



## DIRECTORY OF SMOKING CESSATION COUNSELLING SERVICES – NORTHWESTERN ONTARIO





## *Greetings from the Northwest Tobacco Control Area Network!*

The majority of people who use tobacco want to quit.

There are many people trained in tobacco cessation counselling throughout Northwestern Ontario. Such individuals include pharmacists, doctors, nurses, respiratory therapists, dental health professionals, mental health and addiction professionals, health promoters and youth workers. We encourage all health care professionals to talk to their clients about tobacco use at every visit, offer advice on quitting and refer to an appropriate cessation support.

Although we have made a strong effort to create a comprehensive and accurate directory, it is not necessarily exhaustive and it may not be up to date at your time of reading. The authors and contributors to this directory cannot accept liability for errors, omissions, or any consequences arising from the use of this information. The directory is provided "as is" for general informational purposes only. Please note, if you offer cessation counselling and are not included in this directory, please contact us and we will be happy to make online updates.

Thank you for your continued work in tobacco cessation. We hope that you will find this to be a useful tool.

Northwest Tobacco Control Area Network  
Thunder Bay District Health Unit  
999 Balmoral St  
Thunder Bay P7B 6E7  
807-625-5900

## Program Descriptions

### *Smokers' Helpline*

Smokers' Helpline is a free, confidential and non-judgmental service available to clients who want to quit tobacco use or need help staying smoke-free. Through a multi-modal approach, Smokers' Helpline offers evidence-based phone, online and text messaging services. With proven tips and tools, Smokers' Helpline can significantly increase one's chances of becoming tobacco-free.



1-877-513-5333  
smokershelpline.ca



By phone at **1 877 513-5333**, Tobacco Cessation Specialists (Quit Coaches) help clients with creating a personalized quit plan, coping with cravings and withdrawal symptoms and finding available supports and resources using the Smokers' Helpline Community Services Directory. All clients are offered self-help materials and proactive follow up service.



Online at **www.smokershelpline.ca**, people can register to access their own Quit Centre, online support forums and a personalized Quit Meter that calculates the financial and health benefits of quitting. Smokers' Helpline Online allows users to access both a self-directed quit program, as well as a social and peer-to-peer aspect through anonymous forums and chat.



Smokers' Helpline Text Messaging (Ontario only), accessible at **www.smokershelpline.ca**, offers up to 13 weeks of evidence-based messages to support people while they are quitting. Registrants receive messages at times unique to their quit date and have the option to text back keywords for additional support.

All services are available in English and French, with interpreter service available by phone in over 100 languages. Smokers' Helpline is operated by the Canadian Cancer Society.

*Smoking Treatment for Ontario Patients (STOP) Program* – the STOP Program is a province-wide initiative that delivers smoking cessation treatment and counseling support to eligible Ontario smokers



who wish to quit smoking. The program includes a robust research component that evaluates the effectiveness of these various methods of delivering smoking cessation treatment support to smokers across Ontario. The STOP Program is led by scientists and smoking cessation specialists at the Centre for Addiction and Mental Health (CAMH) in Toronto, Ontario. The team is led by Dr. Peter Selby, a physician and researcher at CAMH. The STOP Program is supported by funding from the Ontario Ministry of Health and Long-Term Care, Health Promotion Division.

The STOP Program works in partnerships with community and regional healthcare organizations to make smoking cessation medication and behavioural support available free of charge to patients and clients of these organizations. Most, but not all, Ontario Family Health Teams (FHT), Community Health Centres (CHC), Addictions Agencies (AAs), Nurse Practitioner Led Clinics (NPLCs) and Aboriginal Health Access Centers (AHACs) are partnering with the STOP Program to provide ongoing smoking cessation treatment, including Nicotine Replacement Therapy and counselling support, at no cost. Interested clients should ask their health care practitioner, or an agency in their proximity, if they belong to one of our partnering organizations whether they are eligible to enroll in the program.

STOP on the Road is an exciting initiative which brings smoking cessation treatment directly to Ontario smokers in their communities. The Thunder Bay District Health Unit and Northwestern Health Unit host a number of STOP on the Road workshops each year in communities across Northwestern Ontario. Eligible workshop participants attend a 2-3 hour workshop where they receive a group psychoeducation presentation and a cost-free 5-week kit of Nicotine Replacement Therapy (NRT) to support their quit attempt. The workshops dates/times/locations are posted on our Stop Study website under the STOP on the Road link.

