



Provincial Resources

1. **Albertaquits.ca** - managed by the Alberta Lung Association and funded by AADAC and the Canadian Cancer Society.
Website: www.albertaquits.ca
2. **ASTEP - Alberta Spit Tobacco Education Program**
For more information, contact AADAC toll-free at 1-866-33AADAC (1-866-332-2322)
3. **Capital Health Region Hospitals, Edmonton and Calgary Health Region Hospitals** - Individuals who use tobacco are offered nicotine replacement therapy during their hospital stay.
4. **Small Steps Matter**
For more information, contact AADAC toll-free at 1-866-33AADAC (1-866-332-2322)
Website: http://tobacco.aadac.com/about_quitting/pregnancy
5. **Smoker's Help Line**
For more information, contact AADAC toll-free at 1-866-33AADAC (1-866-332-2322)
6. **One Step at a Time**
For more information, contact AADAC toll-free at 1-866-33AADAC (1-866-332-2322)
Website: <http://tobacco.aadac.com>
7. **A Tribe Called Quit**
For more information, contact the Nechi Institute at 1-800-459-1884
Website: <http://www.ayn.ca/quit>

Resources for Alberta's Youth

1. **BLAST - Building Leadership For Action In Schools**
For more information, contact the Alberta Lung Association at 1-888-566-LUNG (5864).
Website: <http://www.blastonline.com>.
2. **HIP - Health In Perspective program**
For more information, contact the Youth Project Coordinator, Calgary Health Region at 403-943-8022.
3. **Sport for Life (AADAC and the Calgary Olympic Development Association (CODA))** - For more information, contact AADAC at 1-866-33AADAC (1-866-332-2322).
4. **WINIT - Women's Initiative in Tobacco**
For more information, contact the Youth Project Coordinator, Calgary Health Region at 403-943-8022
Website: <http://www.winityouth.com>





Edmonton and Area

1. **Capital Health Tobacco Reduction Clinic**
For information, call 780-472-5154.
2. **Motherisk** - Information for Mothers and Professionals
For more information, call 1-877-327-4636.
Website: <http://www.motherisk.org>.
3. **Nicotine Anonymous**
For more information, call 780-443-3020.
4. **Reduce My Risk Program**
Offered only to pre-operative patients at the University of Alberta, Royal Alex and Sturgeon Hospitals.
5. **Tobacco Reduction and Cessation Support Group**, Edmonton Mental Health
For more information, call Maxine at 780-401-4169.
6. **University of Alberta Faculty of Medicine & Dentistry Tobacco Cessation Program**
For more information, call 780-492-2100.
7. **Local AADAC Offices – Edmonton and Area:**
 - a) **AADAC Recovery Centre**, 10302-107 Street NW
Phone: 780-427-4291 (24 hours) Fax: 780-422-2881
 - b) **AADAC Youth Services**, 12325-140 Street NW
Phone: 780-780-422-7383 Fax: 780-427-0213
 - c) **ASSIST Community Services Centre**, 9653-105A Avenue NW
Phone: 780-429-3111 Fax: 780-424-7837
Website: www.assistcsc.org
 - d) **AADAC Counselling & Prevention Services**, 10010-102A Avenue NW
Phone: 780-427-2736 Fax: 780-427-4180
 - e) **Enhanced Services for Women (ESW)**, 10010-102A Avenue NW
Phone: 780-415-0786 or 780-415-0776 Fax: 780-427-4180
 - f) **George Spady Centre Society**, 10015-105A Avenue NW
Phone: 780-424-8335 Fax: 780-426-1203
E-mail: admin@gspady.ab.ca Website: <http://www.gspady.ab.ca/>
 - g) **Henwood Treatment Centre**, 18750-18 Street NW
Phone: 780-422-9069 (general office), or 780-422-4466 (admissions)
Fax: 780-422-2223 (general office), or 780-422-5408 (admissions)
 - h) **Jellinek House**, 11229-100 Avenue NW
Phone: 780-488-1160 Fax: 780-488-5984
E-mail: jellinek@shaw.ca Website: <http://www.jellineksociety.ca/>





- i) **Leduc Office**, 4901-50 Avenue, Leduc, AB
Phone: 780-980-7580 Fax: 780-980-7581

- j) **McDougall House Association (for women)**, 11070-108 Street NW
Phone: 780-426-1409 Fax: 780-429-3459
E-mail: mhacindy@shaw.ca

