

Due to COVID-19 please be sure to check class availability

## LOS ANGELES COUNTY

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### *Tobacco Cessation Resources - Group Counseling/Support Groups & Classes*

#### **American Lung Association - Freedom from Smoking**

1-800-LUNG-USA (586-4872)

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

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

Type of Service: Worksite cessation programs with costs that vary depending on program, facilitator trainings with a registration fee, referrals, self-help materials, phone counseling, Internet-based counseling, support groups  
Freedom from Smoking Program

#### **American Lung Association - Not on Tobacco**

1-800-LUNGUSA (1-800-586-4872)

Type of Service: cessation programs, facilitator trainings. Not on Tobacco is the American Lung Association voluntary  
Program for teens who want to quit smoking.

Cost: Free

Ages: Youth

#### **National Council on Alcoholism and Drug Dependence (NCADD) of the East San Gabriel and Pomona Valleys**

(626) 331-5316 x3101

4626 N. Grand Ave. Covina, CA 91724

<http://www.ncaddesgpv.org/index.php/services-provided>

Type of Service: Step-by-step plan for quitting smoking, self-help materials, cessation program, individual or group counseling, confidential alcohol and drug assessments, awareness and education presentations, and interventions

Cost: Call for details

#### **Nicotine Anonymous**

1-800-642-0666 or (310) 816-5369

Kaiser Found. Carson CDRP, Room A

23621 S. Main St.

Carson, CA 90745

<http://www.scina.org>

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Tuesdays at 6pm

Cost: Free

#### **Nicotine Anonymous**

I Want to Live

3801 Club

7112 S. Victoria Ave. Los Angeles CA 90043

Tuesday at 7:00pm

**Nicotine Anonymous**

Friday Night Candlelight  
Café Tropical  
2900 Sunset Blvd. Los Angeles, CA 90025  
Friday at 6:30 pm Jarrett S. 213-841-1954,  
iknowjarrett@gmail.com

**Nicotine Anonymous**

1-800-642-0666 or (323) 821-1852  
Tropical Cafe Coffee Shop  
2900 W Sunset Blvd. at Parkman, Backroom  
Silver lake, CA 9002

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

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Fridays, 6:30pm  
Cost: Free

**Nicotine Anonymous**

1-800-642-0666 or (310) 780-6380  
Mission Hospital- Basement  
31872 Pacific Coast HWY  
Laguna Beach, CA

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

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Thursdays, 7:00PM  
Cost: Free

**Nicotine Anonymous**

Pathfinders Club  
3367 Glendale Blvd.  
Glendale, CA 90039  
Beth- 626-590-9304

**Nicotine Anonymous**

1-800-642-0666 or (818) 882-8640  
Cavalry Baptist Church Family Center  
14722 Clark Avenue  
Bellflower, CA

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

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Tuesdays, 7pm  
Cost: Free

**Nicotine Anonymous**

1-800-642-0666 or (310) 326-5895  
McMillan Medical Center (Room 300)  
3333 Skypark Drive  
Torrance, CA 90505

[www.scina.org](http://www.scina.org)  
<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Mondays, 7pm  
Cost: Free

**Nicotine Anonymous**

1-800-642-0666 or (323)862-1518  
West Hollywood Recovery - Big Room  
626 Robertson  
West Hollywood, CA 90069

[www.scina.org](http://www.scina.org)  
<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Monday, 6:30 pm  
Cost: Free

**Nicotine Anonymous**

1-800-642-0666 or (562) 206-6020  
Intercity Fellowship  
5881 Cherry Ave. Main Mtg Room  
Long Beach, CA 90805

[www.scina.org](http://www.scina.org)  
<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as (continued) adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Saturdays, 9 am.  
Cost: Free

All Saints Church  
346 Termino Ave.  
Long Beach, CA 90814  
Monday at 6:00 pm

**Nicotine Anonymous**

1-800-642-0666 or (310) 396-3525  
Marina Center  
12720 Washington Blvd.  
Culver City, CA 90066

[www.scina.org](http://www.scina.org)  
<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Saturdays, 5pm. Cost: Free

**Nicotine Anonymous**

1-800-642-0666 or (310) 676-8040  
Aurora Charter Oak Hospital- Group Room, Wed. at 6:30 pm  
1161 E. Covina Blvd.  
Covina, CA