## *Get Involved: Information for practitioners and administrators*

STOP with Family Health Teams (FHT), Community Health Centres (CHC), Addictions Agencies (AAs), Nurse Practitioner Led Clinics (NPLCs) or Aboriginal Health Access Centers (AHACs) is currently available in Ontario. To find out whether your agency is already involved, to get your agency involved as a STOP partner, or to get more information about the STOP program, please contact:

The STOP Program Tel: (416) 535-8501 ext. 34455

E-mail: [Stop.Study@camh.ca](mailto:Stop.Study@camh.ca)

***Moving on to Being Free™*** – is a patient-focused, evidence-based, smoking cessation program. Developed at Stanford University, it has evidenced the highest long-term quit rates reported and meets the Congressional Top Tier Evidence Standard. Funded since 2011 by the Ministry of Health and Long-term Care, it is available for implementation at no cost through Dr. Patricia Smith at the Northern Ontario School of Medicine ([psmith@nosm.ca](mailto:psmith@nosm.ca)). All materials are provided including the web-based software. It is offered as a research study with regular evaluation performed and reports available to participating clinics.



This 5-Step program is based on behaviour change planning/skills.

**Step 1:** complete a smoking history (30-45 minutes).

**Step 2:** make decisions about a quit date, quit plan and pharmacotherapy (approximately 2-4 sessions [~20 min/each] to work up to a quit day).

**Step 3:** a provider-initiated supportive 2-minute call on a patient's quit day.

**Step 4:** seven scheduled relapse prevention calls (5-10 min/each).

**Step 5:** longer-term phone follow-up to see how a patient is doing and to re-engage those who have relapsed (5 min/call at 3, 6, and 12 months).



*Leave The Pack Behind* is an evidence based, comprehensive tobacco control initiative for young adults in Ontario. Young adults continue to have the highest smoking prevalence among all age groups at 18%. Recent epidemiological data shows that 97% of the mortality due to smoking can be eliminated if cessation occurs before the age of 30. These

statistics underscore the importance of intervening with the young adult population.

Funded since 2000 by the Ministry of Health and Long-Term Care, Leave The Pack Behind is a best practice tobacco control initiative for young adults 18-29. Established by campus health professionals, students and researchers, Leave The Pack Behind seamlessly integrates cessation, protection and prevention activities in order to: promote smoking cessation among occasional and regular smokers; protect non-smokers from second-hand smoke; and prevent young adults province-wide from starting to smoke. It is monitored through well-developed program evaluation strategies to ensure its continued effectiveness.

Leave The Pack Behind offers young adults' cessation programs including smoking and quitting information, personalized support and quitting resources – all for free.



- Age-tailored **quit smoking booklets** are written to address the lifestyles and needs of young adults (e.g., school lifestyle, family/work life, stress, etc.). Many young adults provided feedback during the development and content creation of these booklets.

## FREE PATCH & GUM



wouldurather...  
the January contest

- Young adults in Ontario can order **8 weeks of free nicotine patch and gum** online (while supplies last), shipped directly to their door. Visit: [LeaveThePackBehind.org](http://LeaveThePackBehind.org) for more information.
- **The annual contest** ([wouldurather.ca](http://wouldurather.ca)), is promoted across the province (November-January) to encourage smoking cessation, reduction, and prevention. Registration opens December 1st and closes the final Sunday of National Non-Smoking week.

Get resources for your clinic! You can order the quit smoking booklets, posters or palm cards to promote the contest and/or the availability of the patch and gum for free. Please contact your local Public Health Unit or Leave The Pack Behind directly.

Tel: (905) 688-5550 ext. 4992

Email: [ltpboffice@brocku.ca](mailto:ltpboffice@brocku.ca)

1 Health Canada. *Canadian Tobacco Use Monitoring Survey, 2012*

2 Pirie, et al. *The 21st century hazards of smoking and benefits of stopping:*

*a prospective study of one million women in the UK. Lancet. 2012; 381 (9861):133-4*

*You Can Make It Happen* is:

- A comprehensive source of information that contains tools and resources about tobacco cessation for healthcare providers, provided by Public Health Units and Smokers' Helpline.
- Funded by the Ministry of Health and Long-Term Care

