



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*

San Francisco Tobacco Free Project funded programs – Free Services!

Chinatown Public Health Center 1490 Mason Street. Tobacco education and cessation program in Cantonese. One on one cessation and group acupuncture clinics available.	364-7908
The Last Drag Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. No charge. Website: www.lastdrag.org Email: info@lastdrag.org	339-STOP 339-7867
SF Tobacco Free Project Stop Smoking Program at SFGH 1001 Potrero Ave. Weekly group cessation classes at SFGH, weekly telephone support, after care telephone support, monthly relapse prevention group, consultation, wheel chair accessible. No charge. Website: www.sfsmokefree.org Email: sfsmokefree@aol.com	206-6074 206-4314
SUNSET Russian Tobacco Education Project Ocean Park Health Center, 1351 24 th Ave. Quit smoking clinics in Russian language. Call for schedule. No charge.	682-1963 (English) 682-1972 (Russian)
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 schools. \$75.00 fee for SF residents attending adult cessation groups in San Mateo Co. www.ggbreathe.org .	650-994-5868
Chinese Community Health Resource Center 835 Jackson St. Referrals to Cantonese/Mandarin programs.	677-2473
Community Health Resource Center 2100 Webster St, Suite 100. Educational materials and referral to cessation services.	923-3155
Kaiser Permanente 2241 Geary Blvd. Three available cessation formats. 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
Non-profit organization and Hospital programs – Continued	
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	673-2848
UCSF Medical Center Tobacco Education Center at Mt. Zion 1600 Divisadero Street, Room A535. Offers a 4-week cessation program and weekly relapse prevention program. Physician consultations also available. \$55 fee. Call to enroll and for more information.	885-7895
UCSF Habit Abatement Clinic 1515 Scott St. Group and individual interventions. Clinical research studies. No charge. www.ucsf.edu/nosmoke	476-7453

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<p>UCSF/SFGH Internet Health Research Center: A bilingual Spanish/English website created to test and develops free smoking cessation interventions via the Internet. Staffed by faculty of the UCSF School of Medicine.</p>	<p>www.stopsmoking.ucsf.edu</p>
<p>Veterans Administration Medical Center 4150 Clement St. Individual counseling and group cessation for veterans. No charge.</p>	<p>221-4810 Ext 3142</p>
<p>Alternative/Self-Help Programs – Most programs are fee for service</p>	
<p>Acupuncture by Tamara Ostrovsky, LAC, RRT, RCP 2320 Sutter Street, Ste. 101. Acupuncture and Detox treatment for smoking cessation. Call for fees.</p>	<p>963-2111</p>
<p>Community Acupuncture Project 555 DeHaro St., Rm G. Ear acupuncture, herbal tea and resources. Donation \$5.00-\$10.00</p>	<p>282-9603</p>
<p>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.</p>	<p>(650) 952-2200</p>
<p>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</p>	<p>775-7797</p>
<p>Nicotine Anonymous 12-step self-help group program. Call for locations & hours.</p>	<p>750-0328</p>
<p>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/</p>	<p>877-822-6774 (877-UCAN SSI)</p>
<p>Stop Smoking Now Program One Embarcadero Center. One session. Smoking cessation program, Hypnotherapy, CD's, free phone consultation, lifetime guarantee, and sliding scale. East Bay clinic also. http://www.intendbalance.com/</p>	<p>925- 215-4017</p>
<p>Quan Yin Center 455 Valencia Street. Low fee acupuncture clinic for smoking cessation. Call for fees. Website: www.qyhacinfo@aol.com</p>	<p>861-4964</p>

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