- k) **Our House**, 8103-121 Avenue NW
Phone: 780-474-8945 Fax: 780-479-2271
E-mail: house@ourhouseedmonton.com

- l) **Poundmaker's Lodge Treatment Centres (Funded Agency)**,
1 Poundmaker Road, St. Albert, AB
Phone: 780-458-1884 Fax: 780-459-1876
E-mail: info@poundmaker.org Website: <http://www.poundmaker.org/>

- m) **Recovery Acres Society** – Edmonton (Funded Agency), 6329-118 Avenue NW
Phone: 780-471-2969 or 780-471-2996 Fax: 780-477-1578
E-mail: recacres@recoveryacres.net Website: <http://www.recoveryacres.net/>

- n) **Sherwood Park Office**, 14 Blackfoot Road, Sherwood Park, AB
Phone: 780-449-3468 Fax: 780-417-7222

- o) **St. Albert Office**
Provincial Building, 30 Sir Winston Churchill Avenue, St. Albert, AB
Phone: 780-460-4971 Fax: 780-460-4979

- p) **Stony Plain Office**, Suite 108, 4709-44 Avenue, Stony Plain, AB
Phone: 780-968-6466 Fax: 780-968-6465





Calgary and Area

1. **Breathe Free—Plan to Stop Smoking - Seventh-Day Adventist**
Cost \$35.00 (Services will not be denied if cost is a concern)
For more information, call 403-289-0196.
2. **The Calgary Health Region** offers tobacco reduction materials such as:
 - Mass Media Campaign
 - Clearing the Air CDContact the Calgary Health Region at 403-943-8020.
E-mail: tobacco.reduction@calgaryhealthregion.ca
3. **Distress Centre**
For more information, call 403-266-1601.
4. **Expecting to Quit** - Six-week program for pregnant women, women considering pregnancy or women with young children.
For more information, call 403-781-1450.
5. **Tom Baker Cancer Centre**
For more information, call 403-355-3299. Also available in Drumheller, Stettler, Redwater and Brooks, via telehealth (see Rural Resources above for contact information if assistance is needed in these locations).
6. **AADAC Local Offices – Calgary and Area:**
 - a) **AADAC Youth Services**, 1005-17 Street NW
Phone: 403-297-4664 Fax: 403-297-4668
 - b) **Airdrie Office**, 100, 209 Centre Avenue W, Airdrie, AB
Phone: 403-912-3306 Fax: 403-912-3307
 - c) **Aventa Addiction Treatment for Women**, 610-25 Avenue SW
Phone: 403- 245-9050 Fax: 403-245-9485
E-mail: info@aventa.org Website: <http://www.aventa.org/>
 - d) **AADAC Counseling & Prevention Services**, 2nd Floor, 1177-11 Avenue SW
Phone: 403-297-3071 Fax: 403-297-3036
 - e) **Calgary Alpha House Society**, 203-15 Avenue SE
Phone: 403-234-7388 Fax: 403-234-7391
E-mail: alphahouse@shaw.ca Website: <http://www.alphahousecalgary.com/>
 - f) **Cochrane Office**, 2nd Floor, Provincial Building, 231-1 Street, Cochrane, AB
Phone: 403-932-4765 Fax: 403-932-5748
 - g) **Distress Centre**, 300, 1010-8 Avenue SW
Phone: 403-266-1601 (main switchboard), 403-266-1605 (Main Crisis Line), 403-266-4357 (Men's Line), 403-269-3784 (Youth Drug Line), 403-264-8336 (Teens' Line)
Fax: 780-262-2512