On the website there are several resources and tools that can be used when working with clients. Some of these include:

- 5A and quit plan resources
- Posters encouraging the use of the 5As for various healthcare providers and patients
- "Ask us" video that can be played in waiting rooms
- Smokers' Helpline resources
- Several assessment and screening tools that can be used when helping patients quit

In addition to resources and tools that can be used with your patients there are also resources available to help you implement a smoking cessation policy/system that can assist in arranging consistent tobacco cessation within your organization. Resources for developing smoking cessation policies include:

- Toolkit and sample policies
- Role descriptions
- Billing codes
- Pharmacotherapy information
- Best practice guidelines and evidence

For support on helping your clients quit visit: [YouCanMakeItHappen.ca](http://YouCanMakeItHappen.ca) or contact your local public health unit for more information and to join your local Cessation Community of Practice.

**Notes:**

*Pharmacies* – certified pharmacists can prescribe smoking cessation medications. Intensive counselling is offered to eligible Ontario Drug Benefit Clients and brief cessation counselling is offered to anyone purchasing nicotine replacement therapies.

*Registered Patients Only* – must be a patient of the clinic/health organization to access the counselling service. Must be presently on the health organizations roster.



## ARMSTRONG

### NorWest Community Health Centres

105 Queen St PO Box 104  
Armstrong POT 1AO  
807-583-1145

- Free, one-to-one counselling
- Participating in Moving on to Being Free™

## ATIKOKAN

### Atikokan Family Health Team

123 Marks St  
Atikokan POT 1C0  
807-597-2721

- Free, one-to-one counselling
- Participating in STOP

## DRYDEN

### Dryden Area Family Health Team

58 Goodall St  
Dryden P8N 2Z6  
807-223-7406

- Free, one-to-one counselling
- Registered patients only
- Participating in Moving on to Being Free™

### Dryden Native Friendship Centre

74 Queen St  
Dryden P8N 1A4  
807-223-4180

- Free, one-to-one counselling

## DRYDEN

### Walmart Pharmacy

Hwy 17 E  
Dryden P8N 2Z4  
807-223-8663

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

### Shoppers Drug Mart

25 Duke St  
Dryden P8N 1E6  
807-223-6448

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

### Pharmasave

35 Whyte Ave  
Dryden P8N 1Z2  
807-223-2413

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

## EAR FALLS

### Ear Falls Community Health Centre Family Health Team

25 Spruce St, PO Box 25  
Ear Falls P0V 1T0  
807-222-3728

- Free, one-to-one counselling
- Registered patients only
- Participating in STOP

## FORT FRANCES

### Sunset Country Métis

426 Victoria Ave  
Fort Frances P9A 2C3  
807-274-1386

- Free, one-to-one counselling

### United Native Friendship Centre

616 Mowat Ave  
Fort Frances P9A 3N1  
807-274-8542

- Free, one-to-one counselling

## FORT FRANCES cont'd

### Fort Frances Family Health Team

301 Victoria Ave  
Fort Frances P9A 2C1  
807-274-3287

- Free, one-to-one counselling
- Registered patients only

### Gizhewaadiziwin Health Access Centre

1460 Idylwild Dr  
PO Box 686  
Fort Frances P9A 3M9  
807-274-3131

- Free, one-to-one counselling

### Shoppers Drug Mart

375 Scott St  
Fort Frances P9A 1H1  
807-274 5351

- Free, one-to-one counselling

### Pharmasave

140 Scott St  
Fort Frances P9A 1G6  
807-274 5383

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

## GREENSTONE

### Greenstone Family Health Team

510 Hogarth Ave W  
Geraldton POT 1M0  
807-854-0051

- Free, one-to-one counselling
- Open to everyone
- Participating in STOP
- Participating in Moving on to Being Free™

### NorWest Community Health Centres – Longlac Site

99 Skinner Ave  
Longlac POT 2AO  
807-876-221

- Free, one-to-one counselling
- Registered clients only

## GREENSTONE cont'd

### Geraldton Rexall Pharmacy

305 Main St  
Geraldton P0T 1M0  
807-854-1025

- Free, one-to-one counselling
- Open to everyone
- Non-Ontario Drug Benefit clients pay a fee

