

QUIT TOBACCO USE SERVICES IN SOLANO COUNTY

AGENCY	SERVICES	LOCATION	COST
ADULT SERVICES:			
SOLANO COUNTY HEALTH PROMOTION & EDUCATION 784-8900 or 1-800-287-7357	<i>Kick The Butts!!</i> 5-Week Program Adults Call for dates and times	Fairfield Vallejo	Free
KAISER Fairfield (707) 427-4466 Vacaville (707) 624-2225 Vallejo (707) 651-2692	3-Hour Workshop First Saturday of the month 9:30a.m. to 12:30p.m.	Fairfield Vacaville Vallejo	Free to Members \$50 to Non-Members
LA CLINICA Vallejo (707) 551-1311	2-Hour Workshops & 5-Session Classes Call for dates and times	243 Georgia St., Ste B Vallejo, 94590	Free
TRAVIS AFB HAWC (707) 424-4292	ACS Freshstart 4-Week Class Active Duty, Retiree, Dependents, DoD Civilian Call for dates and times	Travis AFB Health & Wellness Center	Free
FIGHTING BACK PARTNERSHIP (707) 648-4151	ALA Freedom From Smoking 8-Week Class* Evenings; Call for date, time, location	Vallejo	Free *Spanish Available
NICOTINE ANONYMOUS (916) 233-5022 Anna	12 step program Vacaville: Mondays 6:30pm to 7:30pm Fairfield: Fridays 6:30pm to 7:30pm	Vacaville: 1286 Callen Street Fairfield: 711 Empire Street	Free
YOUTH SERVICES:			
CITY OF VACAVILLE (707) 449-5512	ALA N.O.T. 9-Week Program Teens and Pregnant Teens	Vacaville	Free
	PD Enforcement Tobacco Education/1-Session Call for dates and times		\$25 for cited youth Free if not cited
PHONE & ON-LINE PROGRAMS:			
CALIFORNIA SMOKERS' HELPLINE 800-NO-BUTTS (800-662-8887) 800-844-CHEW	<ul style="list-style-type: none"> • Multi-lingual phone counseling sessions • Online program registration available • Cessation for smokeless • Quit kits and materials provided • Teen Cessation/Phone Counseling 	www.californiasmokershelpline.org Telephone Hours Monday through Friday: 7am-9pm Saturday: 9am-1pm	FREE to California residents
FREEDOM FROM SMOKING	Web based program to assist in quitting	www.lungusa.org	Free
SMOKEFREE	Helps you prepare to quit and to quit in steps	www.smokefree.gov	
BECOME AN EX	Create free, personalized quit plan and track environmental cues that trigger you to smoke	www.becomeanex.org	
ASPIRE	Web based interactive program for teens	ASPIRE	
YOU CAN QUIT TOO	Online program for military w/Tricare Insurance	www.UCanQuit2.org	Free to Military