

# Riverside County

## Local Listing for Tobacco Cessation and Education Resources

### **Aetna**

866-213-0153

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

Type of Service: Individual or Group Coaching

Cost: Free for members only; Languages Served: Interpreter for all languages

### **American Cancer Society**

(951) 683-6415 or 1-800-ACS-2345

1240 Palmyrita, STE A

Riverside, CA 92507

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

Type of Service: Information; referrals; self-help materials

Cost: Free.; Languages Served: English, Spanish

### **American Lung Association**

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

<http://www.lung.org/stop-smoking/>

Type of Service: Cessation classes; telephone helpline; online classes

### **Beaver Medical Group**

(909) 335-4131

2 W. Fern

Redlands, CA 92373

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

Type of Service: Cessation Classes

### **Blue Shield of California**

800-393-6130

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

Type of Service: Individual or Group Coaching

### **California Smoker's Helpline**

800-NO-BUTTS

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

Type of Service: Telephone counseling, texting program, provider referral, chat

Cost: Free; Languages Served: English, Spanish; Asian Quit Line available (Mandarin, Vietnamese)

### **Cernie Institute**

(951) 781-0282

3769 Tibbetts Street

Riverside, CA 92506

<https://sallycernie.wordpress.com/>

Type of Service: Hypnotherapy

Cost: \$250; Private Group Sessions \$59/person; Languages Served: English & Spanish

### **Desert Oasis Healthcare**

760-320-8814 ext.2805

275 El Cielo Rd D-402

Palm Springs, CA 92262

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

Type of Service: Individual or Group Coaching

Cost: Free for members only; Languages Served: English only

### **Eisenhower Lucy Curci Cancer Center**

(760) 674-3602

39000 Bob Hope Dr.

Rancho Mirage, CA 92270

<https://www.eisenhowerhealth.org/health-services/eisenhower-lucy-curci-cancer-center-of-excellence/>

Type of Service: Group Therapy (5 Week Class, 1.5 hours once a week)

Cost: \$100 per patient

### **Health Net of California**

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

Type of Service: Online stop smoking resource info

Languages Served: English and Spanish on website

### **Inland Empire Health Plan**

800-440-IEHP

3590 Tyler St

Riverside, CA 92503

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

Type of Service: Cessation services for members; referral to California Smoker's Helpline and to Chantix Get Quit; prescribed cessation medications

Cost: Free for members; Languages Served: English only

### **Kaiser Permanente, Corona**

1(866) 883-0119

2055 Kellogg Ave.

Corona, CA 92879

<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-resources>

Type of Service: Cessation classes; medication

Cost: Free for members

### **Kaiser Permanente, Riverside**

951-353-4475

10800 Magnolia Ave

Riverside, CA 92505

<https://healthy.kaiserpermanente.org/southern-california/health-wellness>

Type of Service: Four part series class (1.5 hours, once a week, for four weeks)

Cost: Free for members



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

**Mobile Service Cessation Support**

<http://smokefree.gov/smokefreetxt/>

Type of Service: 24/7 support, encouragement, advice, and tips via texting

Text word QUIT to IQUIT (47848) from mobile phone, answer some questions, and start receiving texts. Sign up online at

[www.smokefree.gov/smokefreetxt/](http://www.smokefree.gov/smokefreetxt/)

Cost: Message and data rates may apply; no additional fee for service

**Molina Healthcare of California Partner Plan, Inc.**

888-665-4621

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

Type of Service: Telephone counseling and stop smoking kit

**Nicotine Anonymous**

(877) 879-6422

<http://www.nicotine-anonymous.org/index.php>

Type of Service: 12 step support and recovery program for the achievement of nicotine abstinence. Check website for local, online, or phone meeting availability.

Cost: Free

**OM Acupuncture Medical Clinic**

(951) 343-2848

9901 Indiana Ave. #101

Riverside, CA 92503

Type of Service: Smoking cessation through acupuncture.

Cost: First visit \$70; \$60 for additional visits

**Pacific Pulmonary Medical Group**

951-781-3672

4234 Riverwalk Pkwy #230

Riverside, CA 92505

<http://pacificpulm.com/smoking-cessation-clinic/>

Type of Service: Consultation with doctor/physician

**Riverside Medical Clinic**

(951) 782-6236

7150 Brockton Ave.

Riverside, CA 92506

Type of Service: Smoking cessation classes and counseling services.

Classes are ongoing. Call for dates.

Cost: Free for all; Languages Served: English only

**smokefree.gov**

[www.smokefree.gov](http://www.smokefree.gov)

Type of Service: Smoke-free apps, texting, and social media; build your quit plan

**Stop Smoking, Stay Quit Program**

(760) 333-1270

Type of Service: 7 classes over a 6-week program in the Coachella Valley.

Cost: \$100

**United Healthcare**

800-950-9355

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

Type of Service: Telephone Counseling, in-person counseling, and online help