## IGNACE

### Mary Berglund Community Health Centre

PO Box 450  
1100 Main St  
Ignace P0T 1T0  
807-934-2251

- Free, one-to-one counselling
- Participating in STOP

## KENORA

### Sunset Country Family Health Team

1-35 Wolsley St  
Kenora P9N 3W7  
807-468-6321

- Free, one-to-one counselling
- Registered patients only
- Participating in STOP

### Lake of the Woods District Hospital

21 Sylvan St W  
Kenora P9N 0E3  
807-468-9861

- Free, one-to-one counselling
- In-patients only

## KENORA cont'd

### NeChee Friendship Centre

1301 Railway St  
Kenora P9N 3X3  
807-468-5440

- Free, one-to-one counselling

### Waasegiizhig Nanaandawe'yewigamig

Health Access Centre  
(Satellite Clinic)  
212 Fourth Ave South  
Kenora P9N 1Y9  
807-467-8770

- Free counselling, prescription therapy and ongoing support

### No Frills – Loblaws

550 Railway at 1st St  
Kenora P9N 1A1  
807-468-1868

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

### Medicine Shoppe

700 Lakeview Dr  
Kenora P9N 3P7  
807-548-5656

- Free, one-to-one counselling
- Participating in STOP

### Shoppers Drug Mart

305 Main St S  
Kenora P9N 1T4  
807-468-8869

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

### Tilley's Pharmasave

201 Main St S  
Kenora P9N 1T3  
807-468-7913

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

### Walmart Pharmacy

1-24 Miikana Way  
Kenora P9N 1T3  
807-468-8307

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

## MANITOUWADGE

### Manitouwadge Family Health Team

1 Health Care Cres  
Manitouwadge P0T 2C0  
807-826-3174

- Free, one-to-one counselling
- Participating in STOP
- Participating in Moving on to Being Free™

## MARATHON

### Marathon Family Health Team

22 Peninsula Rd  
PO Box 399  
Marathon P0T 2E0  
807-229-3243

- Free, one-to-one counselling
- Registered patients only

### Marathon Drug Associates Ltd

2 Hemlo Dr  
Marathon P0T 2E0  
807-229-1670

- No official counselling program, advice is offered to clients receiving prescriptions or purchasing over-the-counter

## NESTOR FALLS / SIOUX NARROWS

### Sioux Narrows Nursing Station

Sioux Narrows P0X 1N0

- Free, one-to-one counselling

## NIPIGON

### Nipigon District Family Health Team

123 Hogan Rd  
Nipigon P0T 2J0  
807-887-5645

- Free, one-to-one counselling
- Open to everyone
- Participating in STOP
- Participating in Moving on to Being Free™

### Rexall Nipigon

54 Front St  
Nipigon P0T 2J0  
807-887-2325

- Free, one-to-one counselling

## RED LAKE

### Red Lake Family Health Team

PO Box 311  
51G Hwy 105  
Red Lake P0V 2M0  
807-727-2751 or 807-727-2617

- Free, one-to-one counselling
- Registered patients only
- Participating in Moving on to Being Free™

### Red Lake Pharmacy

146 Howey St  
Red Lake P0V 2M0  
807-727-2255

- Free, one-to-one counselling
- Ontario Drug Benefit clients only

## SCHREIBER

### North Shore Family Health Team

PO Box 760  
415 Scotia St  
Schreiber P0T 2S0  
807-824-2934

- Free, one-to-one counselling
- Registered patients only
- Participating in STOP

## SIOUX LOOKOUT

### Meno Ya Win Health Centre

Box 909  
1 Meno Ya Win Way  
Sioux Lookout P8T 1B4  
807-737-3030

- Free, one-to-one counselling
- Participating in Moving on to Being Free™

### Nishnawbi-Gamik Friendship Centre

52 King St  
Box 1299  
Sioux Lookout P8T 1B8  
807-737-1903

- Free, one-to-one counselling

### Rexall Pharmacy

60A Front St  
Sioux Lookout P8T 1A3  
807-737-1100

- Free, one-to-one counselling

## TERRACE BAY

### Aguasabon Medical Clinic

PO Box 819  
20B Cartier Rd  
Terrace Bay P0T 2W0  
807- 825-3235

- Free, one-to-one counselling
- Registered patients only
- Participation in STOP

### Stewart Guardian Pharmacy

31 Simcoe Plaza  
Terrace Bay P0T 2W0  
807-825-3666

- No official counselling program, advice is offered to clients receiving prescriptions or purchasing over-the-counter



