

Help to Quit Smoking and Vaping Local and Ontario-wide

[Barrie](#)
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BARRIE AND AREA	
Organization	What they offer
Barrie and Community Family Health Team (BCFHT) 370 Bayview Drive, 3 rd Floor, Barrie, ON L4N 7L3 705-737-9539 www.barriefht.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the BCFHT, Family Medicine Teaching Unit, Health Links MVP Clinic, and Prenatal Well Baby Clinic. ❖ STOP Program - See STOP entry below for more details
Barrie Community Health Centre (BCHC) 490 Huronia Road Barrie, ON L4N 6M2 705-734-9690 www.bchc.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the BCHC. ❖ STOP Program - See STOP entry below for more details.
Barrie Native Friendship Centre 175 Bayfield Street Barrie, ON L4M 3B4 705-721-7689 ext. 204 http://www.barriefc.ca	<ul style="list-style-type: none"> ❖ Counselling to help with quitting provided.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 ext. 7247 www.chigamik.ca	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
Georgian Nurse Practitioner-Led Clinic 5 Quarry Ridge Road, Suite 306 Barrie, ON L4M 7G1 705-722-1581 https://georgiannplc.ca/site/	<ul style="list-style-type: none"> ❖ Available to registered clients of the clinic. ❖ STOP Program - See STOP entry below for more details.
Huronian Nurse Practitioner-Led Clinic 3331 Line 4 North Oro-Medonte, ON L0L 2L0 705-835-7545 www.huronianplc.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the clinic. ❖ STOP Program - See STOP entry below for more details.
Mamaway Wiidokdaadwin 125 Bell Farm Road, Suite 200 Barrie, ON 705-721-9554 Orillia Clinic: 705-259-9520 210 Memorial Ave. Suite 112, Orillia, ON www.mamaway.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the Mamaway Wiidokdaadwin Primary Care Team. ❖ STOP Program - See STOP entry below for more details.

COLLINGWOOD AND AREA

Organization	What they offer
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 Ext. 7247 www.chigamik.ca	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
Georgian Bay Family Health Team (GBFHT) 186 Erie Street, Suite 100 Collingwood, ON L9Y 4T3 705-444-5885 www.gbfmt.ca	<ul style="list-style-type: none"> ❖ Available to any community member by self-referral. ❖ Discharged hospital patients can be seen in a timely manner. Alert GBFHT of this when contacting them. ❖ Smoking/vaping cessation counselling offered in-person or virtually. ❖ STOP Program - See STOP entry below for more details.
South Georgian Bay Community Health Centre (SGBCHC) 14 Ramblewood Drive, Unit 202 Wasaga Beach, ON L9Z 0C4 705-422-1888 www.southgeorgianbaychc.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the Centre. ❖ STOP Program - See STOP entry below for more details.

MUSKOKA AND AREA

Organization	What they offer
Algonquin Family Health Team (AFHT) Howland Building 100 Frank Miller Drive, Huntsville, ON P1H 1H7 705-787-0846 Ext. 200 www.algonquinfmt.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the AFHT. ❖ Available to any community member with a referral from a primary care provider, based on capacity. ❖ STOP Program - See STOP entry below for more details.
Cottage Country Family Health Team (CCFHT) Archdekin Medical Clinic – 705-646-9063 205 Hiram Street, Bracebridge, ON P1L 2C1 Gravenhurst Medical Clinic – 705-687-2271 1-5 Pineridge Gate, Gravenhurst, ON P1P 1Z3 www.ccfht.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the CCFHT including the Port Carling, Wahta, and Mobile Hubs. ❖ Available to any client enrolled in the Cardiac Rehab Healthy Heart and/or COPD program. ❖ Available to any community member based on capacity. ❖ STOP Program - See STOP entry below for more details.
North Muskoka Nurse Practitioner-Led Clinic 5 Centre St. North, Huntsville, ON P1H 2C1 705-224-6752 www.northmuskokanplc.com	<ul style="list-style-type: none"> ❖ Available to registered clients of the North Muskoka Nurse Practitioner-Led Clinic. ❖ STOP Program - See STOP entry below for more details.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 ext.7247 www.chigamik.ca	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe- Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.

