



California Smoker's Helpline:

English: 1-800-662-8887
 Mandarin/Cantonese: 1-800-838-8917
 Vietnamese: 1-800-778-0866

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

STOP SMOKING RESOURCES IN SAN FRANCISCO
January 2017

Free Smoking Cessation Groups			
SFDPH Tobacco Free Project Stop Smoking Program at ZSFG 1001 Potrero Ave. 2550 23 rd St. Zuckerberg San Francisco General. Weekly group cessation classes six times a year. Telephone support, and relapse prevention groups. FREE.		*NEW* 628-206-6074 628-206-7657	
The Last Drag Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. FREE. www.lastdrag.org Email: info@lastdrag.org		415-339-STOP 415-339-7867	
Tom Waddell Urban Health Center 230 Golden Gate Ave. Weekly tobacco cessation drop-in group on Wednesdays 2-3pm. Participants can get FREE NRT Medication. FREE.		415-355-7400	
SMART RECOVERY FREE classes to the public for <i>all</i> addictive behaviors, like tobacco. Mondays, Wednesdays and Fridays 7:00-8:30 PM St. Francis Memorial Hospital 900 Hyde St. Check website for meeting dates/times. www.meetup.com/SMARTRecoverySF		415-891-9925 SmartSFCA@gmail.com	
Northern California Intergroup of Nicotine Anonymous 12-step self-help group program. Visit website for additional Bay Area locations & hours. San Francisco meetings: Wednesday 6:30 pm 1748 Market St. Ste. 202. 415-775-7171 Saturday 10:00 am The Dry Dock, 2118 Greenwich St. 415-308-1886		http://www.nica-norcal.org/index.shtml	
Free Phone and Online Programs			
CALL	California Smoker's Helpline FREE phone counseling in many languages. Ask if you are eligible to receive FREE NRT medication. www.nobutts.org	1-800-NO-BUTTS	
TEXT	Text: QUIT to 47848 , answer a few questions, and you'll start receiving FREE 24/7 quit help messages texted to your phone! Or sign up by clicking HERE!		
APP	quit START FREE smartphone app for people who want to change their smoking. Provides tailored tips, and inspiration. http://tinyurl.com/freequitstart		
APP	Quit Guide - FREE smartphone app tracks your cravings and moods, monitors your progress toward milestones, helps you develop strategies to deal with triggers, and more. http://tinyurl.com/freequitguide		
WEB	Commune Movement and Quit Groups Commune is a movement of artists, designers, musicians, and people that take a stand against tobacco corporations.	sf.jointhecomune.com	
Stop Smoking Counseling at San Francisco Health Network Health Centers			
One-on-One support from Primary Care Behavioral Health program staff; Must be registered as a patient.	Castro-Mission Health Center	3850 17th Street at Noe	415-934-7700
	Chinatown Health Center	1490 Mason Street. <i>Groups available</i>	415-364-7600
	Curry Senior Center	333 Turk Street	415-885-2274
	Family Health Center	890 Potrero Ave.	415-206-6991
	Larkin Street Youth Clinic	134 Golden Gate Avenue	415-673-0911 x259
	Maxine Hall Health Center:	1301 Pierce Street.	415-292-1300
	Ocean Park Health Center	1351 24th Avenue	415-682-1900
	Potrero Hill Health Center:	1050 Wisconsin Street.	415-648-3022
	Richard Fine People's Clinic (ZSFG)	1001 Potrero Ave, Main building, 1M	415-206-8494
	Silver Avenue Family Health Center	1525 Silver Ave at San Bruno Ave	415-657-1700
Southeast Health Center	2401 Keith St.	415-671-7000	

* For information purposes only. Inclusion on this list does not constitute an endorsement or approval by the San Francisco Tobacco Free Project of the San Francisco Department of Public Health



California Smoker's Helpline:

English: 1-800-662-8887
 Mandarin/Cantonese: 1-800-838-8917
 Vietnamese: 1-800-778-0866

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

STOP SMOKING RESOURCES IN SAN FRANCISCO
January 2017

Non-Profit Organization and Other Hospital Programs – Some are fee for service	
American Heart Association 426 17 th St. #300, Oakland, CA. Self-help materials, referrals. http://tinyurl.com/TFTheartassociation	510-903-4050
BREATHE California 1 Sutter St., San Francisco, CA 94104. Support groups and self-help materials. Youth cessation classes in San Francisco schools. “Ash Kickers” adult cessation groups free for San Mateo residents and workers. \$75.00 fee for San Francisco residents.	650-994-5868 www.ggbreathe.org
Chinese Community Health Resource Center 835 Pacific Ave. Monthly free health education programs on variety of topics in Cantonese and Mandarin. Smoking cessation individual counseling available.	415-677-2473 www.cchrhealth.org
Kaiser Permanente 2425 Geary Blvd. Three cessation formats available, including support group, short info group, and on-line help. Call Health Education Department for information.	415-833-3450
Spanish/English San Francisco Online Stop Smoking study (UCSF/Palo Alto University, funded by Tobacco-Related Disease Research Program). Automated self-help website. No charge.	stopsmokingsf.org
Sutter Health Community Health Resource Center. 2100 Webster St, lobby level. No lfs, Ands, or Butts! Quitting course focused on traditional skills and strategies, and holistic approaches like hypnosis, and acupuncture. Six-session series with a therapist. Fee \$50.	415-923-3155
UCSF Medical Center Fontana Tobacco Treatment Center Four-week cessation program at 2330 Post St., Ste 420. \$55 fee. Weekly relapse prevention program at 1600 Divisadero Street, Room H3906. \$5 donation. Call for information. Financial help is available. http://www.ucsfhealth.org/clinics/tobacco_treatment_center/	415-885-7895
Alternative Programs – Most programs are fee for service	
Bay Area Hypnosis Center 655 Skyway Rd, #115, San Carlos, CA. Free consultation and guaranteed smoking cessation program. Call for fees. http://www.bayareahypnosiscenter.com/	650-591-5327
Community Acupuncture Works. 2889 24 th St. Hours vary. \$20-\$40 sliding scale. Individual and group acupuncture to treat addiction, smoking, pain relief & other conditions.	415-861-0104 www.caworks.org
Community Ear Acupuncture Project 555 DeHaro St. Hours vary. Ear acupuncture, herbal tea, and resources. \$5 suggested donation.	415-355-1601 x313 actcm.edu/earclinic/
Hypnosis for Health 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. http://hypnosis4health.com/	415-775-7797
“Stop Smoking Now” program San Francisco office. Stop smoking in one session. Hypnotherapy, CD's, free phone consultation, lifetime guarantee, and sliding scale. East Bay clinic also. http://www.hypnosissanfrancisco.com/	925-215-4017

* For information purposes only. Inclusion on this list does not constitute an endorsement or approval by the San Francisco Tobacco Free Project of the San Francisco Department of Public Health