGrangeville, NY
845-227-3190

deniselewis@newyoucoaching.com
www.NewYouCoaching.com
Fee: Varies based on individual needs, call for information

Vassar Brothers Medical Center
45 Reade Place
Poughkeepsie, NY 12601
845-483-6336

Counseling

Dr. Andrew Packard
7385 South Broadway
Red Hook, NY
518-671-6600
Fee: Most Insurance Accepted

Marilyn Green, LCW-R
Janine DeFranco
202 Hooker Avenue
Poughkeepsie, NY
845-473-2175
Fee: Most Insurance Accepted

Myrna Sadowsky, CSW
39 Collegeview Avenue
Poughkeepsie, NY
845-454-3898
10 Highwood Rd.
Staatsburgh, NY
845-454-3898
(schedule thru Poughkeepsie Office)
Individualizes counseling blending Eastern and Western Medicine to best benefit individual clients.
Fee: Most Insurance Accepted

Roberta Schiff, MS
16 South Street
Rhinebeck, NY
845-876-5598
Fee: Yes

Acupuncture

Hudson Valley Women's Health Center
6520 Springbrook Avenue
Rhinebeck, NY
845-876-0526
Fee: Most Insurance Accepted

Detlef F. Wolf

Licensed Acupuncturist
315 Titusville Road
Poughkeepsie, NY 12603
845-4851770

Hypnotherapy/Hypnotist

Dutchess Hypnosis Associates
695 Dutchess Turnpike Suite, 205
Poughkeepsie, NY
845-471-3078
Fee: Free Consultation, fee for service

Arthur Huy

ZSI Hypnosis/Coaching
Provides Individual and group services
845-226-5780
Fee: Yes

Patricia Burbridge RN, MS
Vassar Brothers Medical Center
45 Reade Place
845-483-6336
Smoking Cessation
\$75 per person (possible sliding scale)

Adrienne Peltz-london LCSWR
Vassar Brothers Medical Center
Poughkeepsie, NY 12601
845-483-6394
Smoking Cessation, Counseling, Behavior Modification
\$75 per person (possible sliding scale)

Susan Olin-Dabrowski BS, CHT
Certified Hypnotist
845-635-9874
Located in Pleasant Valley NY
In my 8th year of helping people become non-smokers.

Other

Grace Okhiulu
The Organic Tao
515 Haight Avenue
Poughkeepsie, NY
845-473-7593
Acupuncture, Sonopuncture, and additional Eastern Techniques
Fee: Yes

ORANGE COUNTY

Smoking Cessation Classes

Crystal Run Healthcare
Smoking Cessation Program
(For affiliated individuals or their family members only)
75 Crystal Run Road, Suite 200
Middletown, NY
Wendy DeSol or Kathleen Rogers
845-703-6999
Fee: no

Hudson River Community Health

1037 Main Street
Peekskill, NY
845-778-2700
(Health Centers in Goshen/ Walden areas)
Fee: no*

Hudson Valley Health Care System

Community Based Outreach Clinics
150 Pike Street
Port Jervis, NY 12771
Lucille Hewitt
845-856-5396
Meets every Monday 2-3 pm
Open to Veterans and their families
Fee: no

Denise Lewis, New You Coaching

Fresh Start
1604 East Noxon Road
LaGrangeville, NY 12540
845-227-3190
Fee: Varies based on individual needs

Greater Hudson Valley Family Health Center

Smoking Cessation and NRT
3 Washington Center (Key Bank complex)
Newburgh, NY 12550
845-563-8000

McAuley Primary Care Center

Bon Secours Community Hospital
130 Broadway Street
Contact: Gretchen Meier
845-568-5238
Fee: Free to all Orange County Residents and Orange County Government Employees

Fran Medina, R.N., BSN

Certified Tobacco Specialist
Warwick, NY
Alternative healing modalities such as: Acupressure, Reiki and

Aromatherapy.
Eight Week Program
845-258-8199
Fee: yes

Mid-Hudson Corporate Wellness

5020 Route 9W, Suite 304, Rm 18
Newburgh, NY
Contact: Tom Savona, MA
845-564-5407
Fee: yes

Mind-Body-Spirit Connections

75 Broadway
Newburgh, NY
845-321-0834
Sheila Pearl, a life coach, Certified Consegriety™ Counselor & multi-model wellness practitioner. Offers classes workshops and support for cessation of all addictions
Fee: yes

Nicotine Anonymous

Richard C. Ward Addiction Treatment Center
117 Seward Avenue
Middletown, NY

Fridays @ 7:30pm

845-496-3185
Fee: no

Orange County Dept. of Health

The Programs are available with funding from the Orange County Department of Health. All services through the Orange County Department of Health are FREE to all Orange County Residents and Employees of Orange County.

