



KICK IT AMADOR

FREE individual support

Quit Smoking, Vaping, or Chewing

Quit Kits available at:

First 5 Amador - 975 Broadway, Jackson

Public Health-10877 Conductor Blvd., Sutter Creek

Quit for You
Quit for Family
Quit for Health

Call with questions: (209) 257-1092



KICK IT AMADOR

RESOURCES TO HELP:

LOCAL SUPPORT:

- KICK IT AMADOR: (209) 257-1092 - 975 BROADWAY, JACKSON (MARGARET DALTON CHILDRENS CENTER)

TELEPHONE COUNSELING:

- KICK IT CALIFORNIA: 1 (800) 300-8086
- SPANISH LINE: 1 (800) 456-6386
- SMOKELESS USERS: 1 (800) 844-CHEW
- QUIT VAPING: 1 (844) 866-8273

U.S. DEPT OF VETERANS AFFAIRS

- 1 (855) 784-8838

OUT OF AREA PROGRAMS:

- MARSHALL MEDICAL CENTER (PLACERVILLE, CA): (530) 626-2990
- STOP: STOP TOBACCO PROGRAM (UC DAVIS MEDICAL CENTER IN SACRAMENTO, CA): (916) 734-0718

ONLINE RESOURCES:

- BECOMEANEX.ORG
- FREEDOMFROMSMOKING.ORG
- WHYQUIT.COM/INDEX.HTML

