



## **Smoking Cessation Program at West Champlain Family Health Team**

We have two certified Smoking Cessation Counsellors, Kathy Hummel Registered Respiratory Therapist, and Connie Daiken, Registered Nurse.

Kathy and Connie have both been trained through the Ottawa Model for Smoking cessation at the Ottawa Hospital as well as the Centre for Addictions and Mental Health (CAMH) program for smoking cessation.

They are able to offer counselling and support for the best treatment to reduce or quit smoking for each individual. There is also an opportunity to provide free Nicotine Replacement Treatment (NRT) for up to 6 months through a program called STOP (Smoking Treatment for Ontario Smokers).

Our program has had very positive feedback and many successful quitters!

*No referral necessary.*