

# Tobacco Cessation Resources Guide

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Services</b>	<b>Languages</b>	<b>Contact</b>
Alameda Alliance for Health	1240 South Loop Road Alameda, CA 94502	(510) 747-4577	Call for class location and information. Free to Alliance members.	English, Spanish, Chinese and Vietnamese	
Alameda County Public Health Department, Tobacco Control Program	1000 Broadway, Ste. 500 Oakland, CA 94607	(510) 628-STOP	Self -help materials and incentives through the mail. Free.		
Alameda Hospital Community Relations	2070 Clinton Ave. Alameda, CA 94501	(510) 814-4062	Class meets every week for 6 weeks. Cost: \$95	English	Louise Nakada
American Cancer Society	1700 Webster St. Oakland, CA 94612	(510) 832-7012	Self –help materials. Referral. Free Will train agencies on how to run tobacco cessation groups: "Make Yours a Fresh Start Family" (pregnant women) and "I Quit" (peer cessation program for teenagers).		<a href="http://www.cancer.org">www.cancer.org</a>
American Heart Association	11200 Golf Links Road Oakland, CA 94605	(510) 827-1600	Self- help materials. Free		<a href="http://www.americanheart.org">www.americanheart.org</a>
American Lung Association of the East Bay	295 27 <sup>th</sup> St., 2 <sup>nd</sup> Floor Oakland, CA 94612	(510) 893-5474 1-800-LUNG-USA	Drop in cessation support group, Tuesday 6pm – 7pm. Freedom From Smoking: 7-session tobacco cessation group. Self-help materials and videos. Free		<a href="http://www.lungusa.org">www.lungusa.org</a> <a href="mailto:eastbaylung@alac.org">eastbaylung@alac.org</a>
Berkeley Nicotine Anonymous	1301 Shattuck Ave. @ Berrymann Berkeley, CA 94709	(415) 750-0328	Call for meeting location and information. Free. Open to all.	English	<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a> <a href="mailto:info@nicotine-anonymous.org">info@nicotine-anonymous.org</a>
Berkeley Primary Care Acupuncture Detox Clinic	2001 Dwight Way, Berkeley, CA 94709	(510) 204-4835	Acupuncture by appt. with referral from BPC physician or HIV+; drop-in clinic 8:30 am – 10:30 am. Cost: varies.	English	
Berkeley Unified School District Berkeley High School	2223 Martin Luther King Jr. Way, Room G-202 Berkeley, CA 94707	(510) 644-8987	Quit smoking groups; one-on-one counseling. Free for BUSD students. Age: Teens	English	
City of Berkeley Health & Human Services Tobacco Prevention Program	2344 Sixth St. Berkeley, CA 94710	(510) 981-5330	6-session class every Thursday evening; self-help materials in English and Spanish. Free.	English and Spanish	<a href="mailto:quitnow@ci.berkeley.ca.us">quitnow@ci.berkeley.ca.us</a>

