



## Tobacco Prevention & Control Program Quitting Tobacco Resource List

**Contact the Tobacco Prevention & Control Program for the following resources:**  
Victoria 250.360.1450      Nanaimo 250.755.6285      Campbell River 250.755.6285



### **On the Road to Quitting**

This booklet will help to prepare and take action to successfully stop smoking. Produced by Health Canada and available through the Tobacco Prevention and Control Program at 250.360.1450

### **[www.quitnow.ca](http://www.quitnow.ca) or Quitnow by Phone Call 8-1-1 and ask for QuitNow By Phone**



Free online service and 24/7 phone line offering support, guidance and free resources to assist smokers to prepare, take action to stop, and stay tobacco free. Translation available in 130 languages. Help to stop smoking is just a click or call away. Brochures and 8 1/2 by 11 posters are available by calling 250.360.1450. Brochures available in 6 languages: Chinese Mandarin, Chinese Simplified, English, French, Korean and Punjabi



### **QuitNow rack cards for Vancouver Island**

A card with the local quitting resources on one side and the provincial available resources on the other. A great handout to have on hand for people motivated to quit smoking. Available through the Tobacco Prevention and Control Program at 250.360.1450.

### **Smart Steps – General (Adult) (2012)**

This is a resource aimed at adults who want to quit smoking. This booklet provides useful information on the benefits of quitting, understanding why you smoke, how to deal with cravings, calculating the money you will save, how a good support network can help and stop smoking medications. This is a resource that can be easily fit into a pocket or purse for easy reference. Available through the Tobacco Prevention and Control Program at 250.360.1450.

### **Smart Steps – Youth (Ages 13 to 18) (2012)**

This is a resource aimed at youth 13-18 years of age. It was developed based on the input of youth in rural and urban communities as well as high-risk and mainstream youth. Gender specific information is included and is presented in flip-type resource with the guys on one half and the girls on the other half. Based on the input of youth the following features are included: inspiration quotes from youth and sports figures, relevant images of youth, quizzes, what to expect when quitting, ideas to help with nic fits, available supports, information on pot, stress, weight gain and slips. This is a resource that can be easily fit into a pocket or purse for easy reference for youth at schools, community centres, youth groups or treatment centres. Available through the Tobacco Prevention and Control Program at 250.360.1450.

### **Quit4Life (Q4L) (2005)**

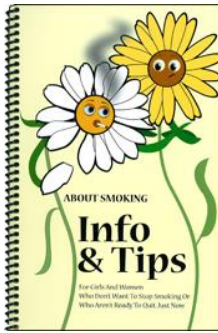
Quit4Life is a 10-week, four-step group program designed to be delivered by an adult facilitator who has experience working with youth, in a school or community centre setting. The target group is teenagers who want to quit smoking. This facilitator's guide has been created to assist health professionals, educators and youth workers help young people work together and support each other as they participate in Q4L program. The program has been adapted and tested for over 10 years, taking into account emerging research about youth and smoking, and what works best to help them quit. In this guide, you will find session plans with content and suggested activities for each of the ten core sessions that make up the 4-step Q4L program. There are also plans for four optional sessions. Produced by Health Canada and available through the Tobacco Prevention and Control Program at 250.360.1450

### **Smart Steps – Aboriginal (2012)**

This is a resource aimed at adults who want to quit non-traditional tobacco use. This booklet provides useful information on the benefits of quitting, understanding why you smoke, how to deal with cravings, calculating the money you will save, how a good support network can help, stop smoking medications and hearing from an elder who has quit non-traditional tobacco use. This is a resource that can be easily fit into a pocket or purse for easy reference. Also available is standard rack-sized brochure– “Be Strong in Your Healing Journey...Be Smoke-free!” – that encourages aboriginals to access the QuitNow quit program. Available through the Tobacco Prevention and Control Program at 250.360.1450.

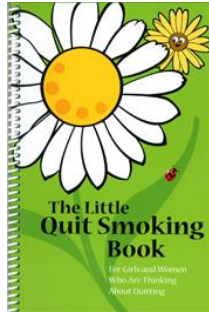
### **The Right Time...The Right Reasons – Dads Talk about Reducing and Quitting Smoking (2010)**

This booklet is based on father's experiences of reducing and quitting smoking. The quotes in the booklet are from expectant and new dads who smoke or have recently reduced or quit and offer their thoughts and ideas. This booklet is for men who identify with the challenges around being an expectant or new dad who smoke.



### **For Girls and Women: About Smoking – Info & Tips (2006)**

This small, easy to read 15 – page booklet is for girls and women who don't want to stop smoking, or who aren't ready to quit yet. The booklet includes facts about tobacco use, including what to expect if you do choose to quit, what happens if you smoke while pregnant, ways to reduce the impact of your smoking on children, and other helpful hints. Available through the Tobacco Prevention and Control Program at 250.360.1450



### **For Girls and Women: The Little Quit Smoking Book (2006)**

This easy to read 46 page booklet helps women through the quitting process. It lists the benefits of quitting, both to you and to others, and also tackles some of the myths associated with cessation. It also talks about making a plan for quitting, ways to find support when you need it, and how to tackle withdrawal. The final pages of the book lead you through the quitting process itself, and offer motivational support to help you through the difficult times. Available through the Tobacco Prevention and Control Program at 250.360.1450



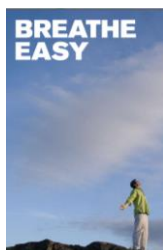
### **For Girls and Women: Helping Women Quit (2006)**

This guide is for people who work with women, but who don't have a background in tobacco cessation. It is to be used as part of existing work contacts and visits, to help pregnant women, young mothers, and other women quit smoking. The 35-page booklet offers detailed information about the special issues related to cessation, and answers some of the questions that workers may have related to patients who smoke. It also provides specific steps to help both pregnant and non-pregnant women work through the cessation process. Available through the Tobacco Prevention and Control Program at 250.360.1450



### **For Girls and Women: When a Woman Quits Smoking (2006)**

This informational card provides quick facts about the cessation process for women. Topics include: “If she worries about weight gain” and “Withdrawal is temporary”. Available through the Tobacco Prevention and Control Program at 250.360.1450



### **Breathe Easy Booklet (PDF) (2008)**

This pamphlet was prepared by the Vancouver Island Health Authority to encourage and support staff, patients and hospitalized clients to quit smoking. Provides information on the health benefits of quitting and adopting a healthy active lifestyle, money saved, how to deal with cravings, preventing relapses, and where to go for more information and support. Available through the Tobacco Prevention and Control Program at 250.360.1450