Linda Cusato

Smoking Cessation
Independent Provider — program runs throughout Orange County
845-568-5238

Jim Conklin

Smoking Cessation
Independent Provider
224A Main Street, Goshen, NY
914-443-8494

McAuley Center

Smoking Cessation and NRT
140 Hammond Street
Port Jervis, NY 12771
845-858-7280

Hudson River Health Care - Walden

Smoking Cessation and NRT
75 Orange Avenue
Walden, NY 12586
845-778-2700

St. Luke's Cornwall Hospital

70 Dubois Street
Newburgh, NY
845-568-2380
Fee: no

The Warwick Valley Community Center

Doc Fry Building
11 Hamilton Avenue
Warwick, NY 10990
845-986-6422
Classes are Tues. nights from 7-9pm beginning Feb. 7, 2006.
Conducted by Dr. Pat Alfarone through the Orange County Public Health Department
Contact Lois M - Mon.-Thurs. 6-9pm at 845-986-6422 to register and for information.
Fee: Free

12 - Step Program

Nicotine Anonymous

Orange Regional Medical Center
Arden Hill Campus
4 Harriman Road
Wednesdays at 8pm
Contact: Frank Cascio
845-496-3185
Fee: no

Acupuncture

Acupuncture Clinic
225 Dolson Avenue, Suite 402
Middletown, NY
845-344-1110 OR
5 Corporate Drive
Central Valley, NY
845-928-0889
Jun Tu, OMD, LAC
Fee: yes

Infinity Acupuncture Svc PC

103 Executive Drive, Suite 600
New Windsor, NY
Glenn Smits, RN LAC
845-567-0562
Fee: yes

Qi for Life

Acupuncture and Chinese Medicine
54 North Plank Road
Newburgh, NY 12550
845-615-1318
Fee: no

Qi of Life Acupuncture

Judith A. Chaleff, RN, LAC
Kate Michalak, LAC, Dipl CH
1 Breezy Knoll Drive
Newburgh, NY

845-569-2019
www.qiolife.net
Fee: yes

Steve Hamel Acupuncture

61 Highland Avenue
Middletown, NY
845-344-2287
Fee: yes

Hypnotherapy

Gerald Benowitz

26 St. John Street
Goshen, NY
845-294-5252
Fee: yes

Patrick Dillon

Wellness Springs
489 Route 32
Highland Mills, NY
or
Eastern Hypnosis Center
14 Van Kleeck Avenue
New Paltz, NY
845-255-3380
Fee: yes

Richard Ferrara

Hypnotherapy

2002 Route 17M
Goshen, NY 10924
845-615-1318
Fee: no

Nancy Gordon

32 W. Main Street
Port Jervis, NY
845-856-5040
Fee: yes

Dr. Ronald Konowitz, Ph.D

93 Prince Street
Middletown, NY
845-342-3005
Fee: yes

Allan Reutershan, LMT, CHT

320 Robinson Avenue (Rt. 9W)
Newburgh, NY
845-497-1652
Fee: yes

Other

Dr. Pat Alfarone

Auriculotherapy
214 West Street
Warwick, NY 10990
845-567-9190 or 845-325-6162

PUTNAM COUNTY

Smoking Cessation Classes

Denise Lewis, New You Coaching

Fresh Start
1604 East Noxon Road
LaGrangeville, NY 12540
845-227-3190
Fee: Based on individual needs

School Smoking Cessation

Putnam Valley High School
Avail. to Putnam Valley HS students
146 Peekskill Hollow Road
Putnam Valley, NY 10579
Dr. David Fine
845-526-7847 x1310
Fee: no

Acupuncture

Advance Medical Acupuncture

Dr. Timothy Rowe
10 McMahon Place
Mahopac, NY
or
31 Bailey Avenue
Ridgefield, CT

845-621-8502
Fee: yes

East Mountain Center

Medical Center at Cold Spring
1756 Route 9D, Suite 101
Cold Spring, NY
914-271-3684
Fee: \$75 per visit

Hypnotherapy

Carolyn Stiman

Stop Smoking Through Hypnotherapy
845-621-2298
Fee: yes

Employers / Businesses / Corporations

Nationwide American Cancer Society Quitline Program

Offers counseling session tailored to the participant, three self-help booklets for motivation and preparation for life without tobacco. Nicotine Replacement Therapy available.

1-800-ACS-2345

Fee: Nominal one-time initiation fee to get Quitline started.

Interested in starting your own Nicotine Anonymous Group?

For a FREE Nicotine Anonymous Meeting Starter Kit, send your mailing address to:

NicA World Services
419 Main St., PBM#370
Huntington Beach, CA 92648

OR
shipping@nicotina-anonymous.org

ROCKLAND COUNTY

Smoking Cessation Classes

Good Samaritan Hospital

255 Lafayette Avenue
Suffern, NY
Contact: Valerie Garguilo
845-368-5185
Fee: no

Denise Lewis, New You Coaching

Fresh Start
1604 East Noxon Road
LaGrangeville, NY 12540
845-227-3190
Fee: Based on individual needs

Nyack Hospital

Put-It-Out-Rockland
160 North Midland Avenue
Nyack, NY
Contact: Donna Geppner
845-348-8504
Fee: no

Put It Out Rockland Smoking Cessation Program

8 week classes with free NRT for qualified persons residing or working in Rockland Cty. Classes meet at convenient times and locations throughout Rockland Cty.

