

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 can receive free medication (Zyban and Champix) if there are no contraindications

Family Health Teams (FHTs)

Offer counselling and free NRT (if available) to their patients/clients

- Algonquins of Pikwàkanagàn FHT
613-625-2259
- Arnprior and District FHT
613-622-5763
- 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 counselling or NRT

Physician or Health Care Provider

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

Community Health Centres (CHCs)

Offer quit smoking counselling and free NRT (if available) to their rostered patients/clients

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

Addictions Treatment Service

Offer smoking cessation counselling, support and free NRT (if available)
Provide cessation support groups

Offices located in: Pembroke, Deep River, Barry's Bay, Renfrew and Arnprior

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



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My Quit

Work with a coach to create a personalized plan for quitting.

Book into a local clinic for individual or group counselling and free NRT (if available).

- 1-877-376-1701
- www.myquit.ca

Self Help and Web Based Resources

- *Journey 2 Quit* workbook
 - www.on.lung.ca/journey (Ontario Lung Association)
- *One Step At A Time* booklets (under “Get Help to Quit” tab)
 - www.cancer.ca/OneStepAtATime (Canadian Cancer Society)
- *On the Road to Quitting* guides for adults and young adults (Health Canada)
 - www.gosmokefree.ca
- *Pregnets* is a website for moms and moms to be
 - www.pregnets.org
- *Leave the Pack Behind* for young adults (age 18-29). Free NRT available to order online (while supplies last).
 - www.leavethepackbehind.org
- *Websites and phone apps* for young adults
 - www.breakitoff.ca
 - www.crushthecrave.ca
- *Quit 4 Life* handbook for youth
 - www.quit4life.ca (Health Canada)

Smokers' Helpline

Counselling and support services available by phone, online and by text messaging

- 1-877-513-5333
- www.smokershelpline.ca
- Text iQUIT to 123456

Mackay Manor

Provide counselling and free NRT (if available)

Provide cessation support groups

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

Renfrew County and District Health Unit

Provide brief phone counselling, free self-help quit resources and information about community smoking cessation services

- 613-735-8666 or
- 1-800-267-1097 Ext. 666
- www.rcdhu.com

