

San Diego County

Local Listing for Tobacco Cessation and Education Resources (as of 7/20/22)

American Lung Association in California – Freedom from Smoking

Service Provided: Freedom from Smoking virtual quit program; in-person and virtual group program include eight sessions; Lung HelpLine

Location: 2020 Camino Del Rio N #200, San Diego, CA 92108

Contact: (619) 297-3901 or 1-800-LUNG-USA 1-800-586-4872

<https://www.freedomfromsmoking.org>

<https://www.lung.org/quit-smoking/join-freedom-from-smoking>

Community Room – 3rd Floor

9:00 – 9:50 a.m. (Spanish)

10:00 – 10:50 a.m. (English)

Contact: (619) 515-2400 or 619-515-2526

<https://www.fhcsd.org/telehealth-appointments/>

<https://www.fhcsd.org/smoking-cessation-classes/>

Camp Pendleton Naval Hospital

Service Provided: Tobacco cessation, tobacco avoidance

Location: Camp Pendleton Main Hospital H200 4th Floor South Side, CA 92055

Contact: 760-719-4137

(760) 763-3793

(760) 763-0419

<https://camp-pendleton.tricare.mil/Health-Services/Preventive-Care/Health-Promotions-and-Wellness/Tobacco-Cessation>
<https://www.mccscp.com/human-performance>

Palomar Health/PPH Express Care

Service Provided: Smoking Cessation Services Individual Consultations

Cost: 5 visits for \$125

Location: Palomar Medical Center Escondido

2185 Citracado Parkway

Escondido, CA 92029

Palomar Medical Center Poway

15615 Pomerado Road

Poway, CA 92064

Contact: Escondido - (442) 281-5000

Poway - (858) 613-4000

www.palomarhealth.org/expresscare

Family Health Centers of San Diego (City Heights)

Service Provided: Free Smoking Cessation Classes on the phone until further notice 5 Sessions, 50 minutes each. Get tips on behaviors and activities that can help in breaking the smoking habit.

Location: 5454 El Cajon Blvd.

San Diego, California 92115 *(continued...)*

Paradise Valley Hospital Center for Health Promotion

Service Provided: Smoking cessation, free 6 week course; languages served: English, Spanish

Location: 2400 East 4th St. &

2623 Hill Dr.

National City, CA, 91950

Contact: 619-470-4346

<http://www.paradisevalleyhospital.net>

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Family Health Centers of San Diego (Diamond Neighborhoods)

Service Provided: Free Smoking Cessation Classes on the phone until further notice 5 Sessions, 50 minutes each. Get tips on behaviors and activities that can help in breaking the smoking habit.

Location: 4725 Market Street
San Diego, CA 92102

Room 229 – 2nd Floor

10:00 – 10:50 a.m. (Spanish)

11:00 – 11:50 a.m. (English)

Contact: (619) 515-2560 or 619-515-2526

<https://www.fhcsd.org/telehealth-appointments/>

<https://www.fhcsd.org/smoking-cessation-classes/>

Family Health Centers of San Diego (Lemon Grove)

Service Provided: Free Smoking Cessation Classes on the phone until further notice 5 Sessions, 50 minutes each. Get tips on behaviors and activities that can help in breaking the smoking habit.

Location: 7592 Broadway
Lemon Grove, CA 91945

Conference Room

3:00 – 3:50 p.m. (Spanish)

4:00 – 4:50 p.m. (English)

Contact: (619) 515-2550 or 619-515-2526

<https://www.fhcsd.org/telehealth-appointments/>

<https://www.fhcsd.org/smoking-cessation-classes/>

Partnership for Smoke-free families – A Partnership Project of Rady Children’s Hospital, Scripps, and Sharp

Service Provided: participating obstetric and pediatric offices in addition to general public can access and download all educational materials

Location: Online resource

Contact: Online

<https://www.rchsd.org/programs-services/center-for-healthier-communities/partnership-for-smoke-free-families/program-materials/>

Quit Tobacco – Make Everyone Proud

Service Provided: Offers tobacco cessation information, help with finding local support programs for tobacco cessation, and 24/7 live support with expert coaches to U.S. service members. Does not cover tobacco cessation medication. Counseling cannot be by a provider that is not authorized by Tricare. Does not cover those under Medicare.

Location: Online

Contact: 888-713-4597

<https://www.ycq2.org>

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Family Health Centers of San Diego (Logan Heights)

Service Provided: Free Smoking Cessation Classes on the phone until further notice 5 Sessions, 50 minutes each. Get tips on behaviors and activities that can help in breaking the smoking habit.

Location: 1809 National Avenue San Diego, CA 92113

Conference Room – 2nd Floor

1:30 – 2:30 p.m. (Spanish)

2:30 – 3:30 p.m. (English)

Contact: (619) 515-2300 or 619-515-2526

<https://www.fhcsd.org/telehealth-appointments/>

<https://www.fhcsd.org/smoking-cessation-classes/>

Location: Carmel Valley - 3851 Shaw Ridge Rd San Diego, CA 92130

Otay Mesa - 4650 Palm Ave., San Diego, CA 92154

San Diego - 9455 Clairemont Mesa Blvd., San Diego, CA 92123

Vandever - 4405 Vandever Ave., San Diego, CA 92120

Mission Road - 10992 San Diego Mission Rd. San Diego, CA 92108

Contact: (619) 641-4194

<https://healthy.kaiserpermanente.org/south-ern-california/health-wellness/classes-programs/details/freedom-from-tobacco.302581>

Kaiser Permanente

Service Provided: Telephone coaching with a wellness coach by phone to set goals for healthy, lasting change. Together, you'll build a plan of action tailored just for you!