Rockland County Dept. of Health

50 Sanatorium Road. Bldg. J
Pomona, NY 10970
845-364-2633
www.putitoutrockland.com
Fee: no

Acupuncture

The Healing Clinic

7 S. Myrtle Avenue
Spring Valley, NY
845-371-2740
www.healingclinic.net
Fee: yes

Nyack Intergrated Services

Dr. Naomi Pelzig
180 South Broadway
Nyack, NY
845-353-3267
Fee: yes

Traditional Acupuncture Center

134 East Route 59
Nanuet, NY
845-623-4187
Fee: yes

Ying Yang Chinese Acupuncture Center

Chunn L. Kong, L Ac
177 East Washington Avenue
Pearl River, NY
845-735-4282
Fee: yes

Hypnotherapy

Harris Berger, Ph. D, FCH, DAPA, DABPS, DABMPP

635 South Mountain Road
New City, NY
Individual Smoking Cessation Program

for Adolescents, Adults, and Seniors

By Appointment Only
845-634-7898
Fee: yes

Carolyn Chorba, C.Ht.

Edward Chorba, C.Ht.
55 Old Nyack Turnpike
Nanuet, NY
845-429-1410
Fee: yes

Center for Personal Growth

Dr. Neil Blackstein, Director
Pine Grove Professional Building
472 Kings Highway
Valley Cottage, NY
845-268-2802
One session needed
www.clinical-hypnotist.com
Fee: yes

Rockland Counseling and Hypnotherapy Center

Harriet Korn, Ph.D.
572 Route 303
Blauvelt, NY
845-623-1232
Fee: yes

SULLIVAN COUNTY

Smoking Cessation Classes

Catskill Regional Medical Center

PO Box 800
Harris, NY 12742
Patty Curry
845-794-3300 ext. 2921
Fee: no

Hudson Valley Health Care System

Community Based Outreach Clinics
461 Broadway
Monticello, NY 12701
Lucille Hewitt
845-791-4936
meets every Thursday 2-3 pm

open to Veterans and their families

Fee: no

Sullivan County Public Health Nursing

PO Box 590
50 Community Lane
Liberty, NY 12754

Caryn Mathews

845-292-0100 x2731

The Recovery Center

11 Hamilton Avenue
Monticello NY 12754
845 794-8080 x 117
Fee: no

Sullivan County Public Health Nursing

PO Box 590
50 Community Lane
Liberty, NY 12754
845 292-0100 x 2731

Acupuncture

Tri County Medical Association

546 Broadway
Woodridge, NY
845-434-6333
Fee: yes

Dr. Donald Roth

155 Sullivan Ave
Ferndale, NY
845 292-6630
Fee: yes

If you are a tobacco use treatment/smoking cessation provider in the Hudson Valley and would like to be listed in this publication, please call 845-943-6070

ULSTER COUNTY

Smoking Cessation Classes

Fresh Start - ACS

Benedictine Hospital
105 Mary's Avenue
Kingston, NY
845-334-4822
Fee: no

Fresh Start - ACS

The Rose Women's Care Center
24 Main Street
Highland, NY
Marge Gagnon
845-691-7984
Fee: yes

Breath of Life

Restricted to open clients
@ Ulster County Mental Health
239 Golden Hill Lane

Kingston, NY 12401

Friday: 1:30 pm
Bob Lusk
845-340-4022
Fee: covered by insurance

Nicotine Anonymous

Reformed Church Ed. Bldg.
Broadhead off Huguenot Street
New Paltz, NY
Wednesday: 7:00pm
845-687-7892
Fee: no

Nicotine Anonymous

Woodstock Library
Rt. 212 Tinker Street
Woodstock, NY
Sundays: 7:00pm
845-687-7892
Fee: no

Daniel A. Seigel, CSWR

CASAC, SAP
Butt Kickers Program
44 Main Street
Kingston, NY
845-340-0881
Fee: yes

Hudson River Healthcare

Ulster Migrant Healthcare
845-255-1760

Acupuncture

Stone Flower Mountain

Health Associates
1310 Route 28
PO Box 300
West Hurley, NY
845-679-4872
Fee: yes

Acupuncture Health Plus

Alex Shafran
65 Albany Avenue
Kingston, NY 12401
845-339-4492
Fee: yes

Acupuncture Health Care

108 Main Street
New Paltz, NY
845-255-7178
Fee: yes

Peter Lichenstein

7 Prospect Street
New Paltz, NY
845-256-0212
Fee: yes

John Lichenstein, MD