



LUCHA Gold Country Region Cessation Directory



Alpine County

Name	Address	Contact	Services
Alpine County Public Health Dept. Tobacco Control Program	75 Diamond Valley Road Markleeville, CA 96120	530-694-2235	<ul style="list-style-type: none"> • Referral to Kick It California Helpline

Amador County

Name	Address	Contact	Services
Amador County Public Health	810 Court Street Jackson, CA 95642	209-223-6407	<ul style="list-style-type: none"> • Stop smoking classes for those wanting to quit

Calaveras County

Name	Address	Contact	Services
Calaveras County Public Health Dept. Tobacco Prevention Program	891 Mountain Ranch Road San Andreas, CA 95249	209-754-6460	<ul style="list-style-type: none"> • Provide Quit Kits • Referral to Kick It California Helpline • ASAP (Alliance for Substance Abuse Prevention) - meets once per month and addresses concerns of tobacco use and exposure

El Dorado County

Name	Address	Contact	Services
Barton Community Health Center Behavioral Health	2170 South Avenue, S. Lake Tahoe, CA 96150	530-541-3420	<ul style="list-style-type: none"> • Offer medication, counseling, and psychiatric services in support of recovery
El Dorado Community Health Center - Diamond Springs Office	4641 Missouri Flat Rd., Placerville, CA	530-621-7700	<ul style="list-style-type: none"> • For established patients or patients through a referral from our medical providers • Therapeutic services for young children through older adults with substance use, drug dependence, and addiction
El Dorado Community Health Centers Placerville	4327 Golden Center Dr., Placerville, CA	530-621-7700	<ul style="list-style-type: none"> • For established patients • Cessation referrals • Therapeutic services for addictions and substance use available for young children through older adults, including those with disabilities
El Dorado County Behavioral Health West Slope	769 Pleasant Valley Rd., Suite 2001 Diamond Springs, CA 95619	530-621-6290	<ul style="list-style-type: none"> • Offers education, prevention, treatment and counseling services for people struggling with alcohol and other drugs

El Dorado County Health Services Department Public Health Division Tobacco Use Prevention Program	929 Spring Street Placerville, CA 95667	530-621-6142	<ul style="list-style-type: none"> • Free self-help quit-smoking information, and referral to area groups, organizations, and on-line sites that offer support groups and quit-smoking classes • TUPP is available to provide a brief phone cessation educational intervention
Marshall Medical Center Community Health Education Smoking Cessation Class	1045 Marshall Way Placerville, CA 95667	530-621-7965	<ul style="list-style-type: none"> • 7-week class series that meets once a week • \$50 fee and free for Marshall employees and their spouses/domestic partners.
Tahoe Youth & Family Services South Lake Tahoe office and Drop-in Center	1021 Fremont Ave., South Lake Tahoe, CA 96150	530-541-2445	<ul style="list-style-type: none"> • Individual Mental Health and Substance Abuse Counseling • Substance Abuse Groups for Adults, Nevada • Substance Abuse & Mental Health Assessments

Inyo County

Name	Address	Contact	Services
Inyo County Health & Human Services Dept. Tobacco Control Program	1360 N Main Street Bishop, CA 93514	760-872-1394	<ul style="list-style-type: none"> • Free 8-week class that will give you the tools to conquer smoking • Free Quit kits

Mono County

Name	Address	Contact	Services
Mono County Health Department	1290 Tavern Road Suite 246 P.O Box 3329 Mammoth Lakes, CA 93546	760-924-1830	<ul style="list-style-type: none"> • Referral to free tobacco/vape cessation counseling call or visit webpages: Kick It California Helpline: 800-300-8086 Chewer's Helpline: 800-844-CHEW Vape Helpline: 844-8-NO-VAPE • Youth and teen referral to smoke-free teen, The Truth Initiative, and the Campaign for Tobacco Free Kids webpages

Nevada County

Name	Address	Contact	Services
Anew Day	117 New Mohawk Rd, Nevada City, CA	530-470-9111	<ul style="list-style-type: none"> • Offer cessation referrals
Chapa-DE Indian Health	1350 East Main Street Grass Valley, CA 95945	530 477-8545	<ul style="list-style-type: none"> • Weekly tobacco cessation classes • Explore and heighten your motivation, develop strategies to quit, and educate our patients about available medications (such as nicotine patches and other medications) that may help you quit and stay quit

Free Community Program for Tobacco & Smoking Cessation	Tahoe Forest Center for Health 11012 Donner Pass Road, Truckee	530-587-3769	<ul style="list-style-type: none"> • Group health coaching program is designed to meet you where you are • Quit Coach will help you come up with your own personal Quit Plan
Nevada County Health and Human Services	500 Crown Point Circle Suite 110 Grass Valley, CA 95945	530-265-1450	<ul style="list-style-type: none"> • Free 8-week series • Free Quit Kits to aid in your quitting efforts! Call 2-1-1 or 877-847-0499 to get yours
Quit for Good	14971 Lewis Road Nevada City, CA 95959	530-265-2183	<ul style="list-style-type: none"> • Virtual classes (limit 6-8 ppl per class) • 6-weeks long with a follow-up once every 3 mos. for a year

