

Sacramento County Office of Education

LOCAL CESSATION RESOURCES

SACRAMENTO COUNTY

As of June 2012

Accredited Acupuncture Clinic

(916) 924-7911

www.accredited-acupuncture.com

87 Scripps Drive, Suite 212

Sacramento, CA 95825

Type of Service: Acupuncture

Cost: \$65/session

National African American Tobacco Prevention Network

California Department of Public Health

CDIC/California Tobacco Control Program

(916) 449-5500

www.naatpn.org

Type of Service: Cessation resources & quit kits; community events & presentations; educational/media campaigns; local information & community assistance; policy development; adoption & implementation support.

Cost: Free

American Cancer Society

(916) 446-7933 or 1-800-LUNG-USA

www.cancer.org

1545 River Park Drive, Suite 100

Sacramento, CA 95815

Type of Service: Self help materials by mail; info; referrals

Cost: Free

Breathe California of Sacramento – Emigrant Trails - STAND

(916) 444-5900

www.sacbreathe.org or www.sacSTAND.org

909 12th Street, Suite 100

Sacramento, CA 95814

Type of Service: Self help materials; training for clinic leaders; cessation curriculum and materials.

Cost: Call for information

California Institute of the Healing Arts

(916) 484-1700

www.californiainstitute.net

2377 Gold Meadow Way, Suite 100

Gold River, CA 95670

Type of Service: Individualized behavioral & clinical hypnosis

Cost: \$50-75 per session, sliding fee scale available.

California Rural Indian Health Board (CRIHB)

(916) 929-9761

www.crihb.org or www.keepitsacred.org

4400 Auburn Blvd., 2nd Floor

Sacramento, CA 95841

Type of Service: Tobacco prevention & educational information for American Indians

Cost: Free

California Smoker's Helpline

English: 1-800-NO-BUTTS

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Spanish: 1-800-45-NO-FUME

Vietnamese: 1-800-778-8440

TDD/TYY: 1-800-933-4TDD

www.nobutts.org

Center for AIDS Research, Education & Services (CARES)

(916) 443-3299

www.caresclinic.org

1500 21st Street

Sacramento, CA 95814

Type of Service: "Freedom from Smoking" behavior modification classes.

Cost: Free for CARES clients only

Kaiser Permanente Health Education

Quit Smoking Info Line

(916) 688-6783

www.kp.org

Locations: Various locations available. Call for more information

Type of Service: Quit tobacco one-session workshop; stop smoking series 6-session clinic; medical quitting aids

Cost: Free for Kaiser Members only

Learning Exchange

(916) 929-9200

www.learningexchange.com

1111 Howe Avenue, Suite 115

Sacramento, CA 95825

Type of Service: Hypnosis & Self-hypnosis class for smoking cessation

Cost: \$45 (\$40 for Members) and \$15.00 fee for materials (optional)

Life Enrichment Center

(916) 489-9099

3650 Auburn Blvd., Suite C103

Sacramento, CA 95821

Type of Service: Hypnotherapy to stop smoking & counseling

Cost: \$75 per session, possible sliding fee available

Mercy Health Care Sacramento**Smoking Cessation Program**

(916) 453-4927 or (916) 537-5299

www.mercygeneral.org

Locations: Various locations available. Call for more information

Type of Service: "No Ifs, Ands, or Butts" 6-week clinic

Cost \$70

Nicotine Anonymous

1-877-879-6422

www.nicotine-anonymous.org

Locations: Various locations available. Call for more information

Type of Service: Support group for teens & adults.

Cost: Free

Help Me Dr. Ronda

(916) 922-3100 or (916) 470-9908

www.helpmedronda.com

455 University Avenue, Suite 100

Sacramento, CA 95825

Type of Service: Hypnotherapy; psychotherapy; cognitive behavior therapy

Cost: \$275 per session

Sacramento County Dept. of Health & Human Services**Tobacco Education Program**

(916) 875-5869

www.dhhs.saccounty.net

9333 Tech Center Drive, Suite 800

Sacramento, Ca 95826

Type of Service: Cessation resources & quit kits; community events & presentations; educational/media campaign; public policy; local information & community assistance

Cost: Free

Sunset Russian Tobacco Education Project

(415) 682-1963 or (415) 682-1972

1351 24th Avenue

San Francisco, CA 94122

Type of Service: 2-hour quit clinics; Second hand smoke workshops; self help materials; merchant & provider education; alternative therapies

Cost: Free

**UC Davis Medical Center
Smoking Cessation Program**

(916) 734-8493

www.ucdmc.ucdavis.edu

4900 Broadway, Suite 1630

Sacramento, CA 95820

Type of Service: Smoking cessation classes; Monthly support group

Cost: Call for information

William Blank Hypnotherapist

(916) 487-2530

www.sacramentohypnosis.com

3733 Huff Way

Sacramento, CA 95814

Type of Service: Hypnotherapy

Cost: \$150