



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/TYY: 1-800-933-4833

STOP SMOKING PROGRAMS IN SAN FRANCISCO*

March 2009

San Francisco Tobacco Free Project funded programs – Free Services!

<p>Chinatown Public Health Center 1490 Mason Street. Tobacco education and cessation program in Cantonese. One on one cessation and group acupuncture clinics available. Call for information in English, Cantonese, & Mandarin. No charge.</p>	<p>364-7908</p>
<p>The Last Drag Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. No charge. www.lastdrag.org Email: info@lastdrag.org</p>	<p>339-STOP 339-7867</p>
<p>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.</p>	<p>206-6074</p>
<p>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, wheelchair accessible. No charge. www.sfsmokefree.org Email: sfsmokefree@aol.com</p>	<p>206-6074 206-4314</p>
<p>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.</p>	<p>206-6074</p>
<p>SUNSET Russian Tobacco Education Project Ocean Park Health Center, 1351 24th Avenue. Quit smoking clinics in Russian language. Call for schedule. No charge.</p>	<p>682-1963 (English) 682-1972 (Russian)</p>
<p>Non-profit organization and Hospital programs -some are fee for service</p>	
<p>American Heart Association 120 Montgomery St, #1650. Self-help materials, referrals.</p>	<p>433-2273</p>
<p>BREATHE California 2171 Junipero Serra Blvd, #720, Daly City. Support groups, self-help materials. Youth cessation classes in schools. \$75.00 fee for SF residents attending adult cessation groups in San Mateo Co. www.ggbreathe.org.</p>	<p>650-994-5868</p>
<p>Chinese Community Health Resource Center 835 Jackson Street. Referrals to Cantonese/Mandarin programs.</p>	<p>677-2473</p>
<p>Community Health Resource Center 2100 Webster St, Suite 100. Educational materials and referral to cessation services.</p>	<p>923-3155</p>
<p>Kaiser Permanente 2241 Geary Blvd. Three cessation formats available. Call for information.</p>	<p>833-3450</p>
<p>Pacific Care Stop Smoking Program: Free and Clear One-on-one phone counseling. Available in Spanish and English. For Pacific Care clients only.</p>	<p>800-292-2336</p>
<p>Smart Recovery St. Francis Hospital, 900 Hyde St., 2nd Floor. Cessation groups and relapse prevention. Mon & Wed., 7:00-8:30 PM. www.threeminutetherapy.com</p>	<p>673-2848</p>

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March 2009

Non-profit organization and Hospital programs – continued	
UCSF Medical Center Tobacco Education Center at Mt. Zion 1600 Divisadero Street, Room A535. Four week cessation program and weekly relapse prevention program. Physician consultations also available. Call more information. \$55 fee.	885-7895
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	
Acupuncture by Tamara Ostrovsky, LAC, RRT, RCP. 2320 Sutter Street, Ste. 101. Acupuncture and Detox treatment for smoking cessation. Call for fees.	963-2111
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
Quan Yin Center 455 Valencia Street. Low fee acupuncture clinic for smoking cessation. Call for fees. www.qyhacinfo@aol.com	861-4964

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