

# Are you ready to stop smoking?

Let the Nicotine Dependence Centre help you quit the right way.



Northwestern Ontario  
Regional Cancer Centre  
Leading Cancer Care >



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Northern Cancer Research Foundation.

Nicotine Dependence Centre  
Leading Cancer Care >

The Nicotine Dependence Centre at the Northwestern Ontario Regional Cancer Centre is the first comprehensive smoking



cessation program in Northwestern Ontario. We understand how difficult it may be to quit smoking or to discuss smoking cessation with smokers.



Quitting smoking is a process. It takes time and effort. Take the time to choose the method that is right for you.

If you're ready, call today for an appointment.

Choose the right way to quit.

Call the Nicotine Dependence Centre today at 343-1543 or 1-877-696-7223 ext. 1543.



At any time twenty percent of smokers are ready to quit while forty percent are thinking about quitting. We give smokers the help they need to move them from thinking about it to actually quitting when they are ready to do so. We then provide them with the support to increase their chances of success.

This support includes help to develop a Personal Quit Plan and to identify people to help them with this plan.

Some smokers prefer being referred to individual counselling to help them develop problem-solving skills and give them support while they quit. Others prefer a support group of peers who are also trying to quit.



We help smokers with nicotine replacement therapies including medication, patches, and gum to ease symptoms of nicotine withdrawal. We also provide regular follow-up by telephone, to offer advice and encouragement to help former smokers remain smoke-free.

The Nicotine Dependence Centre is a program of the Northwestern Ontario Regional Cancer Centre. It is free of charge for NWORCC patients and their families. Referrals are accepted from physicians and smokers themselves, although there is a fee for this program for referrals within the community or the region.

### ***Do you want to be trained in brief intervention for smoking cessation?***

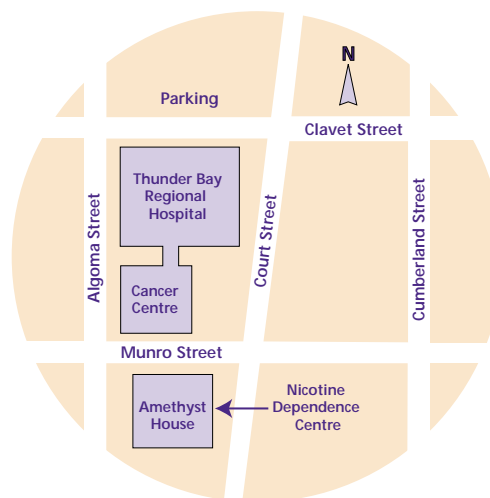
Smoking cessation involves many health care providers. If you wish to become trained to help smokers quit, the Nicotine Dependence Centre can train you. In a four-hour session, you will learn to identify the stages of readiness to quit smoking, how to talk about smoking cessation with smokers, how to help smokers develop their quit plan, and how to provide them with support. We will also give you the tools you need to provide brief intervention within your agency. Participants are awarded certification in Basic Tobacco Cessation skills.

*For more information:*

*Call 343-1543 or 1-877-696-7223 ext. 1543*

*Email: [jim.morris@cancercare.on.ca](mailto:jim.morris@cancercare.on.ca)*

*Website: [www.nworcc.on.ca](http://www.nworcc.on.ca)*



***For more information contact:***

***The Nicotine Dependence Centre***

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