

Mendocino County

Local Listing for Tobacco Cessation and Education Resources

"Mendocino Community Health Clinic Little Lake Health Center"

(707) 456-3902 or (707) 456-3920

45 Hazel St.

Willits, CA 95490

Type of Service: One-on-one counseling and referrals

Cost: Regular appointment fees apply.

Consolidated Tribal Health Project

707-467-5645

6991 N. State Street

Redwood Valley, California 95470

Type of Service: One-on-one counseling and referrals

Cost: Free

Frank R. Howard Memorial Hospital

707-540-4208 707-456-3015

One Marcela Drive

Seabiscuit Conference Room

Willits, CA 94590

www.howardhospital.com

Type of Service: Smoking Cessation Class

Ongoing weekly classes, Wednesdays 6-7pm

Cost: Free; Locations: HMH Conference Room; Languages Served:

English; Gender Served: All; Ages: All ages

Health and Human Services Agency Tobacco Control Program

(707) 472-2695

1120 S. Dora Street

Ukiah, CA 95482

Type of Service: Referral

Cost: No cost

Mendocino Coast Clinic

(707) 964-1251

205 South St.

Fort Bragg, CA 95437

Type of Service: One-on-one counseling and referrals

Cost: Regular appointment fees apply; Languages Served: English &

Spanish

Mendocino County Office of Education

(707) 467-5000

2240 Eastside Road

Ukiah, CA 95482

Type of Service: Counseling programs for students

Ages: Teen

Nicotine Anonymous

(707) 367-4732 private home

Fort Bragg, CA 95437

www.nicotine-anonymous.org

Type of Service: 12-step support group

Cost: Free; Locations: St. Michaels Episcopal Church, Fort Bragg

Ukiah High School

(707) 463-5253 ext. 1154

1000 Low Gap Rd.

Type of Service: Counseling & self-help materials.

Ages: TEEN

Ukiah Valley Medical Center

707-463-7391 707-467-1467

275 Hospital Drive

Ukiah, CA 95482

<http://www.uvmc.org>

Type of Service: "Classes meet every Tuesday from 6:30PM-8PM for 7 weeks.

Call 707-463-7391 to register"

Smoking cessation

Cost: Free; Locations: Ukiah Valley Medical Center's main

conference room (Tuesdays 6:30pm-8pm for 7 weeks); Languages

Served: English; Gender Served: All; Ages: All



Website: 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