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

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Wednesdays, 6:30PM

Cost: Free

**Nicotine Anonymous**

1-800-642-0666 or (562) 644-5225

Calvary Baptist Church (Family Center Room)

14722 Clark Ave.

Bellflower, CA 90706

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

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Tuesdays, 7pm

Cost: Free

**Nicotine Anonymous**

Connell Chevrolet (office behind reception desk)

2828 Harbor Blvd.

Costa Mesa, CA

Monday at 7:00 pm

**Nicotine Anonymous**

1-800-642-0666 or (562) 427-8595

All Saints Episcopal Church

346 Termino Ave. Pre-School Room

Long Beach, CA 90814

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

<http://quitnowla.com/>

Type of Service: 12 Step support group. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Meets Mondays, 6 pm

Cost: Free

**Save Our Selves (SOS)**

(323)666-4295

<http://www.cfiwest.org/sos>

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

Type of service: self - help materials, support groups

Mondays and Wednesdays 7:30 pm:

Located at SHARE! Downtown

425 S. Broadway (2nd floor)

Los Angeles, CA 90013

Tuesdays 8pm and Saturdays 6pm:

Center for inquiry- Los Angeles

4773 Hollywood Blvd

Hollywood, CA 90027. Two blocks west of Vermont

Thursdays 8pm:

Located at SHARE! Westside

6666 Green Valley Circle

Culver City, CA 90056

Sundays 12pm:

Located at Carr Park E. Colorado St. (at Lincoln Avenue)

Glendale, CA 91205

**UCLA Health System**

310-825-0014 or (310) 319-4700

200 UCLA Medical Plaza, Suite 206C/Conference Room 206

Los Angeles, CA 90095 <http://rehab.ucla.edu/>

<http://www.lung.med.ucla.edu/clinicalprog/scp.htm>

Type of Service: 1 on 1 rehabilitation

**Watts Healthcare Corp. Preventive Health Services**

(323) 357-6628

10300 S. Compton Blvd.

Los Angeles, CA 90002

Type of Service: Individual counseling, support group, self-help material, phone counseling, referrals, Freedom from Smoking 7 session class.

Cost: Free

Languages Served: English & Spanish

Ages: Teens & Adult

## RIVERSIDE – SAN BERNARDINO COUNTIES

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### *Tobacco Cessation Resources - Group Counseling/Support Groups & Classes*

#### **American Cancer Society** (760) 568-2691

Type of Service: Fresh Start Plus - support group & counseling. Quit for Life - 24/7 over the phone support, resources, coaching, one-on-one counseling

1-800-227-2345

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

Cost: Free

#### **American Lung Association**

(909) 884-5864 or 1-800-LUNG USA

<http://www.lung.org/stop-smoking/>

Type of Service: "Freedom from Smoking" group classes for behavior modification. Classes are ongoing, call for dates. Online classes are also available. Call/visit website for more information.

Cost: Costs vary, call for more information.

#### **Nicotine Anonymous**

(877) 879-6422

<http://www.nicotine-anonymous.org/index.php>

Type of Service: 12 step support and recovery program for the achievement of nicotine abstinence. Check website for local, online, or phone meeting availability.

Cost: Free

#### **Riverside Medical Clinic**

(951) 782-6236

7150 Brockton Ave.

Riverside, CA 92506

Type of Service: Smoking cessation classes. Classes are ongoing, call for dates.

Cost: Free

#### **Stop Smoking, Stay Quit Program**

(760) 333-1270 (continued)

Type of Service: 7 classes over a 6-week program in the Coachella Valley. Individual counseling is also available.

Cost: \$100

#### **Arrowhead Regional Medical Center**

(909) 580-6167

400 North Pepper Avenue

Colton, CA 92324

Type of Service: Cessation classes; Support group

A series of 3 two-hour sessions each month. Meet first 3 Tuesdays of each month from 2:00pm-4:00pm. Group counseling by Physicians and Nurses.

