

# Tobacco Cessation and Education Resources



Website: [www.nobutts.org](http://www.nobutts.org) Chew: 1-800-844-CHEW

English: 1-800-NO-BUTTS

Spanish: 1-800-45-NO-FUME TDD/TYY: 1-800-933-4TDD

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

## American Lung Association

441 MacKay Drive, San Bernardino, CA 92408  
(909) 884-5864 1 (800) LUNG-USA

[www.lung.org](http://www.lung.org)

**Type of Service:** Cessation classes; Telephone helpline; Online classes. "Freedom from Smoking" group cessation classes are available for adults and youth in locations within the County.

**Cost:** Please call for more information

## Arrowhead Regional Medical Center

400 North Pepper Avenue Colton, CA 92324  
(909) 580-6167

**Type of Service:** Cessation classes; Support group "A series of 3 two-hour sessions each month. Meet first 3 Tuesdays of each month from 2:00pm-4:00pm. Group counseling by Physicians and Nurses."

**Cost:** Free; Medication coverage depending on health insurance

## Beaver Medical Group

1150 Brookside Avenue Suite U, Redlands, CA 92373  
(909) 335-4131

[www.beavermedicalgroup.com](http://www.beavermedicalgroup.com)

**Type of Service:** Cessation classes, 4-week session, meeting once a week. Mondays at 6:30pm-7:30pm. Classes held 5 times a year. Individual appointments available.

**Cost:** Free

## Comprehensive Tobacco Treatment (CTT) Program, Loma Linda University Medical Center

11215 Mountain View Avenue, Suite 179 Loma Linda, California 92354  
(909) 558-3264

**Type of Service:** Cessation program for pregnant smokers only "Cessation classes throughout San Bernardino County. "Earn-while-you-learn" infant diapers provided. Call for more detailed information."

**Cost:** Free;

Locations: Meeting locations include: Apple Valley, Barstow, Fontana, Loma Linda, Rialto, San Bernardino, Twentynine Palms, Victorville, and Yucca Valley.

## **Inland Behavioral and Health Services, Inc.**

1963 North E Street, San Bernardino, CA 92404

(909) 881-6146

**Type of Service:** Cessation program for pregnant women. The Perinatal Care Network (PCN) program offers a smoking cessation program for pregnant women who are enrolled in substance abuse treatment.

**Cost:** Must be enrolled in substance abuse treatment; Low-cost fees; Medi-Cal accepted

## **Inland Empire Health Plan**

10801 6th Street Suite 120, Rancho Cucamonga, CA 91730

Member Services: 1 (800) 440-IEHP (4347) TTY: 1 (800) 718-4347

**Type of Service:** Members only cessation program "Members are referred to the California Smokers' Helpline and to Chantix GetQuit (online) for support. Prescribed smoking cessation medications are covered for 2 attempts (12 weeks each) per year."

**Cost:** Free for IEHP members

## **Inland Valley Recovery Services - San Bernardino**

939 North D Street, San Bernardino, CA 92410

(909) 949- 4667

**Type of Service:** Cessation classes "6-week series of weekly sessions. Tuesdays 3:00 pm. For more detailed information, please call the number listed."

**Cost:** Free

## **Inland Valley Recovery Services – Upland**

934 North Mountain Avenue Suite A & B, Upland, CA 91786

(909) 949-4667

**Type of Service:** Cessation classes "6-week course smoking cessation community workshop that meets on Mondays from 9:00am-11:00am. For more detailed information, please call the number listed."

**Cost:** Free

## **Kaiser Permanente**

17296 Slover Avenue Palm Court I Fontana, CA 92337

(909) 609-3000

[www.kp.org/quitsmoking](http://www.kp.org/quitsmoking)

**Type of Service:** Cessation classes; Self-help materials; Telephone coaching; and on-line tobacco cessation services. Orientation session plus 6-week course, meeting once a week (total of 7 sessions).

**Cost:** Free for members; \$40 non-members; Languages Served: English and Spanish

## **Loma Linda University Center for Health Promotion**

Evans Hall, Room 111

24785 Stewart Street, Loma Linda, CA 92350

(909) 558-4537

**Type of Service:** Individualized quit plan "One-on-one visit with a physician or preventive care specialist. Open to the public."

