Pharmacy Telephone Tobacco Cessation Clinic
The Pharmacy Telephone Clinic provides telephone counseling and medications for quitting tobacco use.
To enroll call: (858) 552-7475 or (800) 331-8387.

Tobacco Cessation Classes

- Meet weekly for 60 minutes
- You can start attending at any time
- You will receive counseling on behavior change, support and medications to help you stop using tobacco
- These are drop-in groups: **No referral or appointment is needed.**
- Check-in and make appointment when you arrive.
- **There is no co-pay for attending tobacco cessation treatment**

Mission Valley
  
  Every **Tuesday 1:00-2:00 pm**, second floor, Room 2141
  
  Check in at mental health clinic window

Oceanside
  
  Every **Monday, 1:00–2:00 pm**, Oceanside, 2nd floor, Conference Room A.
  
  Check in at blue primary care clinic desk

Chula Vista
  
  Every **Wednesday, 5:00–6:00 pm**, Chula Vista, Suite 133
  
  Check in at primary care clinic window

La Jolla
  
  Every **Tuesday, 12:00 – 1:00 pm**, La Jolla 2-North, Room 2436.
  
  Check in at mental health clinic window (2-North)

Questions? Call Dr. Mark Myers, 858-642-3436