



Smoking Cessation Programs Across Ontario

UHN

These are some of the lists of clinics available across Ontario for people who want to quit smoking. The information below will help people in Greater Toronto Area access smoking cessation clinics.

Name	Location (GTA)	Website/Phone/ Fax Number	Brief Description
Canadian Cancer Society	Toronto West Unit 5359 Dundas St. W., Suite 300 Toronto, ON M9B 1B1	Phone Number: (416) 231-1118 Fax Number: (416) 231-1454 Email Address: torontowest@ontario.cancer.ca	<ul style="list-style-type: none"> • A private, non-profit organization funded by donations from the public and money raised through fundraising activities. • Phone service offered. • Provides referral to different clinics. • Free of charge. <p>source: http://www.ctica.org/cessation/cessation.html</p>
	North York Unit 620 Wilson Ave., Suite 501 (Wilson & Dufferin) Toronto, ON M3K 1Z3	Phone Number: (416) 638-0771 Fax Number: (416) 638-4154 Email Address: northyork@ontario.cancer.ca	
	Scarborough Unit 525 Markham Rd., Suite 4 (just south of Lawrence) Scarborough, ON M1H 3H7	Phone Number: (416) 431-1800 Fax Number: (416) 431-1863	

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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Name	Location (GTA)	Website/Phone/ Fax Number	Brief Description
		Email Address: scarborough@ontario.cancer.ca Hours of Service: 9:00 am to 5:00 pm	
Nicotine Dependence Clinic -ARF Site Nicotine Dependence Clinic -Donwoods Site Nicotine Dependence Clinic -Queen Street Site	33 Russel St. Toronto, ON M5S 2S1 175 Brentcliffe Rd. Toronto, ON M4G 3Z1 1001 Queen St. W. Toronto, ON M6J 1H4	Website: www.camh.net Phone Number: (416) 535-8501 ext. 6662 Website: www.camh.net Phone Number: (416) 535-8501 ext. 7057 Website: www.camh.net Phone Number: 416-535-8501 ext. 1155	<ul style="list-style-type: none"> • This clinic offers services to smokers and tobacco users who want to quit or reduce their tobacco use. • Provides a variety of other treatment services, such as: drug therapies and nicotine replacement treatment. • Individual and group counselling available; medical consultation and follow-up. • Clinic staff consists of therapists, nurses and physicians. An initial assessment interview is required to access treatment. • No referral needed. • All treatment is free with a valid Ontario Health Card. (There may be an additional cost for medications). <p>source: http://www.camh.net/About_CAMH/Guide_to_CAMH/Addiction_Programs/Addiction_%20Medicine_%20Service/guide_nicotine_dependence.html</p>



Name	Location (GTA)	Website/Phone/ Fax Number	Brief Description
Quit for Life Clinic - St. Joseph's Health Centre	30 The Queensway Toronto, ON M6R 1B5	Website: www.stjoe.on.ca Phone Number: (416) 530-6486 ext. 3969	<ul style="list-style-type: none"> • One-on-one counseling with a doctor. • All offer services for pregnant smokers. • Telephone help lines are available. • Self-referrals are welcome. • Free with OHIP coverage. <p>source: http://www.toronto.ca/health/quit_smoking.htm</p>
Smoking Cessation Group	605 Rossland Road East Whitby L1N 6A3	Website: www.region.durham.on.ca Phone Number: (905) 666-6241	<ul style="list-style-type: none"> • The group sessions will focus on developing the skills that smokers need to stay quit. • Participants will learn to identify current smoking patterns, and better understanding of the triggers that encourage smoking and what can be done to handle them. • Sessions will also include discussion about nicotine replacement therapies, planning for high-risk situations that could result in relapse and sharing information about people and organizations that can support the smokers' quitting efforts. • Free of charged. • No referral needed. <p>source: http://www.region.durham.on.ca/news.asp?nr=dnews/health/2006/oct1006.htm</p>



Name	Location (GTA)	Website/Phone/ Fax Number	Brief Description
Smokers' Helpline	Telephone service	Website: www.smokershelpline.ca Toll-free Number: 1-877-513-5333 Hours of Service: Monday to Thursday: 8:00 am-9:00 pm. Friday: 8:00am-6:00pm Saturday -Sunday: 9:00 am-5:00pm	<ul style="list-style-type: none"> • One-to-one telephone counselling by trained quit specialists (by phone). • Advice, counselling and support offered to all people who smoke. • Available for all ages. • No referrals needed. • Free of charge. <p>source: http://www.ctica.org/cessation/cessation.html</p>



The information below will help people in South Western Ontario access smoking cessation clinics.

