

# English and Bilingual Stop Smoking Sites

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[www.lung.ca](http://www.lung.ca)

[www.nb.lung.ca](http://www.nb.lung.ca)

[www.ItsCanadasTime.com/http://www.jecrasepourdebon.ca/fr/home/.ssx](http://www.ItsCanadasTime.com/http://www.jecrasepourdebon.ca/fr/home/.ssx)

[www.quitnet.org](http://www.quitnet.org)

[www.health.gc.ca/quit4life](http://www.health.gc.ca/quit4life). à [www.vie100fumer.ca](http://www.vie100fumer.ca)

[http://www.quit4life.com/calc\\_e.asp](http://www.quit4life.com/calc_e.asp) - calculate your savings

<http://www.ucanquit2.org/calculator/Default.aspx> - track your savings

<http://yourjourney.nicoderm.ca/> - Free real time on line support tracking your quit journey

<http://www.cdha.nshealth.ca/addiction-prevention-treatment-services/smoking-cessation-toolkit-presentations-employers-unions> - Smoking Cessation Toolkit and Presentations for Employers and Unions- Bilingual

<http://www.caaws.ca/activeandfree/> - For young women ages 9-18 - a practical resource on young women, physical activity and tobacco for physical activity leaders.

[www.heartandstroke.ca](http://www.heartandstroke.ca) "Heart Smart Kids" It includes lesson plans (including tobacco free living) and is specific to the elementary grades K-5. Go to the tab Healthy Kids, Healthy at School, Heart Healthy Lesson Plans.

<http://www.ophea.net/healthy-schools-communities/resources/ophea-resources>

<http://www.ophea.net/fr> (for educators in school K-12) Canadian

<http://www.nbatc.ca/tatu/>- Teens Against Tobacco Use- school peer run group.

First Nations Resources- Kicking the habit-bilingual-free

Requests to [publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca)

1-866-225-0709 (see order form at the end)

Facilitator's Guide, Flip chart easel, fact sheets:

1. benefits of quitting smoking
2. choosing to quit
3. getting ready to quit
4. health effects of smoking
5. tips to help you quit

[teach@camh.net](http://teach@camh.net). IT'S TIME: Indigenous Tools and Strategies for Tobacco Interventions, Medicines and Education. The goal for the Toolkit is to provide community workers, community members and others, with culturally adapted commercial tobacco cessation tools and resources.

The IT'S TIME Toolkit is organized into four Teaching Circles, focused on:

- (1) "Who" (prevalence and demographics about who uses commercial tobacco),
- (2) "Why" (enhancing motivation for change),
- (3) "What" (knowledge about commercial and traditional tobacco), and
- (4) "How" (how to change use of commercial tobacco).

[www.naho.ca](http://www.naho.ca) (National Aboriginal Health Organization, search for "tobacco")

Aboriginal Youth Network: [www.ayn.ca/health/en/addictions/addiction\\_smoking.asp](http://www.ayn.ca/health/en/addictions/addiction_smoking.asp)

Quick facts, links to other topics of interest to youth, link to a "Tribe called Quit" site (on line sharing circle), etc

New Aboriginal youth tobacco cessation toolkit and facilitator's guide developed by the National Association of Friendship Centers:

<http://www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-en.htm>

<http://www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-fr.htm>

New Brunswick Anti-Tobacco Coalition Cessation Network

[www.smokershelpline.ca](http://www.smokershelpline.ca) 1-877-513-5333-or [www.ccs.centretabacstop.net](http://www.ccs.centretabacstop.net)

[www.keepitoutside.ca](http://www.keepitoutside.ca) / [www.laissezladehors.ca](http://www.laissezladehors.ca) Content for this web site has been obtained from Health Canada's [Make your home and car smoke-free](#) resource. "Tobacco Smoke: Topics: The myths, the truth, the effects and downloads."

<http://www.nbatc.ca/tatu/>- Teens Against Tobacco Use- school peer run group. One done very successfully at Leo Hayes High, Fredericton, NB For TATU contact: 457-6898 or 444-3031

[www.youngwomenshealth.org](http://www.youngwomenshealth.org) – (Center for Young Women's Health) Boston, USA

[www.tobaccofreekids.org](http://www.tobaccofreekids.org) (Campaign for Tobacco Free Kids) USA

[www.kidshealth.org/teen](http://www.kidshealth.org/teen) (USA Teen Health Organization)

[www.cdc.gov/tobacco/tips4youth.htm](http://www.cdc.gov/tobacco/tips4youth.htm) USA National Center for Chronic Disease Prevention and Health Promotion)-quizzes, quick facts, second hand smoke, etc.

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php> - Health Canada - On the Road to Quitting and Quit4Life site.

[www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca) - Go Smoke Free site.

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

**Health Effects of Smoking-** <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/body-corps/index-eng.php>  
French as well <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/body-corps/index-fra.php>

**Health Canada's website:**

Publications in English: <http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/res/index-eng.php>

Publications en français: <http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/res/index-fra.php>

To order copies of our publications below, please send your request to [publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca).

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Programme des initiatives des drogues et du tabac, SANTÉ CANADA**

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Sur la voie de la réussite.....	Français	.....
<b>Quit 4 Life(19yrs and under) - Facilitator's Guide</b> .....	<b>English</b>	.....
Vie 100 Fumer – Guide de l'animateur.....	Français	.....
<b>Quit 4 Life – Booklet</b> .....	<b>English</b>	.....
Vie 100 Fumer - Livret.....	Français	.....
<b>Quit 4 Life - Magnet</b> .....	<b>English</b>	.....
Vie 100 Fumer – Aimant .....	Français	.....
<b>Quit 4 Life - Business Card/</b> .....	<b>Bilingual/bilingue</b>	.....
Vie 100 Fumer - Carte d'affaire		
<b>Quit 4 Life – Counter top display/</b> .....	<b>Bilingual/bilingue</b>	.....

Vie 100 Fumer – Présentoir de table		
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Vie 100 Fumer – Bloc note		
<b>Quit 4 Life – Repositionable Floor Stickers</b> .....	<b>English</b>	.....
Vie 100 Fumer – Autocollant réutilisable.....	Français	.....
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<b>Quit 4 Life – Poster/</b> .....	<b>Bilingual/bilingue</b>	.....
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Lieux publics sans fumée : vous pouvez y arriver - CD		
<b>Towards a Healthier Workplace - Booklet</b> .....	<b>English</b>	.....
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Travailler dans un milieu sain - Livret.....	Français	.....
Guide des politiques en matière de lutte au tabagisme		
<b>Make Your Home &amp; Car Smoke-Free - Booklet</b> .....	<b>English</b>	.....
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<b>Make Your Home &amp; Car Smoke-Free - poster/</b> .....	<b>Bilingual/bilingue</b>	.....
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<b>Reasons for Keeping Our Home Smoke-Free - Magnet</b> .....	<b>English</b>	.....
Raisons de garder notre maison sans fumée – Aimant.....	Français	.....
<b>Welcome to Our Smoke-Free Space - Decal</b> .....	<b>English</b>	.....
Bienvenue dans notre espace sans fumée - