

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	Solano County	Free
KAISER Fairfield (707) 427-4466 Vacaville (707) 624-2225 Vallejo (707) 651-2692	3-Hour Workshop offered monthly Call for dates and times	Fairfield	Free to Members \$25 Non-Members
	7-Week Program, offered evenings Call for dates and times (Not avail. in Vallejo)	Vacaville Vallejo	Free to Members \$60 Non-Members
LA CLINICA Vallejo (707) 556-8100	5-Week Program & 1:1 Counseling Adults (La Clinica Patients) Call for dates and times	243 Georgia St., Ste B Vallejo, 94590	Free For La Clinica Clients Only
TRAVIS AFB HAWC (707) 424-2946	ALA Freedom From Smoking/5-Week Program Active Duty, Retiree, Dependents, DoD Civilian Call for dates and times	Travis AFB Health & Wellness Center	Free
YOUTH SERVICES:			
PLANNED PARENTHOOD SHASTA-DIABLO (707) 645-8445	Project Ex / 6 to 8-Week Program Teens, Pregnant Teens	Solano County	Free
	Train-the-Trainer Program Call for dates and times		
CITY OF VACAVILLE (707) 449-5512	ALA N.O.T. / 9-Week Program Teens and Pregnant Teens	Vacaville	Free
	PD Enforcement Tobacco Ed/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"> ● Multilingual phone counseling sessions ● Online program registration available ● Cessation for smokeless ● Quit kits and materials provided ● Teen Cessation/Phone Counseling 	www.californiasmokershelpline.org	FREE to California residents
		Telephone Hours Monday through Friday: 7am-9pm Saturday: 9am-1pm	
FREEDOM FROM SMOKING	Web based program to assist in quitting	www.lungusa.org	Free
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 targeting teens	www2.mdanderson.org/depts/aspire/site.html	