

Smithville Medical Centre

Family Health Team

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Hello!

Thank you for your interest in the Smithville Medical Centre Family Health Team STOP Smoking Program. Congratulations on taking this very important first step for your health! The STOP Smoking Program is a province wide initiative that provides 26 weeks of free Nicotine Replacement Therapy (patch, gum, lozenge, inhaler) and counseling by our nurse practitioner in the office. The initial appointment is done in two steps. For the first part you will be in a group setting of approximately 5-10 people in which you will learn how the program works and complete paper work to enroll yourself in the program. The second part will be an individual appointment with the nurse practitioner in which you will develop your personalized quit smoking plan. This initial appointment will take place within the Smithville Medical Centre Family Health Team office. Two initial appointment sessions will be running per month. Please contact the office to sign up for a session or to clarify any questions that you may have as you begin your quit journey.

Sincerely,

Smithville Medical Centre Family Health Team
in partnership with.....

