



California Smoker's Helpline:

English: 1-800-662-8887 Spanish: 1-800-456-6386
 Mandarin/Cantonese: 1-800-838-8917 Korean: 1-800-556-5564
 Vietnamese: 1-800-778-0866 TDD/TYY: 1-800-933-4833

STOP SMOKING PROGRAMS IN SAN FRANCISCO*

May 2012

San Francisco Tobacco Free Project funded programs – Free Services!	
Chinatown Public Health Center 1490 Mason Street. Tobacco education and cessation program in Cantonese/ Mandarin. One on one-cessation and group clinics available. Call for information in English, Cantonese, & Mandarin. No charge.	364-7908
The Last Drag Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. No charge. www.lastdrag.org Email: info@lastdrag.org	339-STOP 339-7867
Maxine Hall Health Center 1301 Pierce Street (at Ellis). Group stop smoking program for San Francisco residents, people living in the western section of SF, and health center patients. Call to get schedule for the next afternoon class. No charge.	206-6074
SF Tobacco Free Project Stop Smoking Program at SFGH 1001 Potrero Avenue. Weekly group cessation classes at SFGH, weekly telephone support, after care telephone support, monthly relapse prevention group, consultation, wheel chair accessible. No charge. www.sfsmokefree.org Email: sfsmokefree@aol.com	206-6074 206-4314
Southeast Heath Center 2401 Keith Street. Group stop smoking program for San Francisco residents, especially for Bay View Hunter's Point or Visitation Valley area residents of the city. Call to get schedule for the next afternoon class. No charge.	206-6074
Non-profit organization and Hospital programs -some are fee for service	
American Heart Association 120 Montgomery St, #1650. Self-help materials, referrals.	433-2273
BREATHE California 2171 Junipero Serra Blvd, #720, Daly City. Support groups, self-help materials. Youth cessation classes in SF schools...Free "Ashkickers" adult cessation groups for San Mateo residents and workers. There is a \$75.00 fee for SF residents. www.ggbreathe.org .	650-994-5868
Chinese Community Health Resource Center 835 Jackson Streets. Referrals to Cantonese/Mandarin programs.	677-2473
Kaiser Permanente 2241 Geary Blvd. Three cessation formats available. Call for information.	833-3450
Pacific Care Stop Smoking Program: Free and Clear One-on-one phone counseling. Available in Spanish and English. For Pacific Care clients only.	800-292-2336
Smart Recovery St. Francis Hospital, 900 Hyde St., 2nd Floor. Cessation groups and relapse prevention. Wed and Fri, 7:00-8:30 PM. Call for current info. www.threeminutetherapy.com	673-2848
Non-profit organization and Hospital programs – continued	
UCSF Medical Center Fontana Tobacco Treatment Center 1600 Divisadero Street, Room A535. Four-week cessation program and weekly relapse prevention program. Call more information. Some scholarship assistance is available. \$55 fee.	885-7895

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UCSF Habit Abatement Clinic 1515 Scott St. Clinical research studies. Call for information on upcoming studies. No charge. www.ucsf.edu/nosmoke	476-7453
UCSF/SFGH Internet Health Research Center A bilingual Spanish/English website created to test and develop free smoking cessation interventions via the Internet. Staffed by faculty of the UCSF School of Medicine.	www.stopsmoking.ucsf.edu
Veterans Administration Medical Center 4150 Clement St. Individual counseling and group cessation for veterans. No charge.	221-4810 Ext 3142
Alternative/Self-Help Programs – Most programs are fee for service	
Bay Natural Medicine-Dr. Minna Yoon, ND, L.Ac. 919 Irving St., Suite 104. Acupuncture and nutritional support for smoking cessation and withdrawal. Call for fees.	(415) 564-3200
Community Acupuncture Project 555 DeHaro St., Rm G. Ear acupuncture, herbal tea and resources. Donation \$5.00-\$10.00	282-9603
Herzberg & Associates 425 Market St, Suite 2200. Individual hypnosis for smoking cessation. Call for free one hour CD for stress reduction and to learn more. Call for fees.	(650) 952-2200
Hypnosis for Health 815 Hyde Street, Suite 302. Hypnosis, CD's. Three years of free relapse prevention support included. Call for fees. http://www.hypnosisforhealth.com	775-7797
Nicotine Anonymous 12-step self-help group program. Call for locations & hours.	750-0328
Stop Smoking Instantly One on one hypnosis during a one-hour session. CD available. Lifetime support. Offices throughout the Bay Area. Call for fees. http://www.stopsmokinginstantly.com/	877-822-6774 (877-UCAN SSI)
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.intendbalance.com/	925- 215-4017

Note: Some clinics offer acupuncture services that are covered by Medi-cal. See your healthcare center administrator or ask your provider.

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