

# SAN BERNARDINO COUNTY

Local Listing for Tobacco Cessation and Education Resources

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## American Lung Association

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

Michelle Orrantia

441 Macay Drive

San Bernardino, CA 92408

Type of Service: Workshops-call for details.

Cost: \$55.

Ages: ADULT

## 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.

## Arrowhead Regional Medical Center

(909) 580-6225

Judy Howell

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.

## Loma Linda University Center for Health Promotion

(909) 558-4537

Linda Ball

Evans Hall, Room 111

Loma Linda, CA 92350

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

Cost: \$50.

## Beaver Medical Group

(909) 335-4131

Linda Randolph, Health Education

2 West Fern Avenue

Redlands, CA 92373

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

Cost: Free.

## Nicotine Anonymous

(800) 642-0666

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

Type of Service: 12-step support group.

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.

## 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.

## Norton SACHS Clinic Behavioral Health Dept.

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

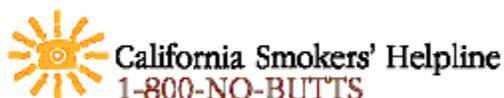
Diane Santos

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.



Website [www.nobutts.org](http://www.nobutts.org) Chew 1-800-844-CHEW Chinese 1-800-838-8917  
English 1-800-NO-BUTTS Korean 1-800-556-5564 Spanish 1-800-45-NO-FUME  
TDD/TYY 1-800-933-4TDD Vietnamese 1-800-778-8440

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## 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**

Vickie Johnson  
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**

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