

# Ready to Quit?

Quitting tobacco is tough - but you don't have to do it alone. Support is available, and you can start today!

**KICK/IT**  
California

Free, confidential help for anyone in California who wants to quit smoking, vaping, or using any tobacco product.

- ✔ One-on-one coaching
- ✔ Personalized quit plan
- ✔ Support by phone, text, or online
- ✔ Available in multiple languages

📞 Call: 1-800-300-8086

🌐 Visit: [KickItCA.org](http://KickItCA.org)

📱 Text: "QUIT SMOKING" to 66819

## Why quit?

- 💰 Save money
- ★ Be a role model for family and friends
- ❤️ Protect your health
- 🫁 Feel better and breathe easier

## YOU'VE GOT THIS!

Over 1 million Californians have taken the first step with Kick It California. Every effort to quit matters — and we're here to support you!

## Contact Us

For more information, please email us or dm us on Instagram!

✉️ **Email**  
[tobaccofreeorangecounty@gmail.com](mailto:tobaccofreeorangecounty@gmail.com)

📷 **Instagram**  
[@tobaccofreeoc](https://www.instagram.com/tobaccofreeoc)

📘 **Facebook**  
[@tobaccofreeorangecounty](https://www.facebook.com/tobaccofreeorangecounty)

🌐 **Website**  
[www.Partners4Wellness.org](http://www.Partners4Wellness.org)



Scan QR code

Find all our resources and updates easily on our Linktree page.



Tobacco Free Orange County is funded through the California Tobacco Control Program - CG 24-10095 Ending California's Tobacco Epidemic in Every Community



**Your Path to a Smoke-Free Community Starts Here**

# Tobacco Free Orange County

A California Tobacco Control Program project by Partners4Wellness

 **Partners4Wellness**

# About us

## Mission:

To promote tobacco-free initiatives across Orange County communities and build a healthier, tobacco-free future.

## Goals:



Strengthen smoke-free policies in parks, housing, schools, and public spaces.



Protect youth by creating tobacco-free environments.



Support smoke-free living in multi-unit housing.



Build partnerships to advance tobacco prevention efforts across Orange County.



## Safe Spaces for Our Youth

Tobacco-free initiatives protect youth and foster safe, healthy spaces where families can thrive together.



## Enforcing Smoke-Free Policies

We work to strengthen smoke-free rules in parks, housing, schools, and public spaces to protect everyone's right to clean air and reduce the harmful effects of tobacco.



## Promoting Smoke-Free Housing

By partnering with housing providers, we're helping to create smoke-free apartments and buildings that protect neighbors and families from smoke exposure.



## Our Advisory Committee

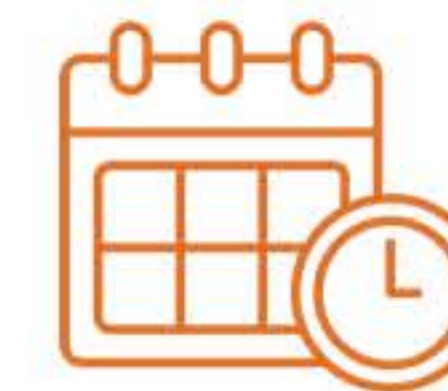
Are you 13-25 and ready to create a healthier, tobacco-free community? Use your voice, lead changes and make a real impact.

### Join Us:

- Meet new people
- Get support from community members
- Complete community service hours
- Build your resume
- Earn a Certificate of Completion

### Learn about:

- Community Organizing Skills
- Public Speaking Skills
- Leadership Skills
- Advocating for Policy Change
- Tobacco and Other Issues in Orange County



### Time Commitment?

1 hour meeting per month minimum

Scan the QR code to sign up

