

# Quit Smoking Help

## PETERBOROUGH

	1-1 Support	Group Support	Phone Support	Internet Support	NRT Available	Rx Meds Available	Age Restrictions	Other Restrictions
<p><b>FHT to Quit</b> Contact the Peterborough Family Health Team Program Coordinator at 705-740-8020 for more information. You may be eligible to receive free assistance and free nicotine replacement therapy.</p>	✓		✓		✓	✓		
<p><b>Peterborough Clinic Cessation Support</b> 705-740-6868, The Peterborough Clinic If your Doctor or Nurse Practitioner is part of The Peterborough Clinic Family Health Organization, 26 Hospital Drive, you may be eligible to receive free assistance and free nicotine replacement therapy.</p>	✓	—	✓		✓	✓	—	
<p><b>Nurse Practitioner Clinic</b> 705-874-3900, Peterborough 360 Clinic Clients of the VON 360 Clinic can receive individual counselling with a Registered Nurse, Pharmacist, Nurse Practitioner or Social Worker along with free nicotine replacement therapy.</p>	✓		✓		✓	✓		
<p><b>Pharmacy Smoking Cessation Program</b> See list below. Many pharmacists are trained to provide support to people trying to quit smoking including prescribing quit smoking medications. Ontario Drug Benefit Recipients and Green Shield Canada Plan Members may be eligible for free counselling and medication.</p> <p><b>Shoppers Drug Mart, 250 Charlotte St., Peterborough</b> 705-743-3541   Pharmacist: Adrian Cunningham</p> <p><b>Walmart, 1002 Chemong Rd., Peterborough</b> 705-742-5566   Pharmacist: Ana Caparas</p> <p><b>Village Pharmacy, 135 Queen St., Lakefield</b> 705-652-3300   Pharmacist: Jennifer Sparks</p> <p><b>Remedy's Rx/Charlotte Care Pharmacy, 270 Charlotte St., Peterborough</b> 705-536-7777   Pharmacist: Venu Namulla</p> <p><b>IDA - Millbrook Pharmacy, 8 King St. E., Millbrook</b> 705-932-3131   Pharmacists: Steve Suszko and Mark Fatum</p> <p><b>Costco Pharmacy, 485 The Parkway Peterborough</b> 705-750-2609   Pharmacist: Asghar Porsa</p>	✓		✓		May not be free	May not be free		
<p><b>Health Connect Ontario</b> #811 Free confidential telephone-based smoking cessation support for those who want to quit smoking or need help staying smoke-free.</p>	✓		✓					
<p><b>Smokers' Helpline (SHL)</b> <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a> Smokers' Helpline is a free, confidential service for those who want to quit smoking or need help staying smoke-free. Online and text messaging services available.</p>	✓		Text Only	✓				
<p><b>Ontario Drug Benefits Recipients</b> If you have an Ontario Drug Benefits card, you may be eligible to receive free prescription medications to help you quit smoking. Contact your health care provider or pharmacist to see if this is the right medication for you.</p>	✓							✓
<p><b>The Non-Insured Health Benefits (NIHB) Program</b> Registered First Nations and Inuit may be eligible to receive free prescription medications and up to 26 weeks of nicotine replacement therapy including the patch, gum, inhaler and/or lozenges. Pharmacies registered with the NIHB Program can bill the Program directly at no expense to you.</p>					✓	✓	✓	✓

705-743-1000  
peterboroughpublichealth.ca

