

Directory of North Dakota Tobacco Cessation Programs



NORTH DAKOTA
DEPARTMENT *of* HEALTH



DIVISION of TOBACCO
PREVENTION & CONTROL

Directory of North Dakota Tobacco Cessation Programs



North Dakota Department of Health

**Terry Dwelle, M.D., M.P.H.T.M.
State Health Officer**

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Director
Division of Tobacco Prevention and Control**

Directory of North Dakota Tobacco Cessation Programs (Updated 10-7-08)

[Click here for a map of North Dakota tobacco cessation programs](#)

Adams

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson, Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Barnes

Program Name: Barnes County Tobacco-Free Network
Location: City-County Health and Home Care office
Address: 230 Fourth St. N.W., Room 102
Valley City, N.D. 58072
Contact: Gloria Pesek or Vicki Voldal Rosenau
Phone: 701.845.8518
E-mail: bctprev@daktel.com
Type: Group classes/counseling
Program Duration: Seven weeks
Additional Info: Individual meetings are also offered.

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: Valley City Jr./Sr. High
Address: 460 N. Central Ave.
Valley City, N.D. 58072
Contact: Eydie Wagar or Deb Egge
Phone: 701.845.0483 Ext. 107
E-mail: Edith.Wagar@sendit.nodak.edu
Type: Group classes/counseling
Program Duration: Eight weekly sessions
Additional Info:

Benson

Program Name: Lake Region District Health Cessation Program
Location: To be determined
Address: 115 5th Ave. NE
Devils Lake, N.D. 58301
Contact: Lake Region District Health Unit
Phone: 701.662.7035
Type of Program: Group counseling
Program Duration: Seven weeks – eight sessions
Additional Info: Classes offered in Benson County once a year.

Billings

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Bottineau

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhhu.org

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Available in the county periodically or call for a Minot appointment. Check website for more information.
Website: www.fdhhu.org

Bowman

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Burke

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhhu.org

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Available in the county periodically or call for a Minot appointment. Check website for more information.
Website: www.fdhhu.org

Burleigh

Program Name: Freedom From Smoking® – American Lung Association
Location: 500 E. Front Ave.
Address: 500 E. Front Ave.
Bismarck, N.D. 58504
Contact: Pat McGeary, Bismarck Burleigh Public Health
Phone: 701.355.1597
Type of Program: Group counseling
Program Duration: Six weeks
Additional Info: The Former Smokers Support Group meets the last Wednesday of each month at Bismarck-Burleigh Public Health, 500 E. Front Ave., Bismarck
Upcoming Classes: (Bismarck-Burleigh Public Health, 500 E. Front Ave., Bismarck – Please use the north door.)

Program Name: St. Alexius Medical Center – Freedom From Smoking® – American Lung Association
Location: St. Alexius Medical Center
Address: 900 East Broadway
Bismarck, N.D. 58501
Contact: Lori Jorgenson or Deb Runge
Phone: 701.530.7700
Type of Program: Group counseling
Program Duration: Five weeks
Additional Info:
Upcoming Classes: October 28; November 25

Program Name: Tobacco Awareness Program (TAP) – teen cessation
Location: South Central High School
Address: Bismarck, N.D. 58501
Contact: Sue Kahler or Jeanne Karhoff
Phone: 701.355.1595 (Sue) or 701.221.3790 (Jeanne)
Type of Program: Group counseling
Program Duration: Six to seven weekly sessions
Additional Info:

Program Name: Freedom From Smoking® – American Lung Association – teen cessation program
Location: Century High School
Address: Bismarck, N.D. 58501
Contact: Sue Kahler or Dan Trottier
Phone: 701.355.1595 (Sue) or 701. 221.3435 (Dan)
Type of Program: Group counseling
Program Duration: Six to seven weekly sessions
Additional Info:

