



## Quit Smoking Assistance Programs

### ONTARIO

#### **CANADIAN CANCER SOCIETY'S 1-877-513-5333 SMOKERS' HELPLINE**

Toll-free, bilingual, confidential telephone service for all smokers, whether or not they are ready to quit. They can also assist family and friends who would like to help a smoker quit.

**Hours of Operation:** Monday to Thursday 8:00 a.m. – 9:00 p.m.; Friday 8:00 a.m. – 6:00 p.m.; Saturday and Sunday 9:00 a.m. – 5:00 p.m.

### **OTTAWA**

**UNIVERSITY OF OTTAWA HEART INSTITUTE  
QUIT SMOKING PROGRAM**  
613-761-5464 or 1-866-399-4432  
Heart Health Education Centre, H-2353  
40 Ruskin Street, Ottawa, ON

Program involves four major components: behavioural therapy; addictive disorders therapy; pharmacologic therapy (nicotine replacement therapy, Zyban, or Varenicline); and relapse prevention.  
*Language:* Offered in English and French.  
*Cost:* Covered by the Ontario Health Card, or the Régie d'assurance maladie du Québec. \$25 commitment fee.

**OTTAWA PUBLIC HEALTH**  
613-580-6744 or 1-866-426-8885  
[www.ottawa.ca/health](http://www.ottawa.ca/health)

100 Constellation Crescent 7th Floor, East, Ottawa, ON  
A.C.E.S.S. Program: 8 weeks drop-in. No cost.

#### **THE STAGES OF CHANGE APPROACH WORKPLACE QUIT SMOKING WORKSHOP** 613-580-6744 ext. 24197

The Stages of Change Approach is a workshop to help support employees who would like to quit smoking, and those who are at risk of relapse. The workshop includes information on: how to change smoking behaviour; what pharmacological aids are available; where to access community resources; how to find out one's personal stage; and receive individual counselling.

#### **CARLINGTON COMMUNITY AND HEALTH SERVICES** 613-722-4000

900 Merivale Road, Ottawa, ON  
All ages, no fees.  
Languages: English and French

#### **PINECREST-QUEENSWAY HEALTH & COMMUNITY SERVICES**

613-820-4922 ext. 3409  
[www.pqchc.com](http://www.pqchc.com)  
1365 Richmond Road, 2nd Floor, Ottawa, ON & 4100 Strandherd Rd.

#### **SANDY HILL COMMUNITY HEALTH CENTRE**

613-789-7752 or 613-789-1500 EXT. 2576  
[www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca)  
221 Nelson Street (at Rideau), Ottawa, ON  
*Language:* Offered in French.

#### **SOMERSET WEST COMMUNITY HEALTH CENTRE**

613-238-8210 or 613-238-1220 (medical receptionist)  
55 Eccles Street, Ottawa, ON  
Free membership for those living in the centre's service area.

#### **WABANO CENTRE FOR ABORIGINAL HEALTH**

613-748-5999 or 613-748-0657 (program times & information)  
[www.wabano.com](http://www.wabano.com)  
1299 Montreal Road, Ottawa, ON  
Tuesdays from 7:00 p.m. to 8:30 p.m.

### **Additional Programs**

**KICK BUTT FOR 2613-749-4584**  
St. Mary's: 613-749-2491  
Salvation Army: 613-725-1733

#### **SEVENTH DAY ADVENTIST CHURCH**

613-728-8178  
2200 Benjamin Avenue, Ottawa, ON  
Breathe Free, 8 two-hour sessions over 3 weeks. Follow-up at 6 and 12 months. Offered on demand, waiting list compiled. *Language:* Offered in English.  
*Cost:* \$40 per person, or \$55 per couple.

#### **QUIT SMOKING CLINIC FOR TEENS**

613-737-7119  
Southbank Medical Clinic: 2430 Bank Street, Unit # 5, Ottawa, ON.  
Individual or group sessions available by appointment at Dr. Lena's Clinic for Adolescents.  
*Language:* Offered in English. Referral needed.  
*Cost:* Free.

