

# 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](http://www.rcdhu.com)



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## 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](http://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
- [Pregnets](#) website  
Support to quit for moms /moms to be  
[www.pregnets.org](http://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](http://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

