

# DO YOU WANT TO QUIT SMOKING CIGARETTES?

**The STOP program** delivers research-based, cost-free smoking cessation workshops in local communities.

*Eligible participants will:*

- Attend an **educational session**
- Receive a five-week supply of **nicotine patches**

## Workshop(s) will be held in:

<b>Carp Area – English</b> Saturday, April 26th, 2014 Time: 1pm – 3pm	<b>West Centretown Area – English</b> Monday, May 12, 2014 Time: 7pm – 9pm	<b>Greenboro Area – English</b> Thursday, June 12, 2014 Time: 6pm – 8pm
<b>Rideau-Rockcliffe Area – Bilingual</b> Thursday, July 17, 2014 Time: 11:30am – 1:30pm	<b>Sunnyside Area – English</b> Thursday, August 21, 2014 Time: 5:30pm – 7:30pm	

To learn more, see if you qualify, and to register, contact:

Ottawa Public Health at:  
613-580-6744

*\*Confidentiality assured.*



## QUIT SMOKING SERVICES IN OTTAWA

### Spring – Summer 2014 Programs

#### Quit Smoking Workshops

Two hour workshops to help individuals quit smoking including an educational session and information on nicotine replacement therapy. **FREE 5-week supply** of nicotine patches available to those who qualify.

<b>Carp Area</b> Date: Saturday, April 26 <sup>th</sup> , 2014 Time: 1pm – 3pm <b>[ENGLISH]</b>	<b>West Centretown Area</b> Date: Monday, May 12 <sup>th</sup> , 2014 Time: 7pm – 9pm <b>[ ENGLISH]</b>	<b>Greenboro Area</b> Date: Thursday, June 12 <sup>th</sup> , 2014 Time: 6pm – 8pm <b>[ENGLISH]</b>
<b>Rideau-Rockcliffe Area</b> Date: Thursday, July 17 <sup>th</sup> , 2014 Time: 11:30am – 1:30pm <b>[BILINGUAL]</b>	<b>Sunnyside Area</b> Date: Thursday, August 21 <sup>st</sup> , 2014 Time: 5:30pm – 7:30pm <b>[ENGLISH]</b>	

Workshops **REQUIRE** pre-registration. Please call 613-580-6744 to find out if you qualify and to register.

#### Smoking Cessation 4-Week Group Programs

Group programs to help individuals develop a personalized quit plan, receive information on the use of nicotine replacement therapy, and quit smoking strategies. Nicotine replacement therapy will be available.

<b>Ron Kolbus Lakeside Centre</b> 102 Greenview Ave. Tuesdays: 6:30 – 8:00 pm Starting: April 22, 2014 <b>[ENGLISH]</b>	<b>McNabb Recreation Centre</b> 180 Percy St. Tuesdays: 10:30 – 12:00 pm Starting: May 20, 2014 <b>[ENGLISH]</b>	<b>Greenboro Community Centre</b> 363 Lorry Greenberg Dr. Thursdays: 12:00 – 1:30 pm Starting: June 5, 2014 <b>[ENGLISH]</b>
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4-Week Group Programs **REQUIRE** pre-registration. Please call 613-580-6744 to register.

#### Drop-ins

<b>Centretown Community Health Centre</b> 420 Cooper Street 613-233-4443 <ul style="list-style-type: none"> <li>• April 16<sup>th</sup></li> <li>• May 21<sup>st</sup></li> <li>• June 18<sup>th</sup></li> </ul> Time: 2:00 – 3:00 pm  <b>No pre-registration required</b>	<b>Wabano Centre for Aboriginal Health</b> 299 Montreal Road 613-748-0657 ext. 308 Monday evenings Quit Smoking Drop-In during Culture Night One-on-one support Time: 5:00 – 6:00 pm  <b>No pre-registration required</b>	<b>Orleans-Cumberland Community Resource Centre</b>  240 Centrum Road 613-580-6744 ext. 23462  <b>Please call for dates and times</b>
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### Individual Services & Self-Help Tools

#### **Canadian Cancer Society Smokers' Helpline** **1-877-513-5333**

Confidential service available by phone, online, and text messaging. Quit coaches provide personalized support, advice, information, and a “quit plan” that suits you.

#### **Dr. Lena's Clinic for Adolescents** **613-737-7119**

Counseling available with a referral.

#### **Family Health Teams (FHT) and Community Health Centre (CHC) Quit Smoking Program**

Some FHTs and CHCs in Ottawa are offering quit smoking counseling and free nicotine replacement therapy. Check with your FHT or CHC.

#### **Heart Institute Quit Smoking Program** **613-761-5464**

Treatment and support is provided by smoking cessation nurse specialists.

#### **Kick Butt for 2**

Group and individual quit smoking services designed for pregnant teens and young single parents offered through:

St. Mary's Home	613-749-2491
Salvation Army Bethany Hope Centre	613-725-1733
Youville Centre	613-231-5150

#### **Nicotine Anonymous – Dalhousie Community Centre** **613-859-1210**

12 Step Program, ongoing self support,  
Offered every Tuesday evening, 8:00 p.m. to 9:00 p.m.

#### **Pharmacists' Smoking Cessation Program**

If you receive your medications through the Ontario Drug Benefit (ODB) program, check with your pharmacist to see if they are offering free quit support. You may be eligible for Zyban or Champix under the ODB program.

#### **Physician**

Your physician can offer you advice about quitting and provide information about medication that can help.

Visit [ottawa.ca/quitsmoking](http://ottawa.ca/quitsmoking) or call 613-580-6744 for other support programs.