E-mail: mail@distresscentre.ab.ca Website: <http://www.distresscentre.com/>

- h) Enhanced Services for Women (ESW)**, 2nd Floor, 1177-11 Avenue SW
Phone: 403-297-3066 or 403-297-3033 (Confidential voicemail)
Fax: 403-297-3036
- i) Fresh Start Recovery Centre**, 808 Abbeydale Drive NE
Phone: 403-387-6266 Fax: 403-235-1532
E-mail: sepfsc@telus.net Website: <http://www.freshstartrecoverycentre.com/>
- j) High River Office**, 129-4 Avenue SW, High River, AB
Phone: 403-652-8333 Fax: 403-652-8388
- k) Oxford House**, 204, 1409 Edmonton Trail NE
Phone: 403-214-2046 (administration), 403-287-8771 (Calgary outreach & housing), 780-455-5517 (Edmonton outreach & housing), 1-877-214-5764 (toll-free)
Fax: 403-214-2047
E-mail: oxfordhouse@shaw.ca
- l) Recovery Acres Society**, 1835-27 Avenue SW ("1835 House")
Phone: 403-245-1196 Fax: 403-244-4019
E-mail: recovery@recoveryacres.org Website: <http://www.recoveryacres.org/>
- m) Renfrew Recovery Centre**, 1611 Remington Road NE
Phone: 403-297-3337 (24 hours) Fax: 403-297-4592
- n) Salvation Army Centre of Hope**, 420-9 Avenue SE
Phone: 403-410-1145 Fax: 403-410-1096
E-mail: don.wilfong@centreofhope.org
Website: <http://ab.salvationarmy.ca/calgary/index.html>
- o) Strathmore Office**, Calgary and Area Child and Family Authority
Suite 435, Highway 1, Strathmore, AB
Phone: 403-901-1326 Fax: 403-901-1391
- p) Sunrise Native Addictions Services Society**, 1231-34 Avenue NE
Phone: 403-261-7921 Fax: 403-261-7945
E-mail: nasgeneral@nass.ca Website: <http://www.nass.ca/>
- q) Youville Women's Residence**, 3210-29th Street
Phone: 403-242-0244 Fax: 403-242-3915
Website: <http://www.youville.net/>





Camrose and Area

1. **Quit Kits** from the Canadian Cancer Society and partners are available at various Camrose pharmacies.
2. **Local AADAC Office – Camrose and Area:**
Camrose Area Office, 4814-50 Avenue
Phone: 780-672-1181 Fax: 780-679-1737

Grande Prairie and Area

1. **The Peace Country Health Region** offers programs and events such as:
 - BIT-Brief Intervention for Tobacco Reduction
 - Spit Tobacco and Smoking Cessation Resources
 - Blue Ribbon CampaignContact Peace Country Health, Provincial Building, 2101 10320 - 99th Street
Phone: 1-800-732-8981 or (780) 538-5387 Fax: (780) 538-5455
Website: <http://www.pchr.ca/Default.aspx?tabid=219>
2. **Local AADAC Offices – Grande Prairie and Area:**
 - a) **Business & Industry Clinic**, 11333-106 Street
Phone: 780-538-6316 or dial 310-0000 and ask for 538-6316 (toll-free within Alberta)
Toll-free outside Alberta: 1-800-419-1149
Fax: 780-538-6313
 - b) **Cool Aid Society of Grande Prairie**, 9667 Hillcrest Drive
Phone: 780-532-9004 Fax: 780-532-8575
E-mail: coolaid@telusplanet.net
 - c) **Enhanced Services for Women (ESW)**, 11333-106 Street
Phone: 780-538-6356 Fax: 780-538-6359
 - d) **Grande Prairie Area Office**, 11333-106 Street
Phone: 780-538-6330 Fax: 780-538-5256
 - e) **Northern Addictions Centre – Detoxification Services**, 11333-106 Street
Phone: 780-538-6300 (24 hours) Fax: 780-538-6313
E-mail: nac-inquiry@aadac.gov.ab.ca
 - f) **Northern Addictions Centre – Residential Treatment Program**,
11333-106 Street
Phone: 780-538-6350 Fax: 780-538-6313
E-mail: admissions.nac-treatment@aadac.gov.ab.ca





Fort McMurray

1. Local AADAC Offices – Fort McMurray and Area:

- a) **Fort McMurray Area Office**, 4th Floor, Provincial Building, 9915 Franklin Avenue
Phone: 780-743-7187 Fax: 780-743-7112
- b) **Pastew Place Detoxification Centre**, 505 Sakitawaw Trail S.
Phone: 780-791-2525 Fax: 780-791-0358
E-mail: ppdcs@shaw.ca

