



COMMUNITY RESOURCES – SMOKING CESSATION

OPTIONS FOR NRT AT LOW OR NO COST

Walmart: \$24.99 for 7-day supply of Nicoderm Patch. Habitrol and No-Name brands are cheaper.

A.C.E.S.S. Programs (City of Ottawa): \$10.00 per week plus a script. Will provide for 6 weeks.

Employer: Often covers the cost through employee assistance programs.

STOP Study: University of Ottawa Heart Institute (UOHI) Quit Smoking Clinic and Hawkesbury & District General Hospital Out-Patient Smoking Cessation Program. Patients must join clinic to have access to study. Free NRT (any form) for 10 weeks.

PROVINCIAL QUIT SMOKING SERVICES

Clinic/Program: **Smokers' Helpline**

Canadian Cancer Society
 Tel: 1-877-513-5333

Description: TELEPHONE-BASED ASSISTANCE: Toll-free, bilingual, confidential telephone service for all smokers, whether or not they are ready to quit. Provide evidence-based counselling and smoking cessation support. They can also assist family and friends who would like to help a smoker quit.
 Does not presently address pharmacotherapy.

Appropriate for:

- Smokers who want to quit, may be thinking about quitting, or need support to remain smoke-free
- Family members
- Health professionals

Hours: Mon to Thurs: 8:00 a.m. – 9:00 p.m.
 Fri: 8:00 a.m. – 6:00 p.m.
 Sat & Sun: 9:00 a.m. – 5:00 p.m.

Language: English, French

Cost: N/A

Referral: Self-referral, physician referral

Clinic/Program: **Smokers' Helpline Online**

Canadian Cancer Society
www.smokershelpline.ca

Description: WEB-BASED ASSISTANCE: An interactive, web-based service available 24 hours a day, 7 days a week offering tips, tools and support to help with quitting smoking.
 Does not presently address pharmacotherapy.

Appropriate for: All smokers

Hours: 24/7

Language: English, French

Cost: N/A

Referral: Self-referral



CITY OF OTTAWA

Clinic/Program: **Quit Smoking Program**
Heart Health Education Centre
University of Ottawa Heart Institute (UOHI)
Room H-2342 40 Ruskin Street, Ottawa, ON
Tel: 613-761-5464 Toll Free: 1-866-399-4432
Fax: 613-761-5309

Description: Located at the UOHI, this individualized program is staffed by physicians and nurses who specialize in smoking cessation. Program involves four major components: behavioural therapy, addictive disorders therapy, pharmacologic therapy, and relapse prevention.

Appropriate for: All adult smokers requiring assistance with making a cessation attempt

Hours: Clinic hours weekdays and evenings

Language: English, French

Cost: \$25 commitment fee

Referral: *Self-referral:* Contact clinic for appointment
Physician referral: Fax referral. Please inform patient that clinic will contact them directly.

Clinic/Program: **Drop-in Cessation Program**
Royal Ottawa Hospital
1145 Carling Avenue, Lady Grey Bldg, Room 2006, Ottawa, ON
Tel: 613-722-6521

Description: Drop-in for the psychiatric community

Appropriate for: Psychiatric community

Hours: Drop-in every Tuesday, 6:30 p.m. – 7:30 p.m.

Language: English, French

Cost: N/A

Referral: Self-referral. No registration required.

Clinic/Program: **Kick Butt for 2 - Young/Single Parents of Ottawa**
St. Mary's Home Community Outreach and Program Centre: Tel: 613-749-2491
Salvation Army Bethany Hope Centre: Tel: 613- 725-1733
Youville Centre: Tel: 613-231-5150

Description: This is an 8-week program where participants identify their reasons for smoking, find other ways to cope with stress, and learn about the health effects of smoke on themselves and their babies. Participants will receive weekly support in reaching their goals. Child care and bus tickets available.

Appropriate for: Program for pregnant teens and young single parents

Hours: Program is offered in various locations with different times and dates. Call for schedule and locations.

