

ALAMEDA COUNTY TOBACCO CESSATION RESOURCES

CITY	LOCATION & ADDRESS	CONTACT	TYPE(S) OF SERVICES	COMMENTS
ALAMEDA				
Cost	Alameda Hospital 2070 Clinton Ave	Louise Nakada 510-814-4062	Smoking Cessation Class	\$95 – 6 weekly sessions
Free	Nicotine Anonymous Trinity Lutheran Church 1323 Central Ave. Rm 5 @ Morton St.	Amanda 510-749-8277 www.nica-norcal.org		Wednesdays – 6:30 pm
Free	Nicotine Anonymous Immanuel Lutheran Church / Upstairs 1910 Santa Clara Ave.	John A. 510-521-5025 www.nica-norcal.org		Monday – 5:30 pm
ALBANY				
Free	Nicotine Anonymous St. Alban's Episcopal Church 1501 Washington Ave	Ani M. 510-848-9125 www.nica-norcal.org		
BERKELEY				
Free	City of Berkeley Tobacco Prevention Program 1947 Center St, 2 nd Floor	Ojig Yeretsian 510-981-5330 Email: quitnow@ci.berkeley.ca.us	Smoking Cessation Classes	2 and 6 week group sessions Options: acupuncture and hypnosis Call for current classes
Free	University Health Services – Tang Center 2222 Bancroft Way	Counseling and Psychological Services 510-642-6074	Resources & Counseling through UHS Social Services Department	For UC Berkeley Students only regardless of SHIP insurance status
Free to BUSD Students	Berkeley Unified School District – Berkeley High School, Room G-202	Tricia Brazil Tobacco Prevention Program 510-644-8987	Individual Counseling and Quit Smoking Groups	Call for information
CASTRO VALLEY				
Cost	Eden Hospital Medical Center 20103 Lake Chabot Rd	Health Education Department 510-889-5078 www.edenmedcenter.org	A New Approach to Quitting smoking	\$40, 1 day, 9:30-1:30 pm

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FREMONT				
<p>Free to members</p> <p>Cost for non-members</p>	<p>Kaiser Permanente 39400 Paseo Padre Pkwy</p>	<p>Health Education Department Fremont 510-248-3455</p> <p>Hayward/Union City 510-784-4351</p>	<p>Ready to Quit Tobacco Cessation Class</p> <p>Quit Smoking Now</p>	<p><i>Orientation: Ready To Quit:</i> 7-9:00 pm every other month Cost: Free</p> <p>Tobacco Cessation: 7 week class offered every other month Cost: Free to members, \$75 to non-members</p> <p>Quit Smoking Cessation 1 day, 3 hours long Cost: Free to members, \$25 to non-members</p> <p><i>Quit Smoking Now:</i> 3 days, 2 consecutive Saturdays 9:30 am -2:00 pm, plus 1 night the week prior to the first Saturday Cost: Free to members, \$35 to non-members</p>
<p>Cost</p>	<p>Washington Hospital 2500 Mowry Ave</p>	<p>Deborah Garcia 510-745-6524</p>	<p>Quit Smoking Session</p>	<p>Starting Wed, Sept. 21, 2005 6:00 – 8:00 pm for 6 weeks 1-800-963-7070 to register Class to repeat in January</p>
HAYWARD				
<p>Free to members</p> <p>Cost for non-members</p>	<p>Kaiser Permanente 24700 Hesperian Blvd</p>	<p>Health Education Department Hayward/Union City 510-784-4351</p> <p>Fremont 510-248-3455</p>	<p>Ready to Quit Quit Smoking Workshop Tobacco Cessation Class Quit Smoking Now</p>	<p>See Kaiser FREMONT for descriptions and costs</p>
<p>Free</p>	<p>WIC Office 24085 Amador Street, 1st Floor</p>	<p>Ask for Health Information Team 510-670-6465</p>	<p>Mom and Me Smoke Free</p>	<p>Free individual counseling to all Alameda County residents</p>
<p>Free to clinic patients</p>	<p>Winton Wellness Center 24100 Amador St, 2nd Fl</p>	<p>Audrey Lindahl 510-266-1737 Email: alindahl@acmedctr.org</p>	<p>Cessation Counseling Cessation Support Group</p>	<p>English, Spanish, Cambodian, Vietnamese and Bosnian</p> <p>Offers tobacco education and counseling for those that want to quit.</p>
<p>Free</p>	<p>Nicotine Anonymous St. Rose Hospital Board Room 27200 Calaroga Ave</p>	<p>408-236-2196 www.nica-norcal.org</p>		<p>Mondays, 7:00 pm</p>

