

# San Bernadino County

## Local Listing for Tobacco Cessation and Education Resources

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### **American Lung Association**

(909) 884-5864 or 1-800-LUNG-USA

441 Macay Drive

San Bernardino, CA 92408

Type of Service: Workshops-call for details.

Cost: \$55.; Ages: ADULT

### **Arrowhead Regional Medical Center**

(909) 580-6225

400 North Pepper Avenue

Colton, CA 92324

Type of Service: 3-session class held monthly; drop-in support group; call to register for classes.

Cost: Free.

### **Beaver Medical Group**

(909) 335-4131

2 West Fern Avenue

Redlands, CA 92373

Type of Service: 5-session class & self-help materials for Beaver Medical patients.

Cost: Free.

### **Kaiser Permanente Fontana**

(909) 427-3946 or 1-888-883-7867

9985 Sierra Avenue, Bldg 2, 6th Floor

Fontana, CA 923356720

Type of Service: Freedom from Smoking 8-week clinic; medical quitting aids; telephone counseling.

Cost: Free for members; \$40 non-members.

### **Loma Linda Healthcare System**

(909) 825-7084 ext. 1869 or ext. 2353

11201 Benton St.

Loma Linda, CA 92357

Type of Service: Smoking Cessation 4-session class starts first week of each month (Tues at 1:00 pm. & Wed at 8:00 pm); Breaking the Chains relapse support group held Thursdays at 10:00 am.

Cost: Free.

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

(909) 558-4537

Evans Hall, Room 111

Loma Linda, CA 92350

Type of Service: 4-session class; CO screening.

Cost: \$50.

### **Nicotine Anonymous**

(800) 642-0666

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Type of Service: 12-step support group.

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Cost: Free.; Locations: Saint Ann's Church-6885 Del Rosa, San Bernardino-Mondays, 5pm; Winners Club-35026 Yucaipa Blvd., Ste A, Yucaipa-Wed, 6:30pm; AHP-15604 7th St., Victorville-Meets 3rd Thurs of the month.

### **Norton SACHS Clinic Behavioral Health Dept.**

(909) 382-7135 (909) 382-7100

1454 East 2nd Street

San Bernardino, CA 92408

Type of Service: 4-week class held Tues at 4:00 pm; one-on-one counseling.

Cost: IHP insurance covers; sliding-scale.

### **Reach Out West End**

(909) 982-8641

1126 W. Foothill Blvd., Ste 110

Upland, CA 91786

Type of Service: 4-session class for pregnant women and those in households with children ages 0-5 years old..

Cost: Free.; Languages Served: English & Spanish.

### **San Bernardino County Public Health Tobacco Use Reduction Now (TURN) Program**

(800) 637-6653 or (909) 388-5770

505 Arrowhead Avenue, STE 500

San Bernardino, CA 92401

Type of Service: Self-help materials; referrals; info on tobacco control laws; prevention & education.

Cost: Free.; Languages Served: English & Spanish.

### **St. Bernadine Hospital Health Info & Education Center**

(909) 887-6333 ext. 4732

1725 Western Avenue

San Bernardino, CA 92411

Type of Service: 8-session class; medical quitting aids.

Cost: \$55.

### **St. Mary's Medical Center**

(760) 242-2311 ext. 5331

18300 Highway 18

Apple Valley, CA 92307

Type of Service: Freedom from Smoking 7-week clinic; Better Breathers support group for those with chronic lung disease.

Cost: \$29.



**California Smokers' Helpline**  
**1-800-NO-BUTTS**

Website: [www.nobutts.org](http://www.nobutts.org)

English: 1-800-NO-BUTTS

TDD/TYY: 1-800-933-4TDD

Chew: 1-800-844-CHEW

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

Chinese: 1-800-838-8917

Spanish: 1-800-45-NO-FUME