

Program Results

Since 2006, the Smoke-Free Babies Program has provided free smoking cessation services to hundreds of women. As a result, 90% of participants have either reduced or quit their use of tobacco, and 95% of women report they have smoke-free homes and cars 6 to 12 months after receiving services.

These exceptional results have protected hundreds of families from the harmful effects of secondhand smoke, improving health outcomes for all.

Beginning in 2013, services have expanded and now include families with children up to the age of 5. If you are pregnant, have children 5 or under, and are smoking or exposed to smoke at home, please call us to get free help!



Photo by Dr. John Bullas

About us

The "Smoke-Free Babies" project works with pregnant and parenting women in Sonoma County to reduce the harms of secondhand smoke exposure. We help women quit or reduce smoking and also teach them to adopt behaviors that protects their children from the harmful effects of secondhand smoke. All assistance is free! To participate, please contact us.

The Northern California Center for Well-Being is the premier health education and wellness center in Sonoma County and assists in improving the quality of life and health of our Sonoma County community through evidence-based preventive services and self-care classes. Our mission is to promote the well-being of the whole person by empowering people with the knowledge, skills and spirit to take responsibility for personal, family and community health.

For more information on our programs, please visit us at www.norcalwellbeing.org or call 707-575-6043.



Smoke-free Babies is funded by First 5 Sonoma County



Smoke-Free Babies Sonoma County

Are you pregnant and having a hard time quitting smoking?

Do you have a child five years old and under and need support to quit smoking?

We can help!



n o r t h e r n c a l i f o r n i a
Center for Well-Being
HEALTH EDUCATION AND WELLNESS CENTER



Photo by Terence Photography

Are you protecting your baby?

Smoking can hurt your unborn baby.

If you smoke during pregnancy, you expose your baby to serious health risks, such as low birth weight, respiratory problems, and brain damage.

Smoking can hurt your children.

Some women give up smoking during pregnancy but start again after giving birth, despite the risks of secondhand smoke for their children. We know how hard it is to quit!

Smoke-Free babies offers free help.

The Smoke-Free Babies program is designed to support mothers (or their partners) either quit smoking or reduce their children's exposure to the harmful effects of secondhand smoke. All of our services are free and are provided by a certified, experienced, compassionate counselor.

Services we offer

Our services include:

1. **Individual Support:** Private appointments with a smoking cessation counselor.
2. **Phone Support:** Information to help you cope with day to day challenges.
3. **Support Groups:** Connect with other Moms who want to quit smoking.



Photo by Trevor Bair

How do we help?

Smoke-free babies will help you learn:

- ◇ How to "Get Ready" to quit — but you do not have to quit until you decide you want to!
- ◇ About simple things you can do to protect your children from the harmful effects of second-hand smoke.
- ◇ New skills to help you handle stress.
- ◇ Tools for nutrition and exercise to help you feel good and manage your weight without smoking.

How to sign up

Get the **free** help you need to quit or reduce smoking and protect your loved ones from harmful secondhand smoke. If you are pregnant or have a child aged 5 or under, simply call us at the Northern California Center for Well-Being at 707-575-6043, and a counselor will be happy to assist you.

Smoke-Free Baby Referral Line:
707-575-6043 ext. 19



Photo by Alison Curtis

**Smoke Free Babies are
happy babies!**