**Cost:** Discussed with physician; Visits may be billed to insurance

## **Loma Linda Veterans Hospital**

11201 Benton Road, Loma Linda, CA 92357  
(909) 825-7084 ext.1869

**Type of Service:** Cessation classes for Veterans only "Class series begins the first week of each month, a 4-week course. Tuesdays from 1:00pm to 3:00pm, or Wednesdays from 8:00am to 10:00am. Meeting room is the 1st Floor Chapel. Veterans are welcomed to bring along spouses/friends/family for support and education."

**Cost:** Usually covered by post-military insurance

## **Mental Health Systems**

1076 Santo Antonio Drive Suite B, Colton, CA 92324  
(909) 433-9824

**Type of Service:** Cessation program and classes "Works with Gibson Health, to set up classes"

**Cost:** Free

## **Molina Healthcare of California**

200 Oceanside, Long Beach, CA 90802  
Member Services: 1 (800) 526-8196 Inland Empire Office: 1 (800) 232-9998

**Type of Service:** Cessation program. Patients are referred to California Smokers' Helpline. Nicotine Replacement Therapy medications (Gum, patches, Zyban, Chantix) are prescribed once a certificate of enrollment in the California Smokers' Helpline is received.

**Cost:** Helpline is free; Medications for Molina members only

## **Nicotine Anonymous Support Group - Joshua Tree**

First Baptist Church  
6740 Sunset Road, Joshua Tree, California 92252  
(760) 401-6503  
[www.quitnowla.com/meeting-list](http://www.quitnowla.com/meeting-list)

**Type of Service:** 12 Step support group "Meets Mondays at 5:30pm. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine."

**Cost:** Free

## **Nicotine Anonymous Support Group - Moreno Valley (Riverside County)**

T.H.I.W Alono Club of Moreno Valley  
24183 Postal Avenue, Moreno Valley, California 92553  
Paul: (951) 924-6037 Dave: (951) 616-9631  
[www.quitnowla.com/meeting-list](http://www.quitnowla.com/meeting-list)

**Type of Service:** 12 Step support group "Meets Mondays at 5:30 – 6:30pm. Group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine."

**Cost:** Free

## **Norton SAC Clinic Behavioral Health Department**

250 South G Street, San Bernardino, CA 92404  
(909) 382-7135 (909) 382-7100

**Type of Service:** Individual sessions; & Group cessation classes. Classes offered quarterly. Call for a list of stop-smoking locations and services.

**Cost:** Sliding-scale fee

## **Rim Family Services**

28545 Highway 18, Skyforest, CA 92385

Joscelyn - 909-336-1800

**Type of Service:** Cessation classes, 6-week program, meets weekly on Thursdays from 2:00pm- 4:00pm. For more detailed information, please call the number listed.

**Cost:** Free

## **Rockin' Recovery Center, MHS-Yucca Valley Center for Change"**

58945 Business Center Drive Suite N

Yucca Valley, CA 92284

(760) 369-1074

**Type of Service:** Cessation classes. Meets on Thursdays 11:00 am.

**Cost:** Free

## **San Bernardino Medical Group**

1700 North Waterman Avenue, San Bernardino, California 92415

(909) 883-8611 ext.12294

**Type of Service:** Support group for chew or pipe users; self-help and educational materials "Support groups offered quarterly, no prescriptions or medications provided. Call for detailed information."

**Cost:** Free

## **St. John of God Health Care Services**

15534 6th Street, Victorville, CA 92395

(760) 952-9192

**Type of Service:** Cessation classes. Meets once a month, times and dates will vary. Call for more detailed information.

**Cost:** Free

## **Su Clinica Medica**

850 West Highland Avenue Suite A, San Bernardino, CA 92405

(909) 886-7576

**Type of Service:** Cessation classes for pregnant women only; Resources and educational material for all smokers. Smoking cessation and nutrition classes for pregnant women only as part of complete OB/GYN care. Call for more information.

**Cost:** Free resources and material; \$30 consultation; Languages Served: English and Spanish

## **VJ Sleight, Tobacco Treatment Specialist**

P.O. Box 5487 La Quinta, CA 92253

(760) 333-1270

**Type of Service:** Cessation classes; Individual sessions. Individual and group behavior modification and cognitive therapy classes. Individual classes include a 1-hour consultation. 6-week group classes can be held in other areas. Call for upcoming scheduled group classes.

**Cost:** \$100.00; Locations: Sites also available in the Riverside, Coachella Valley, and High Desert areas.

