

Tobacco Cessation Services in Monterey County

Montage Health – Kick the Nic Program

<https://www.montagehealth.org/care-treatment/smoking-cessation/>

(831) 883-5660

Type of Service: Kick the Nic - Smoking Cessation Program

Location: 2920 2nd Avenue, Marina, CA 93933 Suite 120 – [Map to Location](#)

Description: Partner with a smoking cessation counselor to support you in quitting smoking. Start with a free introduction appointment to review the benefits of quitting, new medications, and treatment, and assess your readiness to quit. Individual Appointments. A physician Referral is Required.

Cost: No cost for Medicare recipients. \$250 for 6 session classes for non-Medicare recipients.

Languages Served: Translation is offered for different languages.

Salinas Valley Memorial Hospital – American Lung Association’s Freedom from Smoking Class

[Event Details | Salinas Valley Memorial Healthcare System \(svmh.com\)](#)

(831) 759-1890

Location: 501 E. Romie Lane Suite C Salinas CA 93901, Cancer Resource Center Conference Room – [Map To Location](#)

Description: 8-Session Program. American Lung Association's Freedom from Smoking Program helps you develop a plan of action that leads you to your quit day. You will also get the support you need to remain smoke-free for life. Advanced registration is required. For more information, dates, and locations and to register call 831-759-1890.

Cost: \$25 (total) for 8 classes.

Languages Served: Spanish translation available upon request.