



**California Smoker's Helpline:**

English: 1-800-662-8887  
 Mandarin/Cantonese: 1-800-838-8917  
 Vietnamese: 1-800-778-8440

Spanish: 1-800-456-6386  
 Korean: 1-800-556-5564  
 TDD/TTY: 1-800-933-4833

**STOP SMOKING RESOURCES IN SAN FRANCISCO**  
**September 2018**

Free Smoking Cessation Groups			
<b>SFDPH Tobacco Free Project Stop Smoking Program at ZSFG and 25 Van Ness</b> 2550 23 <sup>rd</sup> St. Zuckerberg San Francisco General. Weekly group cessation classes. <b>FREE</b>		<b>628-206-6074</b> SFQuits.org	
<b>Northern California Intergroup of Nicotine Anonymous</b> 12-step self-help program. <b>Wednesday 6:00 pm</b> 100 Diamond Street (enter gate on 18 <sup>th</sup> St. door on left, downstairs to basement) Contact: <b>415-317-7208</b> <b>Saturday 10:00 am</b> The Dry Dock, 2118 Greenwich Street Contact: <b>415-308-1886 FREE</b>		Bay Area Contact: <b>415-995-1938</b> www.nica-norcal.org	
Free Phone and Online Programs			
<b>CALL</b>	<b>California Smoker's Helpline FREE</b> phone counseling in many languages. Ask if you are eligible to receive FREE NRT medication. <a href="http://www.nobutts.org">www.nobutts.org</a>	<b>1-800-NO-BUTTS</b>	
<b>TEXT</b>	Text: <b>QUIT</b> to <b>47848</b> , answer a few questions, and you'll start receiving <b>FREE 24/7 quit help messages</b> texted to your phone! Or sign up by clicking <a href="#">HERE!</a>		
<b>APP</b>	<b>quit START FREE</b> smartphone app for people who want to change their smoking. Provides tailored tips, and inspiration. <a href="http://tinyurl.com/freequitstart">http://tinyurl.com/freequitstart</a>		
<b>APP</b>	<b>Quit Guide - FREE</b> smartphone app tracks your cravings and moods, monitors your progress toward milestones, helps you develop strategies to deal with triggers, and more. <a href="http://tinyurl.com/freequitguide">http://tinyurl.com/freequitguide</a>		
<b>WEB</b>	<b>Commune Facebook Quit Groups</b> Commune is a private Facebook group for young adults ages 18-29. Group participants can get up to \$80 for 90 days.	<a href="http://smokefreesocial.jointhecommune.com">smokefreesocial.jointhecommune.com</a>	
Stop Smoking Counseling at San Francisco Health Network Health Centers			
One-on-One support from Primary Care Behavioral Health program staff. <b>Must be registered as a patient.</b>	<b>Castro-Mission Health Center</b>	3850 17th Street at Noe	<b>415-934-7700</b>
	<b>Chinatown Health Center</b>	1490 Mason St <i>Groups available in Chinese</i>	<b>415-364-7600</b>
	<b>Curry Senior Center</b>	333 Turk Street	<b>415-885-2274</b>
	<b>Family Health Center</b>	995 Potrero Avenue	<b>415-206-5252</b>
	<b>Larkin Street Youth Clinic</b>	134 Golden Gate Avenue	<b>415-673-0911 x259</b>
	<b>Maxine Hall Health Center</b>	1301 Pierce Street	<b>415-292-1300</b>
	<b>Ocean Park Health Center</b>	1351 24th Avenue	<b>415-682-1900</b>
	<b>Potrero Hill Health Center</b>	1050 Wisconsin Street	<b>415-648-3022</b>
	<b>Richard Fine People's Clinic (ZSFG)</b>	1001 Potrero Avenue, Main building, 1M	<b>415-206-8494</b>
	<b>Silver Avenue Family Health Center</b>	1525 Silver Avenue at San Bruno Avenue	<b>415-657-1700</b>
	<b>Southeast Health Center</b>	2401 Keith Street	<b>415-671-7000</b>
	<b>Tom Waddell Urban Health Center</b>	230 Golden Gate Avenue	<b>415-355-7400</b>
<b>CBHS</b>	<b>Behavioral Health Pharmacy</b>	1380 Howard Street	<b>415-255-3659</b>
Non-Profit Organization and Other Hospital Programs – Some are fee for service			
<b>American Heart Association</b> 426 17 <sup>th</sup> Street #300, Oakland, CA. Self-help materials, referrals. <a href="http://www.heart.org">www.heart.org</a>		<b>510-903-4050</b>	
<b>Chinese Community Health Resource Center</b> 835 Jackson Avenue, San Francisco. Monthly free health education programs on variety of topics in Cantonese and Mandarin.		<b>415-677-2473</b> <a href="http://www.cchrhealth.org">www.cchrhealth.org</a>	

