

# Tobacco Cessation and Education Resources

## **Alexian Associates Psychology & Counseling**

(408) 272-4321  
3110 Provo Court San Jose, CA 95127  
Type of Service: hypnotherapy. Cost: \$15 per session.

## **Breathe California of the Bay Area**

(408) 998-5865 (877) 327-3284  
[http://www.lungsrus.org/Events/tobacco\\_classes.htm](http://www.lungsrus.org/Events/tobacco_classes.htm)  
1469 Park Ave. San Jose, CA 95126  
Type of Service: Ash Kickers Smoking Cessation, 6-week session group support program.  
Cost: \$70; \$50 (seniors, age 65+) and sliding scale.

## **California Smokers' Helpline**

1-800-NO-BUTTS Chew: 1-800-844-CHEW  
<http://www.nobutts.org>  
Korean: 1-800-556-5564  
Chinese: 1-800-838-8917  
Vietnamese: 1-800-778-8440  
Spanish: 1-800-45-NO-FUME  
TDD/TYY: 1-800-933-4TDD

A telephone program that can help you quit smoking. When you call, a staff person will offer a choice of services: self-help materials, one-on-one counseling over the phone, and a referral list of other quit programs. Cost: Free

## **De Anza College Student Health Services**

(408) 864-8732  
21250 Stevens Creek Blvd. Cupertino, CA 95014  
One-on-one counseling. Cost: Free for students.

## **El Camino Hospital**

(650) 988 8225  
2500 Grant Rd. Mountain View, CA 94040  
Type of Service: Ash Kickers Quit Program 6-week group class; one-on-one counseling. Cost: \$125.

## **Employee Wellness Program**

(408) 299-5825 <http://www.sccgov.org/wellness>  
2310 N. First Street, Suite 103 San Jose, CA 95131  
Be Smoke Free 6-weeks program. For County Employees.  
Cost: Free; Languages Served: English; Ages: Adult

## **Foothill College Health Services**

(650) 949-7243  
<http://www.foothill.edu/health/smoking.php>  
12345 El Monte Rd., Los Altos Hills, CA 94022  
One-on-one counseling, medical quitting aids for students. Cost: Free.

## **Gavilan College**

(408) 848-4791  
5055 Santa Teresa Blvd Gilroy, CA 95020  
Ash Kickers Smoking cessation 6-week group class; One-on-one consultation. Cost: \$70 and sliding scale.  
Languages Served: Spanish and English;  
Ages: Community members and Students.

## **Habit Control Hypnosis**

(408) 269-5451  
2000 W. Hedding St., STE C San Jose, CA 95128  
Individual or couple. Cost: \$160 first time. \$50 if there is a complication within the month, and \$120 for reinforcement within a year.

## **Kaiser Permanente Santa Clara**

(408) 851-3800 (call for other clinic location services)  
710 Lawrence Expy Santa Clara, CA 95051  
Freedom From Cigarettes 7-week clinic. Cost: Free to members; \$70 for non-members;  
3 hour workshop \$25 for non-members.

## **Kaiser Permanente Santa Teresa Medical Center**

(408) 972-3340 or (650) 903-2636 Mountain View,  
(408) 236-5684  
270 International Circle Bldg. 2, San Jose, CA 95119  
Type of Service: Freedom From Tobacco 7-week clinic; Ex-smoker support group; medical quitting aids; self-help materials.  
Cost: Free to members; \$85 for non-members; 1-day seminar \$40 for non-members.

## **Mission College**

(408) 855-5141 <http://www.missioncollege.org>  
3000 Mission College Blvd, Santa Clara, CA 95054  
Stop smoking class; One-on-one consultation; Cost: Free. Languages Served: English; Ages: Students

## **National Institute of Cancer (NCI)**

Smoking Quitline  
(877) 44U-QUIT (1-877-448-7848)  
Talk with an NCI smoking cessation counselor for help quitting and answers to smoking-related questions in English or Spanish. Call Monday through Friday 8:00 a.m. to 8:00 p.m. Eastern Time.

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## Natural Health Center

(408) 972-9332  
485 Los Coches St. Milpitas, CA 95035  
Type of Service: Acupuncture & herbs; one-on-one sessions. Languages Served: English, Spanish, Chinese. Cost: \$95 first session, \$60 thereafter.

## Nicotine Anonymous

(408) 236-2196 or (877) 879-6422  
<http://www.nicotine-anonymous.org>  
12-step support group meetings in various locations. Smokers & chewer support available. Phone & internet meetings available. Cost: Free.

Locations: Cambrian Ctr. Library-2360 Samaritan Pl, San Jose, 95124-Saturdays, 9:00am; All Saint Episcopal Church-Waverly & Hamilton Palo Alto, Saturdays, 10am; Ages: Teens & Adults

## O'Connor Hospital

(408) 998-5865  
2105 Forest Ave. San Jose, CA 95128  
Ash Kickers Smoking Cessation, 6-week session group support program.  
Cost: \$70; \$50 (seniors, age 65+) and sliding scale.

## Palo Alto for Pulmonary Disease Prevention

(650) 833-7999  
Research program offering one-on-one counseling for patients with pulmonary problem. Combination Therapy individualized treatment and clinical study.  
Cost: Varies.

