



Need help to STOP smoking or chewing tobacco?

STOPP SMOKING HELPLINE

1-800-540-6775 or (209) 468-2415

STOP SMOKING CLASSES

OCTOBER-DECEMBER 2010

[Updated 9/28/10]

AGENCY/LOCATION	Times	Languages	Registration	Ages	Cost
California Smokers Helpline State-funded Program 1(800) QUIT-NOW or 1(800) 784-8669	M-F 7am-9:00pm Sat 9am-1pm	English Spanish Korean Chinese Vietnamese	Free literature in the mail; Free counseling session over the phone.	Teens & Adults	No Cost
American Cancer Society Information and Guidance 1(800) 227-2345	Resources available 24 hrs a day 7days a week	English & Spanish [other languages are available through a translator service]	Resource for referrals and educational materials only.	Teens & Adults	No Cost
American Lung Association 1(800) 586-4872, press 2 for Helpline www.FreedomFromSmoking.org Local: (209) 523-1888	Helpline 7am-7pm; 24/7 Free Online Class	English Spanish	Call for referrals to other programs or for ALA training to facilitate programs	Teens & Adults	No Cost
Kaiser Permanente Health Education (209) 476-3299 1 st Floor Conference Room 7373 West Lane, Stockton	2-hour session held 2 nd Tuesday each month; 8 week program 6pm-8pm	English	Call for more information. Advanced sign-up is required.	Teens & Adults Classes open to the community.	No Cost Members and Non-Members
Kaiser Manteca Health Education (209) 824-5070 1721 Yosemite Ave., Manteca	One 2-hour session held monthly Call for time	English	Call for more information. Advanced sign-up is required.	Teens & Adults Classes open to the community.	No Cost Members and Non-Members
Sutter Gould Health Education (209) 548-7873 2505 W. Hammer Lane, Stockton	Call for information on class times	English	To sign up, call for dates of next session.	Teen & Adults	No Cost
Sutter Tracy Community Hospital Smoking Cessation (209) 832-6009 or 832-6047 1420 N. Tracy Blvd., Tracy	Wednesdays 7pm-9pm for eight consecutive weeks	English	To sign up, call for dates of next session.	Teens & Adults	\$20 for program
Evergreen Professional Hypnotherapy and Personal Improvement Center (209) 472-0722 6820 Pacific Ave., 2-B, Stockton NOTE: First5 eligible? Use an Evergreen bucks coupon for discount. Call for details.	Days, Evenings or Weekends	English	Call to schedule a session.	Teens & Adults No charge teens under age 18	Per person: \$180 ea/1 \$160 ea/2 \$140 ea/3 \$120 ea/4 \$100 ea/5+
Coalition United for Families (C.U.F.F.) (209) 444-5514 2044 Fair Street, Stockton	Flexible Schedule; Call	English	Call for more information.	Teens and Adults (emphasis on African-American culture)	No Cost
Stockton Unified School District Lupe Vazquez (209) 933-7130 ext 2617 Jennifer Robles (209) 933-7130 ext 2617	Flexible Schedule; Call	English	Call for more information and to schedule classes.	Students from Stockton Unified School District	No Cost
Manteca Unified School District Lynda Donelson (209) 858-0782 Francisca Contreras (209) 858-0782	Flexible Schedule; Call	English	Students should speak to their school counselor.	Students from Manteca Unified School District	No Cost

Individual Telephone Stop Smoking Counseling
STATEWIDE SMOKERS HELPLINE

San Joaquin County Public Health Services
Funded by Proposition 99

1(800) NO-BUTTS	English
1(800) 662-8887	English
1(800) 45-N0-FUME	Spanish
1(800) 456-6386	Spanish
1(800) 838-8917	Chinese (Cantonese/Mandarin)
1(800) 778-8440	Vietnamese
1(800) 556-5564	Korean
1(800) 933-4833	Hearing Impaired
1(800) 844-CHEW (2439)	CHEWING TOBACCO HELPLINE