Cass

Program Name: Break Away from Nicotine (BAN)
Location: Fargo Cass Public Health
Address: 401 Third Ave. N.
Fargo, N.D. 58102-4839
Contact: Chelsey Matter
Phone: 701.241.1360 or 701.476.4083
Type of Program: Individual, one-on-one counseling
Program Duration: Five sessions, average about four to six weeks
Additional Info:

Program Name: MeritCare Tobacco Dependence Department
Location: MeritCare Health System/Pulmonary Lab
Address: 737 Broadway
Fargo, N.D. 58122
Contact: Jay Taylor (701.234.6460) or Vickie Haberman (701.234.6452)
Phone: 701.234.2524 (for an appointment)
Type of Program: Individual counseling, one-hour sessions
Program Duration:
Additional Info: Physician or self-referral

Program Name: NDSU Tobacco Cessation Program
Location: NDSU Wellness Center
Address: 18th St. & Centennial Boulevard
Fargo, N.D. 58105-5313
Contact: Lida Deutsch, R.N.
Phone: 701.231.7331
Type of Program: Individual counseling
Program Duration: Eight weeks
Additional Info: Program open to NDSU students, staff and faculty

Dickey

Program Name: Freedom From Smoking® – American Lung Association
Location: Various locations
Address: Please call the number below for details
Contact: Stephanie Voightman
Phone: 701.349.4348
Type of Program: Individual or group counseling
Program Duration: Eight weeks
Additional Info:
Upcoming Classes:

Divide

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (\$30 will be refunded upon completion of class) - includes workbook, relaxation/exercise CD, incentives and other materials

Dunn

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Eddy

Program Name: Lake Region District Health Cessation Program
Location: To be determined
Address: 115 5th Ave. NE
Devils Lake, N.D. 58301
Contact: Lake Region District Health Unit
Phone: 701.662.7035
Type of Program: Group counseling
Program Duration: Seven weeks – eight sessions
Additional Info: Classes offered in Eddy County once a year.

Golden Valley

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Grand Forks

Program Name: Freedom From Smoking® – American Lung Association
Location: Grand Forks Public Health
Address: 151 South Fourth St., Suite N301
Grand Forks, N.D. 58201
Contact: Theresa Knox
Phone: 701.787.8140
Type of Program: Group classes/counseling
Program Duration: Eight sessions over seven weeks
Additional Info:

Hettinger

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

LaMoure

Program Name: Freedom From Smoking® – American Lung Association
Location: Rotation of sites within LaMoure County
Address: LaMoure County Health Department – sponsor
Contact: Lesile J. Hanson, R.N., D.O.N.
Phone: 701.883.5356
Type of Program: Group counseling and support
Program Duration: Eight sessions over seven weeks
Additional Info: Program is adjusted to meet the needs of the participant.

Logan

Program Name: Jamestown Hospital Tobacco Cessation Program
Location: Jamestown Hospital
Address: 419 5th St. NE
Jamestown, N.D. 58401
Contact: Marla Walter
Phone: 701.952.4891 or 701.252.1050 (Jamestown Hospital)
Type of Program: Group program
Program Duration: Seven weeks
Additional Info:
Upcoming Classes:

McHenry

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhu.org

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Available in the county periodically or call for a Minot appointment. Check website for more information.
Website: www.fdhu.org

McIntosh

Program Name: Freedom From Smoking® – American Lung Association
Location: To be determined.
Address: McIntosh District Health Unit
PO Box 25
Ashley, N.D. 58413
Contact: Donna Moos
Phone: 701.288.3695
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info:

McKenzie

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (\$30 will be refunded upon completion of class) - includes workbook, relaxation/exercise CD, incentives and other materials

McLean

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhu.org

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Available in the county periodically or call for a Minot appointment. Check website for more information.
Website: www.fdhu.org

Mercer

Program Name: “New Beginnings”
Location: Sakakawea Medical Center (Conference Room)
Address: 510 Eighth Ave. NE
Hazen, N.D. 58545
Contact: Robyn Wieland or Mary Hillerud
Phone: 701.748.2225 or 701.748.3655
Type of Program: Group counseling
Program Duration: Four to five sessions, followed with support group sessions
Additional Info: We use Mayo Clinic’s “My Path to a Smoke Free Future” as the foundation of our program, along with supplemental materials and videos to enhance the program.
Upcoming Classes: Please call for scheduled dates.

