



Smoking Cessation Pathfinder

*Information for Patients
and Families*

Electronic and Paper Resources

- **Cancer Care Ontario:**
Quit Smoking: The Benefits for People with Cancer
<https://tinyurl.com/y32tbt42>
- **Canadian Cancer Society:**
One Step at a Time: For Smokers Who Want to Quit
<https://tinyurl.com/yy4e5m2w>

One Step at a Time: For Smokers Who Don't Want to Quit
<https://tinyurl.com/y4qv57e3>

One Step at a Time: Help a Smoker Quit
<https://tinyurl.com/y3psnlxc>
- **American Society of Clinical Oncology:**
Stopping Tobacco Use after a Cancer Diagnosis
<https://tinyurl.com/y999wl3x>

Videos

- **Cancer Care Ontario:**
You Can Quit Smoking!
<https://tinyurl.com/y37ccg6o>

It's Never Too Late to Quit Smoking!
<https://tinyurl.com/y5d53quu>

Websites

- **Cancer Care Ontario:**
Quit Smoking: The Benefits for People with Cancer
<https://www.cancercareontario.ca/en/Quitting-Smoking>

Indigenous Tobacco Program
<https://tobacchowise.cancercareontario.ca/en>

Support Websites

- **TeleHealth Ontario:**
Contact about supports available to help you quit smoking
<https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

Other Supports

- **Primary care offices**
Many primary care offices (e.g. Family Health Teams, Community Health Centres, etc.) offer smoking cessation supports

Additional Websites

- **Grand River Hospital – Waterloo Wellington Regional Cancer Program**
<http://www.grhosp.on.ca/care/services-departments/cancer/waterloo-wellington-regional-cancer-program>
- **Cancer Care Ontario**
<https://www.cancercareontario.ca/en>
- **BC Cancer Agency**
<http://www.bccancer.bc.ca>