## THUNDER BAY

### Thunder Bay District Health Unit

999 Balmoral St  
Thunder Bay P7B 6E7  
807-625-5900

- Free, one-to-one counselling
- Participating in STOP

### Anishnawbe Mushkiki Health Access Centre

29 Royston Court  
Thunder Bay P7A 4Y7  
807-343-4819 ext. 294

- Free, one-to-one and group counselling
- Participating in STOP

### Anishnawbe Mushkiki Nurse Practitioner Led Clinic

101 N Syndicate Ave, Suite 2B  
Thunder Bay P7C 3V4  
807-623-0383

- Free, one-to-one counselling
- Registered patients only

### Aurora Family Health Clinic

971 Carrick St  
(Real Canadian Superstore)  
Thunder Bay P7B 6L9  
807-285-1894

- Free, one-to-one counselling
- Registered patients only

### Dilico Family Health Team

200 Anemki Place  
Fort William First Nation P7J 1L6  
807-623-8511

- Free, one-to-one and group counselling
- One-to-one counselling for registered and walk-in clients
- Group sessions for registered patients only
- Participating in STOP

### Fort William Family Health Team

1260 Golf Links Rd  
Thunder Bay P7B 0A1  
807-626-1267 (Heather, RN)

- Free, one-to-one and group counselling
- Registered patients only
- Participating in STOP

## THUNDER BAY cont'd

### Harbourview Family Health Team

43 Court St N  
Thunder Bay P7A 4T5  
807-346-1240

- Free one-to-one counselling
- Registered patients only
- Participating in STOP

### Lakehead Nurse Practitioner Clinic

325 S Archibald St, Suite 101  
Thunder Bay P7E 1G8  
807-475-9595

- Free, one-to-one counselling
- Registered patients only

### Medical Diagnostics and Consulting

820 Red River Rd, Suite 1  
Thunder Bay P7B 1K2  
807-683-4415

- Free, one-to-one counselling for patients having pulmonary function tests

### Student Health and Counselling Centre - Lakehead University

Room UC 1007 -  
University Centre  
995 Oliver Rd  
Thunder Bay P7B 5E1  
807-343-8361

- Free, one-to-one counselling
- Students only

### NorWest Community Health Centre

Thunder Bay site: 1-807-622-8235  
Longlac site: 1-807-876-2271  
Armstrong site: 1-807-583-1145  
Toll-free: 1-866-357-5454

- Participating in Moving on to Being Free™

### The QUIT COACH Jim Morris, D. Ed

Thunder Bay Medical Centre  
63 Algoma St N, Suite 350  
Thunder Bay P7A 4Z6  
807-472-6309

- One-to-one counselling
- Fee-for-service

## THUNDER BAY cont'd

### Thunder Bay Regional Health Sciences Centre

984 Oliver Road  
Thunder Bay P7B 7C7  
807-684-6228

All out-patient programs listed below offer:

- Free one-to one counselling
- Participating in Moving on to Being Free™

#### **Maternity Centre**

- Pregnant women ages 16+ and their partners (throughout Northwestern Ontario)
- No referral needed

#### **Cardiac Rehab**

#### **Regional Cancer Centre**

##### **Supportive Care Services**

- Cancer patients and family members
- Families with a history of cancer diagnosis may be eligible

#### **Centre for Complex**

##### **Diabetes Care**

- Group smoking cessation program

Thunder Bay Regional Health Sciences Centre also offers intensive in-patient smoking cessation counselling and follow up by a trained smoking cessation nurse.

### *Cessation Community of Practice*

The goal of a tobacco cessation community of practice is to build capacity among community partners to coordinate and develop tobacco cessation programs and services. This is accomplished by:

- Bringing together local cessation champions
- Increasing cessation services through collaboration
- Sharing resources
- Learning from each other and experts in the field

To join the Northwest Cessation Community of Practice contact:

Jennifer McFarlane,

Northwest Tobacco Control Area Network (TCAN) Coordinator

Thunder Bay District Health Unit

999 Balmoral Street

Thunder Bay ON P7B 6E7

Phone: (807) 625-8816

Toll-Free: 1-888-294-6630

Fax: (807) 625-4824

Email: [jennifer.mcfarlane@tbdhu.com](mailto:jennifer.mcfarlane@tbdhu.com)