### **EASTERN ONTARIO REGION**

#### **EASTERN ONTARIO HEALTH UNIT**

613-933-1375 or 1-800-267-7120  
[www.eohu.ca](http://www.eohu.ca)  
1000 Pitt Street, Cornwall, ON

**Rockland** 613-446-1400

**Hawkesbury** 613-632-4355 or 1-800-565-2314

**Alexandria** 613-525-1112

**Cornwall** 613-933-1375 or 1-800-267-7120

**Winchester** 613-774-2739

**Casselman** 613-764-2841 or 1-800-267-8260

### **RENFREW COUNTY AND DISTRICT**

#### **HEALTH INFO LINE**

613-735-8666 or 1-800-267-1097 ext. 666

#### **RENFREW COUNTY AND DISTRICT HEALTH UNIT**

613-732-3629 or 1-800-267-1097  
7 International Drive, Pembroke, ON  
Brief counseling and free self help information.

#### **CANADIAN CANCER SOCIETY RENFREW COUNTY UNIT**

613-735-2571  
1217 Pembroke Street East, Pembroke, ON

#### **STRENGTHENING THE FORCES HEALTH PROMOTION OFFICE**

613-687-5511 ext. 4685

57 Festubert Blvd., Unit P – 118,  
C.F.B. Petawawa, ON  
“BUTT OUT” program for military members, their families, and members of the defence team.

### **KINGSTON AREA**

#### **KFL&A PUBLIC HEALTH TOBACCO INFORMATION LINE**

613-549-1232, ext. 333 1-800-267-7875  
[www.kflapublichealth.ca](http://www.kflapublichealth.ca)  
Smoke-Free for Good Group

221 Portsmouth Avenue, Kingston, ON  
Take Control: Individual or group support, workplace group support.

#### **HASTINGS & PRINCE EDWARD COUNTIES HEALTH**

(613) 966-5500

#### **TOBACCO TALK LINE**

(613) 966-5513, ext. 600 or 1-800-267-2803, ext. 600  
Unit 179 North Park Street Belleville, ON  
Quit smoking classes, free self-help quit information, free quit smoking kits

### **LEEDS, GRENVILLE & LANARK DISTRICT**

#### **LEEDS, GRENVILLE & LANARK DISTRICT HEALTH UNIT**

613-345-5685 ext. 2202 or 1-800-660-5853  
[www.healthunit.org](http://www.healthunit.org)  
458 Laurier Boulevard, Brockville, ON  
Brief counselling and free self-help quit information.

#### **MERRICKVILLE DISTRICT COMMUNITY HEALTH CENTRE**

613-269-3400, ext. 237  
354 Read Street Merrickville, ON  
Individual and group counselling

### QUEBEC

#### **CANADIAN CANCER SOCIETY'S 1-866-527-7383 SMOKERS' HELPLINE**

Toll-free, bilingual, confidential telephone service for all smokers, whether or not they are ready to quit. They can also assist family and friends who would like to help a smoker quit.

**Hours of Operation:** Monday to Friday 8:00 a.m. – 8:00 p.m.

### **GATINEAU/HULL REGION**

#### **CLSC-CHSLD GRANDE-RIVIERE**

819-684-2251 ext. 218 or 227  
425, rue LeGuerrier, Gatineau, QC  
**CENTRE DE SANTE DU PONTIAC**  
819-683-3000  
160, chemin de la Chute,  
C.P. 430, Mansfield, QC

#### **CLSC-CHSLD DE LA PETITE-NATION**

819-983-7341 ext. 380  
14, rue St-André, St-André-Avellin, QC

#### **CENTRE DE SANTE VALLEE-DE-LA-GATINEAU**

1-866-441-2600 or 819-422-3548  
309, boul. Desjardins, Maniwaki, QC

#### **CLSC-CHSLD DES COLLINES**

819-671-3777 or 819-456-2819  
1884, route du Carrefour, Val-des-Monts, QC

#### **CLSC VALLEE-DE-LA-LIEVRE**

819-986-3359  
578, rue MacLaren Est, Gatineau, QC

#### **READAPTATION CARDIAQUE AU CHVO**

819-595-6000 ext. 5366 or 819-595-6002