

Resources for Clients

Online

Canadian Cancer Society- Prevention and Screening

Website: www.cancer.ca

Canadian Cancer Society's Smokers' Helpline

Website: www.smokershelpline.ca or www.qosmokefree.ca

Health Canada

Website: www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php

Manitoba Tobacco Reduction Alliance Inc. (MANTRA) - Quit Resources

Website: www.mantrainc.ca

Prevention of Gestational and Neonatal Exposure to Tobacco Smoking (PREGNETS)

<http://www.pregnets.org/>

The Manitoba Lung Association

Website: www.mb.lung.ca

Published Materials

Assembly of First Nations

- Don't misuse tobacco, keep it sacred: A message about smoking from First Nations Youth

Canadian Cancer Society

- Clear the Air
- Facts about tobacco for lesbian, gay and bisexual people: Reasons and resources for quitting smoking
- If you want to help a smoker quit
- One Step at a Time: For smokers who want to quit
- One Step at a Time: For smokers who do not want to quit
- Live Free of Second-Hand Smoke: Tips for home, care, work and outdoors

Health Canada

- Make your home and car smoke-free: A guide to protecting your family from second-hand smoke
- On the Road to Quitting: Understanding and changing your relationship with cigarettes
- Quit4Life
- Tobacco: Making the Change (workbook for health professionals)

Manitoba Lung Association

- Journey2Quit

MANTRA

- "I Can Quit" stop smoking program
- Motivator-Meter

Telephone

Canadian Cancer Society's Smokers' Helpline

Toll-Free Phone Number: 1(877)513-5333

Health Canada

Toll-Free Phone Number: 1(866)366-3667