

Tobacco Cessation Support Groups

UPMC's Tobacco Cessation Program offers several ongoing support groups to help you quit using tobacco and vaping products and "stay quit."



Nicotine Support Group

For individuals who are nicotine-free, or who want to become, nicotine-free. It doesn't matter what form of tobacco product you currently use or have used, or even how many times you have tried to quit. The goal of this support group is to share common experiences, learn about the power of nicotine and create a caring atmosphere.

When: First and third Tuesdays, 6:30 to 7:30 p.m.

Jan. 5 & 19	May 4 & 18	Sept. 7 & 21
Feb. 2 & 16	June 1 & 15	Oct. 5 & 19
March 2 & 16	July 6 & 20	Nov. 2 & 16
April 6 & 20	Aug. 3 & 17	Dec. 7 & 21

To learn more or to join, contact Pam Miller, 717-849-5463 or millerpa4@upmc.edu



Virtual Support Groups

Virtual tobacco cessation support groups offer current and former tobacco users the latest information about tobacco use addiction, treatment options, and access to other supportive resources. Join us and connect with other members who understand what you're going through.

Led by our team of tobacco treatment specialists, the virtual support groups feature videos, posts, activities, and active discussions about the quitting process and staying quit. Signing up is quick, easy, and free – and you can join us whenever you're ready.

- [Tobacco Cessation Support Group](#)
- [Virtual Tobacco Cessation Support for Moms and Moms-To-Be](#)

Direct links can be found at [UPMC.com](https://www.upmc.com) and searching "Tobacco Cessation".

Our Tobacco Treatment Specialists

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For further information or to register for any of these programs, please contact one of our tobacco treatment specialists or visit [UPMC.com](https://www.upmc.com) and search "Tobacco Cessation."