Morton

Program Name: Freedom From Smoking® – American Lung Association
Location: Morton County Courthouse
Address: 210 Second Ave. N.W.
Mandan, N.D. 58554
Contact: Brady Weaver
Phone: 701.667.3370
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info:

Mountrail

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (\$30 will be refunded upon completion of class) - includes workbook, relaxation/exercise CD, incentives and other materials

Oliver

Program Name: “New Beginnings”
Location: Sakakawea Medical Center (Conference Room)
Address: 510 Eighth Ave. NE
Hazen, N.D. 58545
Contact: Robyn Wieland or Mary Hillerud
Phone: 701.748.2225 or 701.748.3655
Type of Program: Group counseling
Program Duration: Four to five sessions, followed with support group sessions
Additional Info: We use Mayo Clinic’s “My Path to a Smoke Free Future” as the foundation of our program, along with supplemental materials and videos to enhance the program.
Upcoming Classes: Please call for scheduled dates.

Pierce

Program Name: Freedom From Smoking® – American Lung Association
Location: Heart of America Medical Center
Address: 800 S. Main
Rugby, N.D. 58368
Contact: Allan Meckle, R.T.
Phone: 701.776.5455 ext 475
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: These classes are made available as needed.

Ramsey

Program Name: Lake Region District Health Cessation Program
Location: Jigsaw Junction
Address: 115 5th Ave. NE
Devils Lake, N.D. 58301
Contact: Lake Region District Health Unit
Phone: 701.662.7035
Type of Program: Group counseling
Program Duration: Seven weeks – eight sessions
Additional Info: Classes offered one to two times per year.

Renville

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhhu.org

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Available in the county periodically or call for a Minot appointment. Check website for more information.
Website: www.fdhhu.org

Richland

Program Name: Freedom From Smoking® – American Lung Association
Location: Richland County Health Department
Address: 413 3rd Ave. North
Wahpeton, N.D. 58075
Contact: Jason Bergstrand
Phone: 701.642.7744
Type of Program: Group counseling
Program Duration: Six weeks, seven sessions
Additional Info: Financial assistance is available to help defray the cost of the nicotine replacement therapy products or prescription cessation medications.
Upcoming Classes: Classes are typically held three times per year – in February, April and September.

Program Name: Tobacco Awareness Program (TAP)
Location: Wahpeton Middle and/or High School
Address: Wahpeton, N.D. 58075
Contact: Jason Bergstrand, or Bobbi Jo Jelinek
Phone: 701.642.7744 (Jason) or 701.642.2604 (Bobbi Jo)
Type of Program: Group counseling
Program Duration: Eight sessions/four weeks
Additional Info: There is no cost for this program.

Rolette

Program Name: Freedom From Smoking® – American Lung Association
Location: Rolette County Public Health
Address: 211 1st Ave. NE
Rolla, N.D. 58367
Contact: Margaret Leas, R.N. or Barbara Frydenlund, R.N.
Phone: 701.477.5646
Type of Program: Group classes/counseling
Program Duration: Eight weeks
Additional Info:

Program Name: You Can Quit® – American Cancer Society
Location: Indian Health Service, Quentin M. Burdick Memorial Healthcare Facility
Address: Box 160
Belcourt, N.D. 58316
Contact: Carol Gourneau, M.S.W., L.C.S.W.
Phone: 701.477.6111
Type of Program: Individual or group counseling
Program Duration: Four weeks
Additional Info:

Sargent

Program Name: Tobacco Cessation Classes
Freedom From Smoking® – American Lung Association
Location: Sargent County District Health Unit
Address: 316 Main St.
Forman, N.D. 58032
Contact: Lorraine Jacobson
Phone: 701.724.3725
Type of Program: Group counseling
Program Duration: Eight weekly sessions, one hour each
Additional Info: Flexible scheduling. Call for details. Classes for smokers and spit tobacco users.