Cost: Free; Medication coverage depending on health insurance

#### **Beaver Medical Group**

(909) 335-4131

1150 Brookside Avenue, Suite U

Redlands, CA 92373

[www.beavermedicalgroup.com](http://www.beavermedicalgroup.com)

Type of Service: Cessation classes, 4 week sessions meeting once a week. Mondays at 6:30pm-7:30pm.

Classes held 4 times a year.

Cost: Free

**Comprehensive Tobacco Treatment (CTT) Program, Loma Linda University Medical Center**

11215 Mountain View Avenue, Suite 179

Loma Linda, California 92354

Type of Service: Cessation program for pregnant smokers and parents/guardians and smoking with children ages 0-5. Cessation classes throughout San Bernardino County. 'Earn-while-you-learn.

Diapers provided.

Call for more detailed information.

Program Coordinator

(909) 558-3264

Cost: Free

Locations: Apple Valley, Barstow, Fontana, Loma Linda, Rialto, San Bernardino, Twenty-nine Palms, Victorville, and Yucca Valley.

**Inland Valley Recovery Services - Upland**

(909) 949-4667

934 North Mountain Avenue Suite A & B

Upland, CA 91786

<http://www.inlandvalleyrecovery.org/>

Type of Service: Cessation classes, 6-week course smoking cessation community workshop that meets on Mondays from 9:00am-11:00am. For more detailed information, please call the

number

listed.

Cost: Free

**Mental Health Systems**

(909) 433-9824

1076 Santo Antonio Drive, Suite B

Colton, CA 92324

<http://www.mhsinc.org/>

Type of Service: Cessation program and classes.

This is a 10 week behavioral change class, nomedications provided. At the moment no longer offered on location, instructor will teach offsite based upon requests.

Cost: Free

Nicotine Anonymous Support Group- Joshua Tree

(760) 401-6503

First Baptist Church

6740 Sunset Road

Joshua Tree, California 92252

Type of Service: 12 Step support group, meets Mondays at 5:30PM. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Cost:

Free

Nicotine Anonymous Support Group- Moreno Valley (Riverside County)

Paul: (951) 924-6037 Dave: (951) 616-9631

Christ Community Church

24594 Sunnymead Boulevard, Suite H Moreno Valley, California 92553

[www.quitnowla.com/meeting-list](http://www.quitnowla.com/meeting-list)

Type of Service: 12 Step support group, meets Mondays at 5:45pm. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. Cost:

Free

**Nicotine Anonymous Support Group - Pomona (Los Angeles County)**

(909) 865-1011

Congregational Pilgrim Church  
600 North Garey Avenue, Room 14  
Pomona, CA 91767

[www.quitnowla.com/meeting-list](http://www.quitnowla.com/meeting-list)

Type of Service: 12 Step support group, meets 1st and 3rd Thursdays at 6:00pm. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

Cost: Free

**Rim Family Services**

(909) 336-1800

28545 Highway 18  
Skyforest, CA 92385

<http://www.rimfamilyservices.org/programs/smoking-cessation-class/>

Type of Service: Cessation classes, 8 week program, meets weekly on Mondays from 6:00pm-7:00pm. For more detailed information please call the number listed.

Cost: Free

**Rockin' Recovery Center,  
MHS - Yucca Valley Center for Change**

(760) 369-1074

58945 Business Center Drive, Suite J  
Yucca Valley, CA 92284

Type of Service: Cessation classes, meets on Fridays 5PM

Cost: Free

**San Bernardino Medical Group**

(909) 883-8611 ext. 2294

1700 North Waterman Avenue

San Bernardino, California 92415 <http://www.sbmed.com/health-and-wellness/>

Type of Service: Commit to Quit smoking cessation classes, 8 week program. Support group for chew or pipe users; self-help and educational materials. Support groups offered quarterly, no prescriptions or medications provided. Call for detailed information.

Cost: Free

**St. John of God Health Care Services**

(760) 952-9192

15534 6th Street  
Victorville, CA 92395

Type of Service: Cessation classes, offered once a quarter. Times and dates will vary. Call for more detailed information.

Cost: Free



**VJ Sleight, Tobacco Treatment Specialist**

(760) 333-1270

P.O. Box 5487

La Quinta, CA 92253

<http://stopsmokingstayquit.blogspot.com/>

Type of Service: Cessation classes & individual sessions. Individual and group behavior modification and cognitive therapy classes. Individual classes include a 1 hour consultation. 6-week group classes can be held in other areas. Call for upcoming scheduled group classes.

