

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

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

Other Smoking Cessation Resources

- **Canadian Cancer Society**
Booklets with tips and strategies to quit smoking
 - [You Can Quit: One Step At A Time](#)
 - [Help Someone Quit: One Step At A Time](#)
- **Lung Health Foundation**
Develop a plan and get tips to quit smoking
 - [Journey to Quit](#) workbook
- **Health Canada**
 - [On the Road to Quitting guide for adults](#)
 - [On the Road to Quitting guide for young adults](#)
 - [Quit 4 Life](#) booklet for youth
www.quit4life.ca
- **Break It Off** website & mobile app
Support to help young adults stop smoking
www.breakitoff.ca
(Health Canada & Canadian Cancer Society)
- **Pregnets** website
Support to quit for moms /moms to be
www.pregnets.org
(Centre for Addiction and Mental Health)

My Quit

Learn about and create a personalized plan for quitting.

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

www.myquit.ca

Mackay Manor

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

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

Ottawa Model for Smoking Cessation Community Program

Provide smoking cessation support and NRT.

For individuals not enrolled with a health care provider or who cannot easily access smoking cessation treatment and support.

- 1-888-645-5405

