



Smoking and Tobacco Cessation

☺ = Spanish speaking agency

Forestville Wellness Center (West County Health Centers) **887-0290, 6550 Front Street, Forestville,** www.wchealth.org – Integrative consults, osteopathic manipulation, herbal consults, massage, acupuncture, wellness classes including: diabetes management, chronic pain, drug abuse alternatives, smoking cessation, and nutrition education.

☺ **Drug Abuse Alternatives Center:** www.daacinfo.org, **544-3295 or 1-877-888-3222**

Free assistance with tobacco cessation **for teens**; leave a message and a counselor will call back. Accept Medi-Cal. Outpatient & residential treatment options for adults w/ alcohol and other drug problems; Perinatal Day Treatment for pregnant women. (566-0170).

Kaiser Permanente Classes: 393-4167 or 566-5277

- Freedom from Tobacco Program: Six sessions covering a range of issues including behaviors and triggers that make you want to smoke. Learn how to make lifestyle changes.
- Quit Tobacco Workshop: One session, three hours, to help develop your own plan to quit. Held in Santa Rosa and Rohnert Park. \$30 or free to members.

☺ **Northern California Center for Well-Being Classes:** www.norcalwellbeing.org, **575-6043**

- Smoking Cessation: Effective Stop Smoking program given by ex-smokers using the American Lung Association's Freedom from Smoking program. Seven weeks, eight 2-hour sessions.
- Smoke-Free Babies: Smoking Cessation for Moms: Program to help women who are pregnant or who have new babies quit smoking. Individual and group support No Fee.

Tobacco Free California: Free help lines www.TobaccoFreeCA.com

The California Smokers' Helpline provides free professional and confidential telephone counseling for anyone living in California, whether you are currently addicted to tobacco, have already quit, or want information for a friend or relative. When you call, a friendly staff person will offer a choice of services; including self-help materials, if you would like to quit on your own; can also assist with obtaining the certification needed prior to receiving medication for smoking cessation.

- **English 1-800-NO-BUTTS (1-800-662-8887)**
- ☺ **Español 1-800-45-NO-FUME (1-800-456-6386)**
- **Chew/Smokeless Tobacco 1-800-844-CHEW (1-800-844-2439)**