Medicine Hat and Area

1. **"Everything You Want to Know About Quitting Smoking" information night** to be held on January 21, 2008 from 7:00 to 9:00 PM at the Medicine Hat College Courtyard Room. Please pre-register by calling Rita Aman, Palliser Health Region at 403-502-8224, or Anne Joly, AADAC at 403-529-3582.
2. **The Palliser Health Region is part of the Tobacco Reduction Coalition of South Eastern Alberta.**
Phone: 403-793-6654 (Brooks/Bassano), 403-502-8224 (Medicine Hat), 403-545-3200 (Bow Island), 403-664-3651 (Oyen).
Website: <http://www.palliserhealth.ca/commhealth/tobacco.html>
3. **Local AADAC Offices – Medicine Hat and Area:**
 - a) **Medicine Hat Area Office**, Provincial Building, 346-3 Street SE
Phone: 403-529-3582 Fax: 403-529-3130
 - b) **Medicine Hat Community Detox Service**
Victorian Order of Nurses, Alberta South, 720-6 Street SW
Phone: 403-529-1222 Fax: 403-529-1216
E-mail: absvon@telus.net





Lethbridge and Area

1. **Quit Kits** from the Canadian Cancer Society and partners are available at various Lethbridge pharmacies.
2. **The Chinook Health Region offers a “Clear the Air” Brochure**, available for download at http://www.chr.ab.ca/bins/doc.asp?rdc_id=5580.
3. **Local AADAC Offices – Lethbridge and Area:**
 - a) **AADAC Youth Residential Services**, 402-6 Avenue N.
Phone: 403-388-7600 Fax: 403-388-7619
 - b) **Lethbridge Area Office**, Main Floor, Provincial Building 200-5 Avenue S.
Phone: 403-381-5183 Fax: 403-382-4541
 - c) **South Country Treatment Center**
(The centre is located on Research Centre Road in Lethbridge)
Phone: 403-329-6603 Fax: 403-328-5756
E-mail: info@southcountrytreatment.com
Website: <http://www.southcountrytreatment.com/>
 - d) **Southern Alcare Manor**, 520-7 Street S.
Phone: 403-328-0955 Fax: 403-381-2021
E-mail: alcare@telusplanet.net Website: <http://www.alcaremanor.com/>





Red Deer

1. Red Deer College Tobacco Reduction Program

For more information, contact Mona Leavitt, Tobacco Reduction Coordinator at 403-342-3234, or Patricia Nhongo, Student, Tobacco Reduction Program at 403-342-3234.

2. The David Thompson Health Region offers:

- The "Regional Tobacco Team newsletter - The BeatNic"
- "Tobacco Talk for Two: The Group Tobacco Reduction Toolkit for Pregnant and Postpartum Moms"

Both resources are available for download at

<http://www.dthr.ab.ca/resources/documents/tobacco/index.htm>.

3. Local AADAC Offices – Red Deer and Area:

a) Central Alberta's Safe Harbour Society for Health and Housing

5246–53 Avenue

Phone: 403-347-0181 (24 hours) Fax: 403-347-7275

E-mail: office@safeharboursociety.org

Website: <http://www.safeharboursociety.org/>

b) AADAC Counselling & Prevention Services

Main Floor, Provincial Building, 106, 4920-51 Street

Phone: 403-340-5274 Fax: 403-340-4804

Drumheller, Stettler, Redwater, and Brooks

1. Tom Baker Cancer Centre Smoking Cessation Rural Telehealth Initiative

(locations in Drumheller, Stettler, Redwater, and Brooks).

For more information, contact Kristin Wright (Project Coordinator - Smoking Cessation Rural Telehealth Initiative) at 403-698-8011 or kristinw@cancerboard.ab.ca.

2. Local AADAC Offices:

a) Drumheller Area Office, Provincial Building, 201 Centre Street

Phone: 403-823-1660 Fax: 403-823-1762

b) Grace House, 175-3 Street W., Drumheller, AB

Phone: 403-823-5437 Fax: 403-823-7468

E-mail: gracehouse@telus.net

c) Stettler Area Office, 4837-50th Street

Phone: 403-742-7523 Fax: 403-742-7596

d) Brooks Area Office, Suite 1, 403–2 Avenue W.

Phone: 403-362-1265 Fax: 403-362-1248





Northwest Territories

- 1. The Government of Northwest Territories, NWT Health and Social Services department** offers tobacco/health education and promotion, as well as cessation supports and programs, such as the "Quit and Win Smoking Cessation Contest". Contact:
Health Promotion Unit
Department of Health and Social Services
Government of the Northwest Territories
6th Floor, Centre Square Tower - Box 1320
Yellowknife, NT X1A 2L9
Phone: 867-920-8877 Fax: 867-8730122

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