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Smoking cessation individual counseling available for Chinese Hospital Clients.		
<b>Kaiser Permanente</b>	2425 Geary Boulevard, San Francisco. Wellness coaching and individual counseling for tobacco cessation available. Call Health Education Department for information. <a href="https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/health-education/quit-tobacco-resources/">https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/health-education/quit-tobacco-resources/</a>	<b>415-833-3450</b>
<b>SMART RECOVERY</b>	St. Francis Memorial Hospital at 900 Hyde Street. <b>FREE</b> classes to the public for <i>all</i> addictive behaviors, like tobacco. <b>Mondays, Wednesdays and Fridays 7:00-8:30 PM</b> Check website for more details: <a href="http://www.meetup.com/SMARTRecoverySF">www.meetup.com/SMARTRecoverySF</a>	<b>415-891-9925</b> <a href="mailto:SmartSFCA@gmail.com">SmartSFCA@gmail.com</a>
<b>Sutter Health Community Health Resource Center</b>	2100 Webster Street, lobby level. Health education materials available for Sutter Health patients	<b>415-923-3155</b>
<b>UCSF Medical Center Fontana Tobacco Treatment Center</b>	1600 Divisadero Street & 400 Parnassus Avenue, San Francisco. Cessation programs at two locations, morning or evening, consisting of four weekly 2 hour sessions. <b>\$55 fee (Help available)</b> . Weekly relapse prevention program also available. <a href="http://www.ucsfhealth.org/clinics/tobacco_treatment_center/">http://www.ucsfhealth.org/clinics/tobacco_treatment_center/</a>	<b>415-885-7895</b>
<b>Alternative Programs – Most programs are fee for service</b>		
<b>Bay Area Hypnosis Center</b>	655 Skyway Road, #115, San Carlos, CA. Free consultation and guaranteed smoking cessation program. Call for fees. <a href="http://www.bayareahypnosiscenter.com/">http://www.bayareahypnosiscenter.com/</a>	<b>650-591-5327</b>
<b>Community Acupuncture Works</b>	2889 24 <sup>th</sup> Street, San Francisco. <b>\$25-\$50 sliding scale fees.</b> Individual and group acupuncture to treat addiction, smoking, pain relief & more.	<b>415-861-0104</b> <a href="http://www.caworks.org">www.caworks.org</a>
<b>Community Ear Acupuncture Project</b>	555 DeHaro Street, Classroom G. San Francisco. Hours vary. Ear acupuncture, herbal tea, and resources. <b>\$5 suggested donation.</b>	<b>415-355-1601 x313</b> <a href="http://actcm.edu/earclinic/">actcm.edu/earclinic/</a>
<b>Hypnosis for Health</b>	815 Hyde Street, Suite 302. Hypnosis, MP3's. Three years of free relapse prevention support included. Free half hour consultations for San Francisco residents. Call for fees. <a href="http://hypnosis4health.com/">http://hypnosis4health.com/</a>	<b>415-775-7797</b>
<b>"Stop Smoking Now" program</b>	Lafayette, CA. Stop smoking in one session. Hypnotherapy, CD's, free phone consultation, lifetime guarantee, and sliding scale. East Bay clinic also. <a href="http://www.hypnosissanfrancisco.com/">http://www.hypnosissanfrancisco.com/</a>	<b>866-863-4NOW</b> <b>(866-863-4669)</b>

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