Cost: \$100.00

Locations: Riverside, Coachella Valley and High Desert areas

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## SACRAMENTO COUNTY

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### *Tobacco Cessation Resources – Group Counseling/Support Groups & Classes*

**Mercy Health Care Sacramento Smoking Cessation Program**

(916) 453-4927 Mercy General

Type of Service: "No If's, And's or Butts" behavior modification 6-week classes & clinic, Wednesdays from 5:30-7:00pm On the first floor.

Cost: \$70 for 6-week class, receiving half of your money back once you have completed the class

Languages Served: English & Spanish

Locations: In cardiac rehab 4001 'J' St. Sacramento, CA 95819 and

**American Cancer Society (760) 568-2691**

Type of Service: Fresh Start Plus – support group & counseling. Quit for Life - 24/7 over the phone support, resources, coaching, one-on-one counseling

1-800-227-2345

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

Cost: Free

**Nicotine Anonymous**

916-364-0273

<http://nica-norcal.org>

Type of Service: Support group for teens & adults. Call for meeting schedules.

Cost: Free

Locations: Meeting are held on Mon. 5:30 P.M. at the

Sacramento Westminster Presbyterian Church,

1300 N. St. (enter at rear) and Tues. 7:00 P.M. Rancho Cordova Sun

River Trinity Church, 11223, Room E26

Trinity River Dr. (at Sunrise) Building 1, 2nd Floor, Room E26

**Nicotine Anonymous**

916-364-0273 <http://nica-norcal.org>

Type of service: support group for teens and adults

Cost: Free

Locations: Meetings are held on Thursdays at 5:30PM at Citrus Heights, Northridge Greens Professional Offices

7509 Madison Ave. Ste. 115. (First floor, enter back of building)

**Nicotine Anonymous**

United Methodist Church  
2100 J Street, Sacramento, 95816  
Monday at 6:00 pm  
Michael Dober 916-396-5578  
Michael\_dober@hotmail.com

**Sacramento County DHHS, Clinic Services**

(916) 874-9670 or (916) 874-9992  
4600 Broadway STE 1100  
Sacramento, CA 95820  
Type of Service: Smoking cessation workshops are offered to registered county patients only. Call for additional information.  
Cost: Free

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## SAN DIEGO COUNTY

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*Tobacco Cessation Resources – Group Counseling/Support Groups & Classes*

**American Lung Association in California**

(619) 297-3901 or 1-800-LUNG-USA(586-4872)  
2020 Camino Del Rio North,  
Suite 200  
San Diego, CA 92103  
[www.ffsonline.org](http://www.ffsonline.org)  
Type of Service: 8-sessions are delivered in small group setting over a 7-week period. Targets managing stress, nicotine withdrawal, weight control, and long-term strategies for staying free from tobacco.  
Cost: Call for pricing  
Languages Served: English & Spanish  
Ages: Adults

**American Cancer Society (760) 568-2691**

Type of Service: Fresh Start Plus - support group & counseling. Quit for Life - 24/7 over the phone support, resources, coaching, one-on-one counseling  
1-800-227-2345  
[www.cancer.org](http://www.cancer.org)  
Cost: Free

**Nicotine Anonymous**

(619) 682-7092  
<http://www.nicotine-anonymous.org/>  
Type of Service: 12-step support group meetings; call for more information.  
Cost: Free  
Locations: Various locations  
Languages Served: English & Spanish

**Palomar Health - Smoking Cessation**

(760) 746-1562  
2185 Citracado Parkway  
Escondido, CA 92029  
Type of Service: Smoking cessation program meets 1.5 hours in Escondido for four weeks; includes comprehensive workbook. Free one-day class and/or 4-week program  
Cost: Call for costs

**Paradise Valley Hospital - Center for Health Promotion**

(619) 470-4346

2400 East 4th Street

National City, CA 91950

<http://www.paradisevalleyhospital.net/Services/Center-for-Health-Promotion/Health-Classes.aspx>

Type of Service: 6-week class, call for locations and to register

Cost: Free

Languages Served: English & Spanish