Location: Phone Service

Contact: Wellness Coaching Registration (866) 862-4295

<https://healthy.kaiserpermanente.org/health-wellness>

San Diego Hypnosis Clinic

Service Provided: Cessation through hypnosis

Location: 3636 Camino Del Rio N. Suite 170

San Diego, CA 92108

Contact: (619) 246-9661

<https://sandiegohypnosisclinic.com/appointments/>

Kaiser Permanente Medical Offices

Service Provided: Do you want to have more energy, save money, and improve your health? Quit tobacco! Get support from your peers as you set a quit date and discuss successful, easy techniques to stay quit in this workshop. Eligibility: KP member (continued...)

San Diego State University

Type of Service: Individual counseling sessions, pharmacological treatment options (for students)

SDSU Center for Human Resources, SDSU Counseling & Psychological Services, Online resources (for faculty and staff)

Location: 5500 Campanile Drive San Diego, CA 92182

Contact: 619-594-5220

<https://sacd.sdsu.edu/health-promotion/healthier-you>

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Kaiser Permanente Freedom from Tobacco

Service Provided: Kaiser Permanente members can register for this program online in our appointment center.

Location: Online

Contact: 619-641-4194

<https://centerforhealthyliving-southern-california.kaiserpermanente.org/our-programs/workshops-in-your-area/>

Sharp HealthCare Second Breath Rees-Stealy

Service Provided: free web-based program composed of six 60-minute sessions, free for everyone

Location: online

Contact: (800) 827-4277

<https://www.sharp.com/health-classes/second-breath-tobacco-cessation-webinar-1990>

Naval Medical Center, San Diego

Service Provided: Cessation workshop/classes, support group, individual appointments

Location: 34800 Bob Wilson Dr.

Building#26, 1st Floor

San Diego, CA 92134

Contact: (619) 532-5909

<https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/Tobacco-Free-Living/Tobacco-Cessation/>

Southern Indian Health Council

Service Provided: Individual counseling

Call for more information

Location: 4058 Willows Road

Alpine, CA 91901

Contact: (619) 445-1188

<https://sihc.org>

Neighborhood Healthcare – Teen Wellness Program

Service Provided: Teens receive health-related education on topics that are relevant to their day-to-day lives. Topics can include Nutrition, Substance Abuse, Healthy Relationships, Depression, Resume and Employment Preparation.

Location: 728 E. Valley Pkwy., Escondido, CA 92025

Contact: 1-833-867-4642 (Neighborhood Healthcare)

760.737.6900 (Valley Parkway clinic)

<https://www.nhcare.org/lp/teen-services/>

Tri City Medical Center

Type of Service: 8-week group class small-5-10 max per class. Freedom from smoking outline. Cost: Co-Pay from insurance: This will vary, If No Ins we will work out a fee.;

Languages Served: English only at this time.

Any Spanish speaking clients are welcome to bring along someone to help interrupt, we can also obtain Spanish workbooks.; Ages: Open to 18+

Location: 4002 Vista Way, Oceanside, CA 92056

Contact: 760.724.8411

855.222.TCMC (8262) (health link)

<https://www.tricitymed.org/>

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Nicotine Anonymous

Service Provided: Tuesday Night Group. No quitting! 12-step self-help program for those who want to be nicotine free.

Location: Zoom: MTG ID 84350987189 PW: 732832

Saint Paul's Cathedral - 2728 Sixth Avenue, San Diego, CA 92103

Intergroup San Diego (ISD): North Shores Alano Club 4861 Cass St, San Diego 92109

Contact: Mike U - 619-861-6453 - uppenkamp@yahoo.com

Blaise H - 6196733838 -

Blaisehermsen@gmail.com

ISD: 619-682-7092 or 800-642-0666

www.scina.org

<https://www.nicotine-anonymous.org>

University of San Diego

Type of Service: Self-assessment, individualized report, individual counseling, support groups, prescription medications, Nicotine Replacement Therapies

Location: Center for Health and Wellness Promotion University Center Room 161 3636 5th Ave, San Diego, CA 92103

Contact: 619-260-4618

<https://www.sandiego.edu/smoke-free/how-to-quit-smoking.php>

Operation Samahan Health Center

Service Provided: Patient Education, Awareness and Counseling on Opioid and Tobacco Abuse,

Patients can also receive numbers to other resources in CA

Mira Mesa Medical - 10737 Camino Ruiz Suite # 235, San Diego, CA 92126

Rancho Peñasquitos - 9995 Carmel Mountain Road, Suite B10-11, San Diego, CA 92129

Erma Road - 9855 Erma Road Suite #105, San Diego, CA 92131

National City Medical - 2743 Highland Avenue, National City, CA 91950

National City CHC - 2835 Highland Avenue National City, CA 91950 Suite B

Contact: 844-200-2426

<https://samahanhealth.com/en/>

VA San Diego Healthcare System

Type of Service: Services for eligible veterans. Group Counseling

Location: 3350 La Jolla Village Drive San Diego, CA 92161

Contact: (800) 331-8387 ext. 3903

858-552-8585

<https://www.va.gov/health/>

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Vista Community Clinic

Type of Service: Offer Smoking cessation support and classes, Facilitate youth leadership and advocacy groups. Free 4 session, 90-minute class, open to anyone in the community to start in-person September 13th at the location listed

Location: VCC Vale Terrace
1000 Vale Terrace Drive, Vista, CA 92084

Contact: Class Registration:

(760) 631-5000 x1050

NCPC Tobacco Control:

760-631-5000 x7165

<https://www.vistacommunityclinic.org/vcc-offers-smoking-cessation-program/>

<https://northcoastalpreventioncoalition.org/programs/tc/quitsmoking/>