

STOP on the Road www.nicotinedependenceclinic.com

STOP on the Road is an exciting initiative which brings smoking cessation treatment directly to Ontario smokers in their communities in partnership with Public Health Units. Workshop participants attend a 3-hour workshop where they receive a group psycho-education presentation and a cost-free 5-week kit of Nicotine Replacement Therapy (NRT) to support their quit attempt.

Leave the Pack Behind www.leavethepackbehind.org

Leave The Pack Behind (LTPB) is a tobacco control program that offers young adult, age 18-29 smoking and quitting information, personalized support, and quitting resources – nicotine patches or gum, all for free! It is funded by the government of Ontario.

Smokers' Helpline www.smokershelpline.ca

Smokers' Helpline is available by telephone, online or by texting. It is available 7 days a week, including weekday evenings, is available in French or English with the option of over 100 other languages upon request. The Quit Connection Program eliminates the need for patients or clients to call Smokers' Helpline. Instead, a Smokers' Helpline Quit Coach will contact the tobacco user to provide counselling. The healthcare provider acts as the connection between the individual.

Apothecare Pharmacy

439 Park St. Kitchener, Ontario (Located behind Grand River Hospital)

-Smoking cessation counselling, NRT available, able to prescribe Champix/Zyban

-Free parking, wheelchair accessible
counselling.



**Smoking Cessation
Support Resource
Sheet**

**smokers'
helpline**

1-877-513-5333