Name	Location (Southern Western Ontario)	Website/Phone/ Fax Number	Brief Description
Huron County Health Unit & Library Complex	77722B London Rd., RR#5 Clinton, ON	Phone Number: (519) 482-3416 Toll Free: 1-877-837-6143 Hours of Service: Monday-Friday 8:30am to 4:30pm. After hours appointments available on Wednesdays.	<ul style="list-style-type: none"> • One-to-one smoking cessation counselling to break smoking habit • All ages are welcome. • Nurse practitioner and doctor available at site. • Provides written information and pamphlets. • No charge and referral needed. <p>source: http://www.ctica.org/cessation/cessation.html</p>
Niagara Region Public Health Department (Tobacco Information)	30 Hannover Dr. St. Catharines, Ontario L2W 1A3	Phone Number: (905) 688-8248ext. 7393 Hours of Service: Monday to Friday 8:30 am to 4:30 pm.	<ul style="list-style-type: none"> • Brief intervention counselling and self-help material provided. • Answer questions on how to quit smoking. • Service available for all ages. <p>source: (http://www.ctica.org/cessation/cessation.html)</p>



Name	Location (Southern Western Ontario)	Website/Phone/ Fax Number	Brief Description
Smokers Anonymous	80 Lydia St. Kitchener, ON. N2H 1V7	Website: www.communitylinks.cioc.ca Phone Number: (519) 578 6681 ext.1 Primary Executive: Caroline Parks, Founder/Director	<ul style="list-style-type: none"> • A motivational support group (do not use 12 step approach) for those wanting to stop smoking or those who have already stopped. • Must have a desire to quit smoking at some time. • Provides self-esteem building and weekly goal setting. source: http://www.ctica.org/cessation/cessation.html

The information below will help people in Western Ontario access smoking cessation clinic.

Name	Location (Western Ontario)	Website/Phone/ Fax Number	Brief Description
Grand Bend Community Health Centre	69 Main St. E. Grand Bend, Ontario Serves South Huron, Port Franks and Grand Bend	Phone Number: (519) 238-1556 ext.6 Contact person: Cindy Maxfield	<ul style="list-style-type: none"> • Group sessions providing information and support to quit smoking. • One evening per week for five weeks. • Please contact Community Health Centre for details. source: http://www.ctica.org/cessation/cessation.html



The information below will help people in Northern Ontario access smoking cessation clinics.

Name	Location (Northern Ontario)	Website/Phone/ Fax Number	Brief Description
Sudbury and District Health Unit	1300 Paris St. Sudbury, ON	Phone Number: (705) 522-3433	<ul style="list-style-type: none"> • Confidential telephone support program linking people ready to quit smoking with a former tobacco user. • Adults contact Health Unit for details. • Group and individual session available. • Tobacco Specialist available. • Service available in English and French. • Smoke-free buddies. • Phone service offered. • Free of charge. • No referral needed. <p>source: http://www.ctica.org/cessation/cessation.html</p>

The information below will help people in Eastern Ontario access smoking cessation clinics.

Name	Location (Eastern Ontario)	Website/Phone/ Fax Number	Brief Description
Addiction Services of Lennox and Addington	37 Dundas St W. Napanee, ON	<p>Phone Number: (613) 354-6624</p> <p>Availability: Wednesday at 7:00 pm</p>	<ul style="list-style-type: none"> • One-to-one smoking cessation counselling. • Service available for all ages. • Service is by appointment. • Group sessions available. <p>source: http://www.ctica.org/cessation/cessation.html</p>



Name	Location (Eastern Ontario)	Website/Phone/ Fax Number	Brief Description
KFL&A Health Unit(Tobacco Information Line)	221 Portsmouth Ave.Kingston, ON	<p>Phone Number: (613) 549-1232 ext. 333 or 1-800-267-7875 ext. 333</p> <p>Availability: Monday-Friday at 8:30 am-4:30 pm</p>	<ul style="list-style-type: none"> • Available information and access to resources and tips to quit smoking. • Open to all ages. • Trained counsellor available. • Individual and group sessions available. • Phone line support offered. • Free of charge. • No referral needed. <p>source: http://www.ctica.org/cessation/cessation.html</p>
Peterborough County-City Health Unit	10 Hospital Dr. Peterborough, ON	<p>Phone Number: (705) 743-1000</p> <p>Availability: Monday-Friday 8:30 am to 4:30 pm.</p>	<ul style="list-style-type: none"> • Provides one-to-one counselling and information by telephone or in person. • All ages are welcome. <p>source: http://www.ctica.org/cessation/cessation.html</p>