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East Oakland Health Center	7450 International Blvd. Oakland, CA 94621	(510) 835- 9610	5-week cessation support groups Wednesdays 10:30 am. Free. Open to the public.		Joyce Riley
Eastmont Wellness Center	6955 Foothill Blvd. Oakland, CA 94605	(510) 383-5158	Tobacco education and counseling. Free to clinic patients.	English, Spanish, Cambodian, Vietnamese and Bosnian	Cesar Cuadra <a href="mailto:ccuadra@acmedctr.org">ccuadra@acmedctr.org</a>
Eden Medical Center	20103 Lake Chabot Rd. Castro Valley, CA 94546	(510) 889-5078	“Quit Now” 3-session program, quit smoking support group 4 <sup>th</sup> Thursday every month at 7 pm. Cost: \$40.		
Kaiser Permanente Hospital, Pleasanton	7601 Stoneridge Drive Pleasanton, CA 94558	(925) 847-5172	<ul style="list-style-type: none"> <li>▪ Tobacco Cessation: From 7-session to 11-week cessation class. Free for members, \$120 non-members.</li> <li>▪ Mom and Me Smoke Free: 1-session workshop for pregnant smokers. Free for members.</li> <li>▪ Ready to Quit: 3-hour workshop. Free for members.</li> </ul>		
Kaiser Permanente Hospital, Fremont	39400 Paseo Padre Parkway Fremont, CA 94538	(510) 248-3455	<ul style="list-style-type: none"> <li>▪ Ready to quit: 3-hour workshop. Free for members; \$25 for non-members.</li> <li>▪ Tobacco Cessation: 7 week class, free for members; \$75 non-members.</li> <li>▪ Quit Smoking Now: 3-session clinic, free for members; \$35 non-members.</li> </ul>		
Kaiser Permanente Hospital, Hayward	27400 Hesperian Blvd. Hayward, CA 94555	(510) 784-4531	<ul style="list-style-type: none"> <li>▪ Ready to quit: 3-hour workshop. Free for members; \$25 for non-members.</li> <li>▪ Tobacco Cessation: 7 week class, free for members; \$75 non-members.</li> <li>▪ Quit Smoking Now: 3-session clinic, free for members; \$35 non-members.</li> </ul>		
Kaiser Permanente Hospital, Union City	3553 Whipple Road Union City, CA 94587	(510) 784-4531	See Kaiser Hayward for information on class location, times, fees and eligibility.		
Kaiser Permanente Medical Group, Oakland	280 West MacArthur Blvd. Oakland, CA 94611	(510) 752-6150	<ul style="list-style-type: none"> <li>▪ Ready to Quit: one three-hour class offered every other Saturday. Free for members, \$25 for non-members.</li> <li>▪ Tobacco Cessation: 7-week course offered eight times/year. Free for Members, \$80 non-members.</li> </ul>		

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Logan Health Center	1800 H Street Room 3 Union City, CA 94587	(510) 476-0400 ext. 5	Offers one on one counseling with clients that are smoking. Makes referrals to on site TUPE/tobacco cessation program on the Logan High School Campus.		<a href="http://www.loganhealthcenter.org">www.loganhealthcenter.org</a>
Newark Health Center	6066 Civic Terrace Newark, CA 94560	(510) 383-5158	Tobacco education and counseling. Free to clinic patients.	English, Spanish, Cambodian, Vietnamese and Bosnian	Cesar Cuadra <a href="mailto:ccuadra@acmedctr.org">ccuadra@acmedctr.org</a>
Tiburcio Vasquez Health Center	33255 9 <sup>th</sup> Street Union City, CA 94587	(510) 471-5907	Cessation classes free to clinic patients.		Rosario Arreola
West Oakland Health Council Inc.	700 Adeline Street Oakland, CA 94601	(510) 835-9610	5-week cessation support groups Mondays 9:30 am. Free. Open to the public.		Joyce Riley
Winton Wellness Center	24100 Amador St. 2 <sup>nd</sup> Floor Hayward, CA 94544	(510) 383-5158	Offers tobacco education and counseling for those that want to quit. Free to clinic patients.	English, Spanish, Cambodian, Vietnamese and Bosnian	Cesar Cuadra <a href="mailto:ccuadra@acmedctr.org">ccuadra@acmedctr.org</a>

## California Smokers' Help Lines

**English**  
1-800-NO-BUTTS  
1-800-662-8887

**Spanish**  
1-800-NO-FUME  
1-800-456-6386

**Chewing Tobacco**  
1-800-844-CHEW  
1-800-844-2439

**Chinese**  
1-800-400-0866  
1-800-838-8917

**Vietnamese**  
1-800-778-8440

**Korean**  
1-800-556-5564

**TDD/TTY**  
1-800-933-4TDD  
1-800-933-4833

## Internet Resources for Smoking Cessation

Agency for Health Care Policy  
[www.ahcpr.gov](http://www.ahcpr.gov)

Office of Smoking and Health  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

QuitNet  
[www.quitnet.com](http://www.quitnet.com)

Smoke Free Families  
[www.smokefreefamilies.org](http://www.smokefreefamilies.org)