



Need help to STOP smoking or chewing tobacco?

STOPP SMOKING HELPLINE

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

STOP SMOKING CLASSES

JANUARY – MARCH 2012

[Updated 12/16/11]

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 Quit for Life Hotline: 1-866-784-8454	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 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: Voucher Program available for those caring for a child under the age of five. Please call 209.468.2415 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+
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

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

San Joaquin County Public Health Services
Funded by Proposition 99

