

## A.C.E.S.S. Programs

### Carlington Community and Health Services

900 Merivale Road  
Ottawa, ON K1Z 5Z8  
722-4000

### Centretown Community Health Centre

420 Cooper Street (at Bank Street)  
Ottawa, ON K2P 2N6  
233-4443

### Community Resource Centre for Goulbourn, Kanata and West Carleton

2 MacNeil Court  
Kanata, ON K2L 4H7  
591-3686

### Pinecrest-Queensway Health & Community Services

2<sup>nd</sup> Floor  
1365 Richmond Road  
Ottawa, ON K2B 6R7  
820-4922

### Sandy Hill Community Health Centre

221 Nelson Street  
Ottawa, ON K1N 1C7  
789-8458

### Somerset West Community Health Centre

55 Eccles Street  
Ottawa, ON K1R 6S3  
238-1220

### South-East Ottawa Centre for a Healthy Community

1355 Bank Street, Suite 600,  
Ottawa, ON K1H 8K7  
737-5115

### Wabano Centre for Aboriginal Health

1299 Montreal Road  
Ottawa, ON K1L 6B8  
748-5999



## Smoking Cessation Programs

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

- ▶ Toll-free, bilingual, helpline for smokers who want to quit, may be thinking about kicking the habit, have stopped smoking and need support or who enjoy smoking and do not want to quit. Call Mon.-Thurs. 9 a.m. - 9 p.m. and Fri. 9 a.m. - 5 p.m.  
(Solid information, advice and support)

**Heart Check Smoking Cessation Program** ..... **761-4753**

40 Ruskin Street, Ottawa, Ontario.

- ▶ Program involves four major components: behavioural therapy; addictive disorders therapy; pharmacologic therapy (nicotine patch or gum); and relapse prevention. Six month program. Covered by the Ontario Health Card or the Régie d'assurance maladie du Québec. Offered in English and in French. \$25 commitment fee.

**It's Time, Anne Meloche, BA Psy** ..... **778-3681**

- ▶ A multi-media approach to smoking cessation offering tools (such as self-hypnosis), process of change and support. Group programs available for 10 weeks (\$2,000) or individual programs for 5 weeks (\$500). Offered in English and French.

### Kick Butt For 2, A Program for Pregnant Teens and Young Single Parents

Brighter Futures For Children of Young Single Parents

659 Church Street, Ottawa, Ontario ..... **749-4584**

- ▶ Eight week cessation/reduction program, free of charge, childcare & bus tickets available. Offered in English and French.

**Nicotine Anonymous** .....contact Richard..... **715-9718**

Bronson Centre, 211 Bronson Avenue, Ottawa, Ontario

- ▶ 12 Step Program, ongoing self-support group. Financial contributions accepted. Offered in English every Thursday, 7:30 p.m.

### City of Ottawa

- ▶ Parent-Child Health Program offers bilingual information and support to pregnant women and their partners who want to quit smoking. .... **724-4179**
- ▶ Relapse prevention support groups are available to persons who have recently quit smoking, reduced their smoking and/or relapsed in their quitting ..... **724-4179**
- ▶ Workplace Smoking Cessation Program - Smoking Stages of Change is an exciting new approach that uses a computer program and includes one-to-one counseling. .... **724-4197**

**Seventh Day Adventist Church** ..... **728-8178**

2200 Benjamin Avenue, Ottawa, Ontario

- ▶ Breathe Free, 8 two hour sessions over 3 weeks. Follow-up at 6 and 12 months. Offered on demand, waiting list compiled. Cost is \$40 per person or \$55 per couple. Offered in English.

▶ **Royal Ottawa Hospital Drop-In for the Psychiatric Community** .....contact Helen Henry... **722-6521 ext. 6439**

Royal Ottawa Hospital, Lady Grey Bldg., 1145 Carling Avenue, Room 2006

- ▶ On-going Tuesdays, 6:30 p.m. - 7:30 p.m.

## Self-Help

Choose a variety of options to help you quit.

Canadian Cancer Society's  
*Smokers' Helpline*

1-877-513-5333

and

Public Health's  
Infoline

724-4179

## Ask Your Physician

*Have you discussed quitting smoking with your physician?*

*Do you have questions about nicotine patches or gum or Zyban?*

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

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disponible en français.



## Quit Smoking Clinic for Teens

Individual or group sessions available on Thursdays only, from 9:00 a.m. - 5:00 p.m. at Dr. Lena's Clinic for Adolescents. Available at no cost in English.

**Suite 314  
1929 Russell Road  
To register, please call,  
737-7119**

Websites to help you quit:

[www.quit4life.com](http://www.quit4life.com)  
[www.cyberisle.org](http://www.cyberisle.org)  
[www.smokefreeottawa.com/kicksbutt](http://www.smokefreeottawa.com/kicksbutt)

**Talk to your physician  
or your pharmacist**

## Quitting Takes Practice

Take one day at a time...

...ask for the support of family and friends and...

...reward yourself for the small successes!



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



**City of Ottawa's  
Public Health  
Information Line  
724-4179**

## Quit for Life!

*The benefits of being smoke-free:*

- breath easier
- have more money
- feel more energetic
- lower risk of lung cancer, heart disease and stroke
- live longer
- have healthier babies and children



# CALL IT QUILTS!



## A Guide to Smoking Cessation Services in Ottawa

Shaping our future together  
ottawa.ca

724-4179