

## Help to Quit Smoking and Vaping Local and Ontario-wide

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

## COLLINGWOOD AND AREA

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

## MUSKOKA AND AREA

Organization	What they offer
<b>Algonquin Family Health Team (AFHT)</b> Howland Building 100 Frank Miller Drive, Huntsville, ON P1H 1H7 705-787-0846 Ext. 200 <a href="http://www.algonquinft.ca">www.algonquinft.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to registered clients of the AFHT.</li> <li>❖ Available to any community member with a referral from a primary care provider, based on capacity.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>Cottage Country Family Health Team (CCFHT)</b> 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 <a href="http://www.ccfht.ca">www.ccfht.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to registered clients of the CCFHT including the Port Carling, Wahta, and Mobile Hubs.</li> <li>❖ Available to any client enrolled in the Cardiac Rehab Healthy Heart and/or COPD program.</li> <li>❖ Available to any community member based on capacity.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>North Muskoka Nurse Practitioner-Led Clinic</b> 5 Centre St. North, Huntsville, ON P1H 2C1 705-224-6752 <a href="http://www.northmuskokanplc.com">www.northmuskokanplc.com</a>	<ul style="list-style-type: none"> <li>❖ Available to registered clients of the North Muskoka Nurse Practitioner-Led Clinic.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>CHIGAMIK Community Health Centre</b> 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 ext.7247 <a href="http://www.chigamik.ca">www.chigamik.ca</a>	<ul style="list-style-type: none"> <li>❖ 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.</li> <li>❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group.</li> <li>❖ No registration required. Thursdays only 10:00 - 11:00.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>

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

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

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

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