

Renfrew County and District Smoking Cessation Services and Resources

Pharmacists

Offer support and provide information on different cessation aids.

People on Ontario Drug Benefit Program may be eligible to receive free medication (Zyban and Champix).

Community Health Centres (CHCs)

Provide quit smoking counselling and free NRT (if available) for patients/clients.

- Whitewater Bromley CHC
613-582-3685
- Rainbow Valley CHC
613-757-0004

Family Health Teams (FHTs)

Provide counselling and free NRT (if available) for patients/clients

- Algonquins of Pikwàkanagàn FHT
613-625-1175
- Arnprior and District FHT
613-622-5763
- Madawaska Valley FHT
613-756-9888
- North Renfrew FHT
613-584-1037
- Petawawa Centennial FHT
613-687-7641
- South Algonquin FHT
613-637-2170
- *West Champlain FHT
613-735-8051

*Can provide services to people who cannot otherwise access cessation counselling or NRT

Physician or Health Care Provider

Offer advice and information about quitting and can prescribe or recommend medication that can help.

Renfrew County and District Health Unit

Provide brief phone counselling, resources and information about community smoking cessation services.

- 613-732-3629
- 1-800-267-1097

www.rcdhu.com



Renfrew County and District Smoking Cessation Services and Resources

Telephone Support

Free and confidential smoking cessation information and support.

- 1-866-797-0000

Smokers' Helpline

Support services available online and through text messaging.

- Text iQuit to 123456
www.smokershelpline.ca

Mackay Manor

Provide smoking cessation counselling, free NRT and cessation support groups.

- 613-432-7666
- 1-877-819-4181

Other Smoking Cessation Resources

- **One Step At A Time** self-help guides
Booklets with tips and strategies to quit smoking
www.cancer.ca/OneStepAtATime
(Canadian Cancer Society)
- **Journey 2 Quit** workbook
Develop a plan and get tips to quit smoking
(Ontario Lung Association)
- **On the Road to Quitting guide for adults** & **On the Road to Quitting guide for young adults**
(Health Canada)
- **Break It Off** website & mobile app
Support to help young adults stop smoking
www.breakitoff.ca
(Health Canada & Canadian Cancer Society)
- **Quit 4 Life** handbook
Quit smoking booklet for youth
www.quit4life.ca
(Health Canada)
- **Pregnets** website
Support to quit for moms /moms to be
www210.pregnets.org
(Centre for Addiction and Mental Health)

My Quit

Learn about quitting smoking and create a personalized plan for quitting.

Book into a local clinic for individual or group counselling and free NRT.

www.myquit.ca

Addictions Treatment Service

Provide smoking cessation counselling, free NRT and cessation support groups.

Services available in:
Pembroke, Deep River,
Barry's Bay, Renfrew and
Arnprior

- 613-432-9855
- 1-800-265-0197

