

**You're not in  
it alone...**

**help is out  
there**



Vapes

Chew

Blunts

**Sonoma County  
Tobacco/Nicotine  
Cessation Resources**

Cigars

JUUL

Mods

**Apps with  
24/7 support**



**There's  
help in your  
doctor's  
office**

Snus

Hookah

Snuff

Cigarettes

E-cigs



**And free phone  
counseling  
available now**

## In-Person Local Resources

### Center for Well-Being

101 Brookwood Ave., Ste A  
Santa Rosa, CA 95404  
www.norcalwellbeing.org  
(707) 575-6043

*Groups and one-time workshops available.*

*Cost: income-based sliding scale. Some insurances accepted.*

### Nicotine Anonymous Support Group

Church of Christ  
370 Sonoma Mountain Pkwy  
Petaluma, CA 94954  
Mondays 7-8pm  
Contact: Terry (707) 664-9335

### Healthcare Providers

*Your healthcare provider has resources available to help you quit, such as nicotine replacement therapy (the patch) and counseling.*

Tobacco Cessation classes available for **patients only** at:  
**West County Health Center**      **Petaluma Health Center**  
www.wchealthcenter.org      www.phealthcenter.org  
(707) 887-0290      (707) 559-7500

## Other Information & Support

### Smokefree.gov

-- TEXTING -- ONLINE CHAT -- QUIT APPS -- SELF-HELP MATERIALS --

www.smokefree.gov  
Appropriate for all ages

### CA Smokers' Helpline

-- PHONE COUNSELING -- TEXTING -- ONLINE CHAT -- QUIT APPS -- SELF-HELP MATERIALS --

**\*\* Support now available for vaping \*\***

Free patches for families with children 0 to 5  
www.nobutts.org  
1 (800) NO-BUTTS  
Appropriate for all ages



### E-Cigarette Quit Program

-- TEXTING -- QUIT APPS -- SELF-HELP MATERIALS --

www.thisisquitting.com  
www.becomeanex.org  
Text "DITCHJUUL" to 88709  
Appropriate for teens and young adults

### Impact Sonoma Team

Contact the Sonoma County Department of Health:  
tinyurl.com/ImpactSonoma

  @ImpactSonoma



No judgments. Just help.

You haven't failed if you keep trying.