Placer County

Name	Address	Contact	Services
Chapa-De Indian Health	11670 Atwood Road Auburn, CA 95603	530-887-2800	<ul style="list-style-type: none"> • Weekly tobacco cessation classes • Explore and heighten your motivation, develop strategies to quit, and educate our patients about available medications (such as nicotine patches and other medications) that may help you quit and stay quit

Sacramento County

Name	Address	Contact	Services
American Cancer Society	1545 River Park Dr. STE 100 Sacramento, CA 95815	1-800-277-2345	<ul style="list-style-type: none"> • Resource for referrals to programs, educational materials • Free counseling session by phone
CVS Minute Clinic- Start to Stop Smoking Cessation Program	10015 Palisades Drive, Suite 1 Truckee, CA 96161	1-866-389-2727	<ul style="list-style-type: none"> • Personal counseling with a nurse practitioner • \$49-\$60 by appointment only
Clinica Tepati	1820 J St, Sacramento, CA 95811	916-209-0912	<ul style="list-style-type: none"> • Provide Quit Kits • Referral to Kick It California
Department of Veterans Affairs	Veterans can contact the nearest VA health care clinic	1-855-QUIT-VET	<ul style="list-style-type: none"> • Screening for tobacco use during primary care visits • Individual counseling for nicotine patch or gum
Freedom from Smoking Group Clinic	Sequoia Room, 2nd Floor 2020 J Street Sacramento, CA 95811	1-800-586-4872	<ul style="list-style-type: none"> • Freedom from smoking 7-week clinic (\$99.95), offered in person and virtually • Quitter Circle • Free Self-help materials
Help Me Dr. Ronda, Inc	601 University Avenue Sacramento, Ca 95825	916- 922-3100	<ul style="list-style-type: none"> • Stop smoking hypnosis audios and in office sessions
Kaiser Permanente - Tobacco Cessation Support	9201 Big Horn Blvd, Elk Grove, CA 95758	916-688-2428	<ul style="list-style-type: none"> • Work with a Clinical Health Educator to help along your quit journey • Appointments include skill building to address triggers and cravings, relapse prevention, developing support systems • Education and facilitation of appropriate medications
Mercy General Hospital- Smoking Cessation Program	3941 J Street Sacramento, CA 95819	916-453-4521	<ul style="list-style-type: none"> • Behavior modification, 6-week classes • For English and Spanish speakers
Nicotine Anonymous	1300 N St,	916-364-0273	<ul style="list-style-type: none"> • Support groups for adults and teens

	Sacramento, CA 95814		
Sacramento City College Health Services	3835 Freeport Blvd Sacramento, CA 95822	916- 558-2367	• Cessation referrals and quit kits
Sacramento County Tobacco Education Program	9616 Micron Ave. Suite 670 Sacramento, CA 95827	916 -875-5869	• Free nicotine patches
Rite Aid in Sacramento	1125 Alhambra Boulevard Sacramento, CA 95816	1-800-748-3243	• 3 individual consultations and follow ups • For ages 18 and up • Pharmacist Counseling
The Willow Clinic	1200 N B St, Sacramento, CA 95814	916-572-4502	• Four-week program designed to provide patients with the knowledge and confidence to quit, with a plan suited for each patient's individual circumstances and lifestyle
University of California Davis Health System- Health Management and Education	3630 Business Drive, Suite F Sacramento, CA 95820	916-734-0718	• Only for UC Davis patients • Strategies to quit smoking • Support groups

San Joaquin County

Name	Address	Contact	Services
Channel	701 E. Channel Street Stockton, CA 95202	209-944-4700	• Cessation treatment referrals
Dorothy L Jones Community and Health Center	2044 Fair Street Stockton, CA 95206	209-444-5514	• Stop smoking classes • Can call for referral
Community Medical Center – Recovery Center	1031 Waterloo Road Stockton, CA 95205	209-940-5662	• Resources and support needed to help you cope with the challenges involved in the recovery process of a substance use disorder
Kaiser Permanente	7373 West Lane Stockton, CA 95210	209-476-3299	• 2-hour classes every month
San Joaquin Behavioral Health Services	620 Aurora Street Suite #1 Stockton, CA 95202	209-468-8700	• Outpatient and residential services based on an evaluation
Waterloo	1031 Waterloo Rd., Stockton, CA 95205	209-940-5600	• Cessation treatment referrals

Stanislaus County

Name	Address	Contact	Services
Community Medical Center	370 N. Central Tracy, CA 95376	209-650-4000	• Cessation treatment referrals
Emanuel Cancer Center	880 E. Tuolumne Road Turlock, Ca 95382	209-664-5030	• Cessation treatment referrals • For ages 18 and up
Holt Counseling Center	1620 N. Carpenter Rd., Suite 4-a Modesto, CA 95351	209-366-2273	• Stop smoking classes • Can call for referral
Kaiser Permanente Modesto	3800 Dale Road Modesto, CA 95356	209-735-6060	• Online stop smoking course for Kaiser members only • For English and Spanish speakers, ages 18 and up
Stanislaus County Health Services Agency	830 Scenic Drive Modesto, CA 95350	209- 558-5657	• Education and information and referrals on local cessation resources • For English and Spanish speakers, ages 18 and up, education and information for teens on local cessation resources
Stanislaus County Office of Education	1100 H Street Modesto, CA 95354	209-238-1367	• Cessation classes • For English speakers, ages 18 and up

