

**SONOMA COUNTY  
TOBACCO EDUCATION and  
CESSATION PROGRAMS  
2017**

**American Lung Association in California**

- Free quit smoking phone counseling and lung health questions, at 1-800-586-4872.
- *Freedom From Smoking*, cessation program online [www.lung.org](http://www.lung.org)
- *Freedom from Smoking*, facilitator training available periodically - 1-800-LUNG-USA

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**Kaiser Permanente**

*HealthMedia Breathe* online quit smoking program available to Kaiser members  
[www.kp.org/breathe](http://www.kp.org/breathe)

**Santa Rosa Medical Center**

401 Bicentennial Way, Santa Rosa  
To register:  
707-566-5277 or 707-393-4167

- *Freedom From Tobacco* - Evening classes meet once a week for six weeks.\* Cost: FREE to members or non-members.
- *Quit Tobacco Workshop* - Single session 3-hour classes on developing a cessation plan\* Saturday and evening sessions. Cost: FREE to members or non-members.
- Individual counseling for adults, teens and pregnant women in English and Spanish.\* Members only. No fee.

**Petaluma Medical Offices**

3900 Lakeville Highway, Petaluma  
To register: 707-765-3485

- *Freedom From Tobacco* – Six Tuesday evenings 7:00-9:00 pm.\* Cost: FREE for Kaiser members, \$90 for non-members.
- Prescription quit aids available

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**\*Open to smokeless tobacco users**

**Northern California Center for Well-Being**

365 Tesconi Circle, Suite B, Santa Rosa  
To register 707-575-6043  
[www.norcalwellbeing.org](http://www.norcalwellbeing.org)  
[info@norcalwellbeing.org](mailto:info@norcalwellbeing.org)

- *Smoke-Free Babies* - Individual counseling for women pregnant through children age five. Teen services also available. Home visits provided throughout the county. Cost: FREE!
- *Smoking Cessation Classes* - Classes meet 8 times over 7 weeks.\* Learn how to quit in a positive and supportive atmosphere. 40% of participants are still tobacco free 1 year after completion. Cost: Sliding scale based on income.
- *Quit Smoking for the last time! ONE SESSION workshop*. Develop a plan, learn about use of medications, and strategize to avoid relapse. Cost: Sliding scale based on income. Some insurances may cover costs. Classes hosted by worksites and agencies and taught by our expert facilitators.
- *Smoking Cessation Classes at Affordable Housing Complexes* – Provided at NO COST! Please call for more information.

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**American Lung Association's Freedom From Smoking**

- Open to the public, Free of charge. Day and evening workshops. Call Catholic Charities 707-542-5426

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**\*Open to smokeless tobacco users**

**Sonoma County Department of Health Services  
Health Policy Planning and Evaluation  
Division**

490 Mendocino Avenue, Suite. 202, Santa Rosa  
[www.sonoma-county.org/BreatheEasy](http://www.sonoma-county.org/BreatheEasy)

For information on tobacco cessation class referrals, tobacco education, or to report a violation of tobacco laws call 707-565-6680.

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**California Smoker's Helpline**

Help to quit by phone, FREE phone counseling and quit kits provided. Special programs for teens, pregnant women and chewing tobacco from the California Department of Public Health.

English	1-800-NO BUTTS
Spanish	1-800-456-6386
Chewers	1-800-844-CHEW
TDD/TTY	1-800-933-4833

[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)

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**Nicotine Anonymous Support Group**

Ongoing support groups for anyone who wants to quit tobacco or needs support to stay tobacco-free. Speakers available for community groups on smoking cessation.

**Monday** nights in Petaluma from 7:00 - 8:00 pm, Church of Christ, 370 Sonoma Mountain Parkway. Contact: Terry at 707-664-9335.

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**Tobacco Related Web Sites**

[www.quitnet.com](http://www.quitnet.com) - Boston University's online smoking cessation program.

[www.cancer.org](http://www.cancer.org) - American Cancer Society's information on quitting smoking, and telephone cessation counseling.

[www.quitsmoking.about.com](http://www.quitsmoking.about.com) - Quit smoking tips.

[www.nobutts.org](http://www.nobutts.org) - California Smokers' Helpline online cessation resources.

## TIPS TO PREPARE YOU TO STOP SMOKING

- Decide positively that you want to stop. Avoid negative thoughts about how difficult it might be.
- Develop strong personal reasons to stop in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light etc., or of all the money you'll save.
- List all the reasons you want to stop. Every night before going to bed, repeat one of the reasons 10 times.
- Begin to condition yourself physically: start a modest exercise program; drink more fluids; get plenty of rest; avoid fatigue.
- Have realistic expectations and be patient, you didn't learn to smoke in a day so don't expect to quit in a day.
- Understand that withdrawal symptoms are temporary and are healthy signs that the body is repairing itself from its long exposure to nicotine. Within 24 hours of abrupt smoking cessation, withdrawal symptoms may appear as the body begins its healing process.
- Relapses occur in the first week or two after stopping, when withdrawal symptoms are strongest. Willpower, family, friends, and any tips that work for you will help you get through this critical period successfully.
- Tell your family and friends that you're stopping and when. They can be an important source of support both before and after you stop.

## TIPS TO USE JUST BEFORE STOPPING

- Practice going without a cigarette. Smoke 1 or 2 less cigarettes than usual; have your first smoke an hour later than usual.
- Make it difficult to get a cigarette - stop carrying them, buy only one pack at a time and don't buy cartons. Put them in a locker or your car, only smoke outside in designated smoking areas.
- Practice coping with the urge to smoke. Notice the urge and think about it - then choose not to smoke. Tell yourself you will wait 20 minutes - the urge to smoke will pass whether you smoke that cigarette or not.
- Think of stopping in terms of one day at a time.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and smell is very unpleasant.
- Collect all your cigarette butts in one large glass container as a reminder of your smoking.

## TIPS FOR THE DAY YOU STOP

- Throw away all your cigarettes, matches, lighters, and ashtrays.
- Clean your clothes to rid them of the smell.
- Develop a clean, fresh, nonsmoking environment around yourself.
- Keep busy on the big day.
- Buy yourself a treat to celebrate.
- Stay away from other smokers.
- Remember that alcohol or other drugs will weaken willpower.

# Sonoma County Tobacco Cessation Programs

# 2017

You don't have  
to do it alone



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