



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **quit smoking** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Phone Support

Call or enroll online for expert counseling and support.

Asian Smokers' Quitline

Toll-Free:

Chinese: **1.800.838.8917**

Vietnamese: **1.800.778.8440**

Korean: **1.800.556.5564**

asiansmokersquitline.org

Kick It California

Toll-Free:

English: **1.800.300.8086** (Interpreters offered)

Spanish: **1.800.600.8191**

kickitca.org

Classes

Freedom from Tobacco Quit Smoking Class

City of Berkeley

Class series for adults to learn how to live tobacco-free. Call or email to enroll.

Berkeley (Online)

Eight (8) weekly sessions

Phone Number: **1.510.981.5330**

Email: **quitnow@cityofberkeley.info**

Support Groups

Nicotine Anonymous

Nicotine Anonymous is a 12-step program that brings together groups of people who help each other live nicotine-free. Visit the website or call for meeting information.

Berkeley and Oakland (In-person, online)

Toll-Free: **1.877.879.6422**

www.nica-norcal.org/meetings

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs