

**SONOMA COUNTY
TOBACCO EDUCATION and
CESSATION PROGRAMS
2012**

American Lung Association in California

Mail Box - 2360 Mendocino Ave. A2-142
Santa Rosa, CA 95403
707-527-5864

- Tobacco education and advocacy services.
- Free phone counseling:
American Lung Association Helpline
1-800-LUNGUSA 586-4872
- *Freedom From Smoking Online:* www.lungusa.org

Kaiser Permanente

HealthMedia Breathe online quit smoking program
www.kp.org/healthylifestyles

Santa Rosa Medical Center

401 Bicentennial Way, Santa Rosa

- *Freedom From Tobacco* - Evening classes meet once a week for six weeks.* Cost: FREE to members, \$80 for non-members.
- *Quit Tobacco Workshop* - Single session 3-hour classes on developing a cessation plan* Saturday and evening sessions. Cost: FREE for Kaiser members, \$30 for non-members.
- Individual counseling for adults, teens and pregnant women in English and Spanish.* Members only. No fee.
- Call: 707 566-5277 or 707 393-4167 for registration information.

Petaluma Medical Offices

3900 Lakeville Highway, Petaluma

- *Freedom From Tobacco* - Six Tuesday evenings 7:00-9:00 pm.* Cost: FREE for Kaiser members, \$90 for non-members.
- Call: 707-765-3485 to register.
- Prescription quit aids available

Northern California Center for Well-Being

365 Tesconi Circle, Suite B, Santa Rosa
Call 707-575-6043 to register
www.norcalwellbeing.org
info@norcalwellbeing.org

- *Smoke-Free Babies* - Individual counseling for pregnant or recently delivered women. Learn what you need to maintain a smoke-free environment for your baby. Teen services also available. Home visits provided throughout the county. Cost: FREE!
- *Smoking Cessation Classes* - Meets 8 times in 7 weeks*
- Quit Smoking for the last time! ONE SESSION workshop. Develop a quit plan, learn about use of medications, and strategize to avoid relapse.
- Cost: Sliding scale based on income. Some insurances may cover costs.
- Classes hosted at worksites and agencies by our expert facilitators.

Teen Cessation & Diversion Services

Rohnert Park - Tobacco Diversion & Alcohol & Other Drugs class open to any youth in RP/Cotati.
SCAYD 707-793-9030

Santa Rosa - Diversion & Cessation. Open to all youth. Drug Abuse Alternatives Center. Four - 1 hr sessions, \$50. Some Thursday evenings 4-5 pm
Call ahead: 707-544-3295

**Sonoma County Department of Health Services
Healthy Communities**

490 Mendocino Avenue, Suite 202, Santa Rosa
www.sonoma-county.org/health/prev/

For information on tobacco cessation class referrals, tobacco education, or to report a violation of tobacco laws call 707-565-6680.

***Open to smokeless tobacco users**

California Smokers' Helpline

The Helpline is a free telephone program funded by the California Department of Public Health that can help smokers quit. Callers are offered self-help materials, a list of other programs in their area, and one-on-one counseling over the phone. Specialized services are available for pregnant smokers, tobacco chewers, and teens. All services are offered in multiple languages.

English	1-800-NO BUTTS
Spanish	1-800-45-NO-FUME
Chinese	1-800-838-8917
Korean	1-800-556-5564
Vietnamese	1-800-778-8440
Chewers	1-800-844-CHEW
TDD/TTY	1-800-933-4833

www.nobutts.org

Nicotine Anonymous Support Group

Ongoing support groups for anyone who wants to quit tobacco or support to stay tobacco free. Speakers available for community groups on smoking cessation.

Monday nights in Petaluma from 7:00 - 8:00 pm, Church of Christ, 370 Sonoma Mountain Parkway. Fellowship of men and women in a 12 - Step program. Contact: Terry at 707-664-9335.

Tobacco Related Web Sites

www.becomeanex.org - Re-learn life without cigarettes.

www.quitsmoking.about.com - Quit smoking resources.

www.quitnet.com - Boston University's online smoking cessation program.



TIPS TO PREPARE YOU TO STOP SMOKING

- Decide positively that you want to stop. Avoid negative thoughts about how difficult it might be.
- Develop strong personal reasons to stop in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light etc., or of all the money you'll save.
- List all the reasons you want to stop. Every night before going to bed, repeat one of the reasons 10 times.
- Begin to condition yourself physically: start a modest exercise program; drink more fluids; get plenty of rest; avoid fatigue.
- Have realistic expectations and be patient, you didn't learn to smoke in a day so don't expect to quit in a day.
- Understand that withdrawal symptoms are temporary and are healthy signs that the body is repairing itself from its long exposure to nicotine. Within 24 hours of abrupt smoking cessation, withdrawal symptoms may appear as the body begins its healing process.
- Relapses occur in the first week or two after stopping, when withdrawal symptoms are strongest and your body is still using all your personal resources. Willpower, family, friends, and any tips that work for you will help you get through this critical period successfully.
- Tell your family and friends that you're stopping and when. They can be an important source of support both before and after you stop.



I'm free at last!

TIPS TO USE JUST BEFORE STOPPING

- Practice going without a cigarette. Smoke 1 or 2 less cigarettes than usual; have your first smoke an hour later than usual.
- Make it more difficult to get a cigarette - stop carrying them, buy only one pack at a time and don't buy cartons. Put them in a locker or your car, only smoke outside.
- Practice coping with the urge to smoke. Notice the urge and think about it – then choose not to smoke. Tell yourself you will wait 20 minutes – the urge to smoke will pass whether you smoke that cigarette or not.
- Think of stopping in terms of one day at a time.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and smell of stale butts will be very unpleasant.
- Collect all your cigarette butts in one large glass container as a visual reminder of the mess smoking represents.

TIPS FOR THE DAY YOU STOP

- Throw away all your cigarettes and matches. Hide lighters and ashtrays.
- Clean your clothes to rid them of the cigarette smell.
- Develop a clean, fresh, nonsmoking environment around yourself. Buy yourself flowers -- you may be surprised how much you can enjoy their scent now.
- Keep busy on the big day.
- Buy yourself a treat or do something special to celebrate.
- Stay away from other smokers if they could weaken your resolve.
- Remember that alcohol or other drugs will weaken willpower.

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2012



**You don't have
to do it alone**



COUNTY OF SONOMA
DEPARTMENT OF HEALTH SERVICES

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