CMHA (www.mps.cmha.ca) Muskoka <ul style="list-style-type: none"> • 202-173 Manitoba St., Bracebridge, ON P1L 1S3 705-645-2262 • 1-1100A Muskoka Road South, Gravenhurst, ON P1P 1K9 705-645-2262 • 8 Crescent Rd., Unit B3, Huntsville, ON P1H 0B3 705-789-8891 Parry Sound 26 James Street, Parry Sound, ON P2A 1T5 705-746-4264	<ul style="list-style-type: none"> ❖ Available to registered clients of CMHA. ❖ STOP Program. See STOP entry below for more details.
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ORILLIA AND AREA	
Organization	What they offer
Couchiching Family Health Team (CFHT) 119 Memorial Avenue Orillia, ON L3V 5X1 705-329-3649 ext. 218 www.cfht.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the CFHT. ❖ STOP Program - See STOP entry below for more details.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 www.chigamik.ca	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
Huronian Nurse Practitioner-Led Clinic 3331 Line 4 North Oro-Medonte, ON L0L 2L0 705-835-7545 www.huronianplc.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the clinic. ❖ STOP Program - See STOP entry below for more details.
Mamaway Wiidokdaadwin 125 Bell Farm Road, Suite 200 Barrie, ON 705-721-9554 Orillia Clinic: 705-259-9520 210 Memorial Ave. Suite 112, Orillia, ON www.mamaway.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the Mamaway Wiidokdaadwin Primary Care Team. ❖ STOP Program - See STOP entry below for more details.
Rama Health Centre 6036 Rama Rd, 2 nd Fl, Rama, ON, L3V 6H6 705-325-3611 ext. 1601 https://www.ramafirstnation.ca/rama-health/	<ul style="list-style-type: none"> ❖ Available to band members and individuals living on the reserve. ❖ STOP Program - See STOP entry below for more details.

SOUTH SIMCOE AND AREA	
Organization	What they offer
Alliston Family Health Team (AFHT) 36 Victoria St. West Alliston, ON L9R 1V5 705-435-8887 https://allistonfht.ca/	<ul style="list-style-type: none"> ❖ Available to registered clients of the AFHT. ❖ STOP Program - See STOP entry below for more details.

CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 www.chigamik.ca	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
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NORTH SIMCOE	
Organization	What they offer
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 ext. 7247 www.chigamik.ca	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
North Simcoe Family Health Team (NSFHT) 619 Prospect Blvd., Suite 3, Midland, ON L4R 0G3 705-526-7804 ext. 219 www.nsfht.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the NSFHT. ❖ Available to any community member from the local catchment area (Tiny, Tay, Elmvalle, Moonstone, Midland, Penetanguishene, Victoria Harbour). ❖ STOP Program - See STOP entry below for more details.

ONTARIO-WIDE	
<u>Don't Quit Quitting is your one-stop resource</u>	<ul style="list-style-type: none"> ❖ Find quit support online and across Ontario, including where to get no-cost nicotine replacement products. ❖ Learn about quit medications and nicotine replacement options, and how to use them. ❖ Access quit tips, free tools, and quit plans. ❖ Be inspired by real-life stories of others who have quit. Every quit attempt gets you closer to success.
<u>Trillium Drug Program (TDP)</u>	<ul style="list-style-type: none"> ❖ Helps cover the cost of many quit-smoking medications for Ontarians who have high prescription drug costs compared to their income.
<u>Youth-VAST (Vaping, Alcohol, Substance Use and Technology Dependence Program)</u>	<ul style="list-style-type: none"> ❖ A program designed to help youth (ages 12-21) quit smoking and vaping through personalized support, counselling, and free quit aids.
<u>Health Canada – Quit Smoking</u>	<ul style="list-style-type: none"> ❖ Offers tips, quit plans, and resources including text support programs.