Language: English, French

Cost: N/A

Referral: Self-referral



CITY OF OTTAWA (CONTINUED)

ACCESSIBLE CHANCES FOR EVERYONE TO STOP SMOKING (A.C.E.S.S.) PROGRAM

Clinic/Program: **A.C.E.S.S. Smoking Cessation Program**

Ottawa Public Health (OPH)
 100 Constellation Crescent, Ottawa, ON
 Tel: 613-580-6744 or Toll Free: 1-866-426-8885

Description:

Member of A.C.E.S.S.
 This program is a partnership between Ottawa Public Health and Community Health Centres.
 8-week group program offered fall, spring, and winter.
 The program offers subsidized NRT.
 Schedule and location of quit smoking programs posted 3 times per year. See below for locations.

Carlington Community and Health Services Tel: 613-722-4000
 900 Merivale Road, Ottawa, ON

Centertown Community Health Centre Tel: 613-233-4443
 420 Cooper St., Ottawa, ON

Hunt Club Riverside Community Service Centre Tel: 613-247-1600
 3310 McCarthy Road, Ottawa, ON

Lowertown Community Resource Centre Tel: 613-789-9390
 40 Cobourg St., Ottawa, ON

Orléans-Cumberland Community Resource Centre Tel: 613-830-4357
 211-210 Centrum Boulevard, Orléans, ON

Overbrook-Forbes Community Resource Centre Tel: 613-745-0073
 225 Donald Street, Unit 120, Ottawa, ON

Pinecrest-Queensway Health & Community Services Tel: 613-820-4925
 1365 Richmond Road, 2nd Floor, Ottawa, ON

Sandy Hill Community Health Centre Tel: 613-789-8458
 221 Nelson Street (at Rideau), Ottawa, ON

Somerset West Community Health Centre Tel: 613-238-8214
 55 Eccles Street, Ottawa, ON

South-East Ottawa Centre for a Healthy Community Tel: 613-737-5195
 1355-600 Bank Street, Ottawa, ON

Wabano Centre for Aboriginal Health Tel: 613-748-0657
 299 Montreal Road, Ottawa, ON

Western Ottawa Community Resource Centre Tel: 613-591-3686
 2 MacNeil Court, Kanata, ON

Appropriate for: All adult smokers

Hours: Vary – contact OPH

Language: English and/ or French

Cost: N/A

Referral: Self-referral



EASTERN COUNTIES

Clinic/Program: **Quit Smoking Program**

Eastern Ontario Health Unit
 Head Office: 1000 Pitt Street, Cornwall, ON
 Tel: 613-933-1375 or Toll Free: 1-800-267-7120 (Ask for Health Line)

Description: Group quit smoking workshops. 6 one-hour sessions.
 Brief individual counselling also available.

Appropriate for: All smokers
 Various locations across five counties based on demand.

Hours: Offered in fall and winter

Language: English, French

Cost: N/A

Referral: Self-referral

Clinic/Program: **Out-Patient Smoking Cessation Program**

Hawkesbury & District General Hospital
 Contact: Dierdre Gilbert
 Tel: 613-632-1111 Ext. 168

Description: Five weeks of Nicotine Replacement Therapy (nicotine gum, patch or inhaler) and brief counselling session.

Appropriate for: Residents of Ontario who are 18 and over and want to quit smoking using NRT.

Hours: Clinic hours weekdays and evenings

Language: English, French

Cost: N/A

Referral: Self-referral

RENFREW COUNTY & DISTRICT

Clinic/Program: **Renfrew Country and District Health Unit**

7 International Drive, Pembroke, ON
 Tel: 613-732-3629 or Toll Free: 1-800-267-1097

Description: Quit smoking sessions and programs, minimal contact intervention, and free self-help quit information.

Appropriate for: All smokers

Hours: Vary

Language: English, French

Cost: N/A

Referral: Self-referral