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LIVERMORE				
Free	Nicotine Anonymous	925-454-1292 925-339-5199 www.nica-norcal.org		
NEWARK				
Free to clinic patients	Newark Health Center	Audrey Lindahl 510-567-5858 Email: alindahl@acmedctr.org	Cessation Counseling Cessation Support Group	English, Spanish, Cambodian, Vietnamese and Bosnian Offers tobacco education and counseling for those that want to quit.
OAKLAND				
Free	American Cancer Society 1700 Webster Street	Shelly Chen 510-832-7012 x 304 Email: shellychen@cancer.org	Cessation Support Group	Will train organizations on how to run one of two tobacco cessation groups. <i>Make Yours a Fresh Start Family:</i> program for pregnant women and women with young children in the home.
Free to clinic patients	Eastmont Wellness Center 6955 Foothill Blvd	Audrey Lindahl 510-567-5858 Email: alindahl@acmedctr.org	Cessation Counseling Cessation Support Group	English, Spanish, Cambodian, Vietnamese and Bosnian Offers tobacco education and counseling for those that want to quit.
Free	East Oakland Health Center 700 Adeline St	Joyce Riley 510-613-2246	Cessation Support Group	Wednesdays 10:30 am 5 weeks
Free to members Cost for non-members	Kaiser Permanente, Oakland 280 W. MacArthur Blvd	Health Education Department 510-752-6150 510-752-1000	Ready to Quit Cessation Class	Quit Smoking Cessation 1 day, 3 hours long Cost: Free to members, \$25 to non-members Tobacco Cessation Class: 7-week class offered every other month. 7-9:00 pm Cost: Free to members, \$75 to non-members
Free	Nicotine Anonymous Mandana Community Recovery Center 3989 Howe St. (near 40 th)	Bill S. 510-655-8368		Thursdays, 12:00 noon Fridays, 6:30 pm
Free	Nicotine Anonymous Rockridge United Methodist Church 303 Hudson St @ Manila	Ani M 510-848-9125		Mondays, 6:30pm

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Free	West Oakland Health Center 7450 International Blvd	Joyce Riley 510-835-9610	Cessation Support Group	Mondays 9:30 am 5 weeks
Free	WIC Office 3600 Telegraph Ave	Ask for Health Information Team 510- 595-6432		Free individual counseling to all Alameda County residents
Free	WIC Office 7200 Bancroft Ave, 2nd floor, room 204	Ask for Health Information Team 510- 577-7040		Free individual counseling to all Alameda County residents
PLEASANTON				
Free to members Cost for non-members	Kaiser Permanente, Pleasanton 7601 Stoneridge Dr	Health Education Department 925-847-5172	Ready to Quit Cessation Class	Quit Smoking Cessation 1 day, 3 hours long Next Class: October Cost: Free to members, \$25 to non-members Tobacco Cessation Class: 7-week class offered every other month. 7-9:00 pm Next Class: July 11 Cost: Free to members, \$75 to non-members
SAN LEANDRO				
Alliance pays for class fees	Alameda Alliance for Health 1850 Fairway Dr	Latisha Gonzalez 510-747-4500	Cessation Classes by referral – to outside groups	Members are referred to other community cessation classes.
UNION CITY				
Free to members Cost for non-members	Kaiser Permanente, Union City	See Kaiser Fremont		
Free	Logan Health Center 1800 H St., Room 3	TUPE Coordinator	Teen Cessation Program	For Students
Free	Tiburcio Vasquez Health Center 33255 – 9 th St	Carlos Londono or Francisco Esquivel 510-471-5907 ext 123	1-to-1 Counseling Cessation support groups	Wednesdays 2-4pm Twice a year – call for dates Spanish