Sutter Gould Medical Foundation	McHenry Village 1700 McHenry Avenue, STE 60B Modesto, CA 95350	209-548-7892	<ul style="list-style-type: none"> • Not currently offering services but can direct to resources via Maino Library at 209-523-0732
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Sutter County

Name	Address	Contact	Services
Harmony Health	399 Del Norte Ave., Yuba City, CA	530-763-4252	<ul style="list-style-type: none"> • Cessation referrals • Referral to Kick It California Helpline
Sutter County Public Health	1445 Veterans Memorial Circle Yuba City, CA 95993	530-822-7215	<ul style="list-style-type: none"> • Referral to Kick It California Helpline • Referral to Adventist Health and Rideout
Sutter Yuba Behavioral Health	545 Garden Highway Suite B Yuba City, CA 95991	530-822-7215	<ul style="list-style-type: none"> • Referral to Kick It California Helpline

Tuolumne County

Name	Address	Contact	Services
Tuolumne County Health Department Tobacco Control Program	2011 Cedar Road North Sonora, CA 95370	209-533-7401	<ul style="list-style-type: none"> • Tobacco information/presentation • Technical assistant on secondhand smoking • Free quit smoking classes • Group support available

Yolo County

Name	Address	Contact	Services
Hansen Behavioral Health	215 West Beamer Street Woodland, CA 95695	530-405-2815	<ul style="list-style-type: none"> • Cessation referrals • Referral to Kick It California Helpline

Yuba County





Name	Address	Contact	Services
Harmony Health	1908 North Beale Rd., Marysville, CA 95901	530-743-6888	<ul style="list-style-type: none"> • Substance use support groups

Phone Counseling Services

Name	Contact	Services
Kick It California Helpline	English: 1-800-300-8086 Spanish: 1-800-600-8191	<ul style="list-style-type: none"> • Free material by mail • Free counseling session by phone
American Cancer Society	1-800-227-2345	<ul style="list-style-type: none"> • Resource for referrals to programs, educational materials • Free counseling session by phone
Kick It California Helpline: Quit Vaping	1-844-8273	<ul style="list-style-type: none"> • Free material by mail • Free counseling session by phone Text "I Can Quit" to 66819

American Lung Association	1-800-586-4872	<ul style="list-style-type: none"> • Resource for referrals to programs and provide training to led programs • Freedom from smoking 7-week clinic (\$99.95) • Quitter Circle • Free Self-help materials
Smokefree.gov	1-877-44U-QUIT Or (1-877-448-7848) 1-800-QUIT-NOW Or (1-800-784-8669)	<ul style="list-style-type: none"> • Visit website or call for counseling and educational materials • Text QUIT to 47848

Apps

Name	Agency	Services
No Butts 	University of California, San Diego & Kick It California Helpline	<ul style="list-style-type: none"> • Mobile app offers quick and tailored help, right from the palm of your hand • Features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics • Only for iPhone
QuickStart/Smokefree Teen 	National Cancer Institute	<ul style="list-style-type: none"> • Smoking cessation resource for teens • For iPhone and Android users
QuitGuide 	National Cancer Institute	<ul style="list-style-type: none"> • Ability to track cravings by time of day and location • Inspirational messages for each craving you track, helping you stay focused and motivated on your journey to a smoke-free life • For iPhone and Android users
Smoke Free 	David Crane	<ul style="list-style-type: none"> • Evidence-based app allows you to track your health improvements; money saved, track cigarette cravings, and provides interactive ways to keep you on track to becoming smoke-free • For iPhone and android users (\$4.99 one- time app purchase fee)

Websites

Name	Agency	Services
Kickitca.org	University of California, San Diego & Kick It California Helpline	<ul style="list-style-type: none"> • Website serves as a hub with many resources available to help you quit smoking and/or vaping
BecomeAnEx.org	American Legacy Foundation	<ul style="list-style-type: none"> • Based on personal experiences from former smokers as well as uses the latest scientific research from the experts at the Mayo Clinic
Smokefree.gov	Tobacco Control Research Branch of the National Cancer Institute	<ul style="list-style-type: none"> • The information and professional assistance available can help to support your immediate and long-term needs as you become and remain smoke-free
Freedomfromsmoking.org	American Lung Association	<ul style="list-style-type: none"> • Program specifically designed for adults who want to quit smoking. It is an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good

Don't see an agency in your community that offers quitting tobacco resources, contact us!

No ve una agencia en su comunidad que ofrezca recursos para dejar de fumar, ¡contáctenos!