

A photograph of a woman with short, curly red hair hugging a young child from behind. They are standing in front of a rough, textured stone wall. The image is partially obscured by geometric shapes: a dark blue triangle in the top left, an orange triangle in the middle, and a larger dark blue triangle in the bottom right.

/QUIT YOU CAN TOO.

DENISE

SMOKED FOR 12 YEARS

"Soon after I switched to vapes, I found out I was pregnant. Right after my daughter was born, my mom passed away, and I started smoking again. My family has a history of heart attacks at an early age, and I didn't want that to happen to me, so I decided it was time to call Kick It California."

KICK / IT
California

Personal *FREE* Quit Services



Call **English: 1-800-300-8086**
Spanish: 1-800-600-8191

M-F 7 am-9 pm | Sat. 9 am-5 pm PT



Chat **kickitca.org/chat**

M-F 7 am-9 pm | Sat. 9 am-5 pm PT



Text **"Quit Smoking" or "Quit Vaping"**
to **66819**



Mobile Apps **NoButts | NoVape**



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