

TREATMENT SERVICES & MOMS

UNION AVENUE PATIENTS

**TACOMA PIERCE COUNTY HEALTH DEPARTMENT IS
TOBACCO FREE. NO SMOKING IN THE BUILDINGS OR IN THE
PARKING LOTS.**

**IN CONSULTATION WITH THE FIRE MARSHAL:
YOU MUST USE ASHTRAY IN THE DESIGNATED PUBLIC SMOKING AREA.**

We provide smoke free buildings and parking to model and promote good health for our patients and visitors.

Smoking and second hand smoke are two of the largest preventable causes of poor health, illness and death.

Our goal is to protect the health, safety, and comfort of patients, employees, customers and visitors.

**Any patients or visitors observed using tobacco on premises will be asked to
discontinue.**

CIGARETTES TOSSED ON GROUND START FIRES: USE ASHTRAY!

Employees and security will enforce this policy.

Non-compliance may result in loss of treatment.

If you need to talk with someone about these policies or their enforcement, please ask at the front desk to speak with your counselor or Dave.

Ask Your Counselor For Resources to Help You Quit !

Patient Signature

Date

Other Tobacco Support Groups :

Open to anyone interested in quitting tobacco. All groups are free.
Free patches available at most groups.

For More Information Call: Heidi Henson (253) 223-7538

MONDAYS

Noon to 1 p.m.

Allenmore Hospital
Boardroom
19th & Union, Tacoma

TUESDAYS

10 to 11 a.m.

People's Community Center
1602 Martin Luther King Jr. Way
Tacoma
Free childcare on-site.
Learn-to-knit Group
1st & 3rd week of the month
11 a.m. to 1 p.m.

3:45 to 4:45 p.m.

Good Samaritan Hospital
Family Birth Center, Baker Room
407-14th Ave SE
Puyallup

TUESDAYS

6 to 7 p.m. – NEW LOCATION!

United Lutheran Church, *Library*
Corner of Sheridan & S. 76th Street
1231 South 76th Street, Tacoma

WEDNESDAYS

11 a.m. to Noon

Women Only
St. John's Lutheran Church
8602 Bridgeport Way SW, Lakewood
Free childcare on-site.
Learn-to-knit Group
2nd & 4th week of the month
Noon to 2 p.m.

THURSDAYS

7 to 8 p.m. Including Holidays

St. Joseph Medical Center
Dining Rooms 1 & 2
19th & "I" Street, Tacoma

Washington State Quitline: 1-877-270-7867