## Palo Alto Medical Foundation

(408) 739-6000 <http://www.caminomedical.org>  
701 E. El Camino Real Mt. View, CA 94040  
Ash Kickers Smoking Cessation 6-week group support program. Cost: \$70; (\$50 for ages 65+) and sliding scale.

## Quit for Life Program

(866) 784-8454 <http://www.freeclear.com>  
Tailors a quitting plan based on participant's lifestyle, preference, and tobacco-use history. On the initial call, a Quit Coach assesses participant's tobacco use history and individual needs in order to help participant identify destructive thought patterns and situational triggers that cause the desire to smoke. Quit Coach helps the participant develop a personalized plan to prepare for his/her quit date.

## Regional Medical Center of San Jose

Ash Kickers Smoking cessation 6-week group class  
*Coming Soon.*

## San Jose City College Student Health Center

408 288-3724  
2100 Moorpark Ave. San Jose, CA 95128  
One-on-one consultation free for students.  
Ages: Free for Students

## San Jose Job Corps/Conservation Corps

(408) 937-3200  
3485 East Hills Drive San Jose, CA 95127  
Stop Smoking class Group and one-on-one Cost: Free; Languages Served: English Ages: Students.

## Stanford Stop Smoking Program

1-877-331-3352  
2107 North 1st St. Suite 300 San Jose, CA 95131  
Study participation for qualified smokers ages 18 to 65. On going one-on-one with nicotine replacement therapy and pharmacological aids.  
Cost: Free when \$50 deposit returned.

## Valley Medical Center/Valley Health Plan

(408) 793-2780  
2325 Enborg Lane, Suite 290 San Jose, CA 95128  
Type of Service: Staying Smoke-Free Group class Two sessions-On-going. Cost: Free. Available for members only. Languages Served: English, Spanish, Vietnamese.

## On-line Resources

### Become an EX

<http://www.becomeanex.org>  
Use the free EX quit smoking plan to prepare yourself by "re-learning life without cigarettes." EX will help you tackle your smoking habits one by one.

### My Last Dip (resource for chewers)

<http://mylastdip.com>  
Offering a series of unique web-based interventions that have been designed to help chewing tobacco users quit for good. There are programs designed for chewers ages 14-25 and also for chewers ages 26 & up.

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## On-line Resources Continued

### **National Institute of Cancer - LiveHelp Online Chat**

<https://cissecure.nci.nih.gov/livehelp/welcome.asp>

Get information and advice about quitting smoking through a confidential online text chat with an information specialist from NCI's Cancer Information Service. Monday - Friday, 8a.m. to 11p.m. Eastern Time.

### **Quit Net**

<http://www.quitnet.com>

Comprehensive online quit-smoking service; offering you all the tools and support you need to quit and stay quit.

### **Smokefree.gov**

<http://smokefree.org>

Provides information and professional assistance to help to support both your immediate and long-term needs as you become, and remain, a nonsmoker.

### **Smokefree Women**

<http://women.smokefree.gov>

Provides information on smoking-related topics that are often important to women, such as weight management and stress, and provides information on how to contact experts and find other resources.

### **U Can Quit 2**

<http://www.ucanquit2.org>

This website provides the opportunity to learn more about tobacco cessation, develop a personalized plan for quitting, create a personal or public blog, and communicate privately with a live help feature. This feature is unique in that trained Cessation Coaches are available for confidential online conversations 7 days a week, 24 hours a day.

### **Smokefree.gov**

<http://www.smokefree.gov/>

This National Institutes of Health Web site was developed using evidence-based research, and features "LiveHelp," which connects smokers with a cessation counselor via Instant Messaging.

### **North American Quitline Consortium**

<http://map.naquitline.org/>

This website provides an interactive map of the world, which allows you to view Quitline profiles by country,

region and state, and includes resources such as free or discounted cessation aids, and specialized materials.

### **TeenQuit**

<http://www.teenquit.com/indexflash.asp>

TeenQuit was developed to assist youth in cessation efforts. The site is modeled after the Stages of Change model to address the needs of youth at each stage, and includes messages boards and a Gallery of Gore that highlights the consequences of tobacco use.

### **ASPIRE (A Smoking Prevention Interactive Experience)**

<https://www2.mdanderson.org/sapp/aspire/>

This free web-based multimedia program for youth uses animations, videos, and interactive activities to communicate the facts about smoking and tobacco use, as well as offers skills to adopt a tobacco-free lifestyle

### **CDC Youth Tobacco Prevention**

<http://www.cdc.gov/tobacco/youth/index.htm>

Free materials to educate youth on the dangers of tobacco and why it's important to never start smoking.

### **No Stank You**

<http://doh.wa.gov/tobacco/youth/youth.htm>

The State of Washington's website designed to educate youth about different forms of tobacco

### **PBS Kids- It's My Life**

<http://pbskids.org/itsmylife/body/smoking/index.html>

This website through PBS deals with topics that kids deal with on a daily basis. The section on smoking discusses health hazards, how to deal with peer pressure, and how to help someone quit.

### **Truth**

<http://www.thetruth.com/>

The Truth® campaign is the largest national youth-focused anti-tobacco education campaign ever. It is designed to engage teens by exposing Big Tobacco's marketing and manufacturing