Program Name: Tobacco Education Group (TEG) and Teen Awareness Program (TAP)
Location: Sargent County District Health Unit
Address: 316 Main St.
Forman, N.D. 58032
Contact: Lorraine Jacobson
Phone: 701.724.3725
Type of Program: TEG – violation class / TAP – Teen cessation class
Program Duration: Eight one-hour sessions, scheduled as requested
Additional Info: Flexible scheduling. Cessation classes available upon request. Call for details.

Sheridan

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhhu.org

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Available in the county periodically or call for a Minot appointment. Check website for more information.
Website: www.fdhhu.org

Slope

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Stark

Program Name: Southwest District Health Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson or Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Stutsman

Program Name: Jamestown Hospital Tobacco Cessation Program
Location: Jamestown Hospital
Address: 419 5th St. NE
Jamestown, N.D. 58401
Contact: Marla Walter
Phone: 701.952.4891 or 701.252.1050 (Jamestown Hospital)
Type of Program: Group program
Program Duration: Seven weeks
Additional Info:
Upcoming Classes:

Trail

Program Name: Not On Tobacco (N-O-T)
Location: Trail District Health Unit, Tobacco Prevention Office
Address: Mayville State University, Room 105, Berg Hall
Mayville, N.D. 58257
Contact: Katie Anderson
Phone: 701.788.4626
Type of Program: Group counseling and support group
Program Duration: Eight weeks
Additional Info:

Program Name: Freedom From Smoking® – American Lung Association
Location: Trail County Courthouse
Address: 114 W Caledonia Ave.
Hillsboro, ND 58045
Contact: Katie Anderson
Phone: 701.788.4626
Type of Program: Class or individual
Program Duration: Seven weeks, eight sessions
Additional Info: Flexible scheduling. Call for details. Classes are open to smokers and spit-tobacco users.

Ward

Program Name: Freedom From Tobacco
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Group counseling
Program Duration: Eight weeks
Additional Info: Scheduled January, March, September or as needed
Website: www.fdhhu.org

Ward (continued)

Program Name: Individual tobacco consultations
Location: First District Health Unit
Address: 801 11th Ave. SW
Minot, N.D. 58701
Contact: Renae Byre
Phone: 701.852.1376
Type of Program: Individual counseling
Program Duration: As needed
Additional Info: Call for a Minot appointment
Website: www.fdhu.org

Wells

Program Name: Freedom From Smoking® – American Lung Association
Location:
Address: Harvey, N.D. 58341
Contact: Beckee Keller
Phone: 701.547.3756 or 701.324.2061
Type of Program: Individual counseling
Program Duration: Eight weeks
Additional Info: There is no cost for this course.

Program Name: Not On Tobacco (N-O-T) – for youth
Location: Harvey Public School
Address: 200 North St.
Harvey, N.D. 58341
Contact: Beckee Keller or Kathy Muscha
Phone: 701.547.3756 or 701.324.2061
Type of Program: Individual counseling
Program Duration: Eight weeks
Additional Info:

Williams

Program Name: Freedom From Smoking® – American Lung Association
Location: Upper Missouri District Health Unit
Address: 110 West Broadway
Williston, N.D. 58801
Contact: Upper Missouri District Health Unit
Phone: 701.774.6400
Type of Program: Group program
Program Duration: Eight weeks
Additional Info: Cost - \$60 (\$30 will be refunded upon completion of class) - includes workbook, relaxation/exercise CD, incentives and other materials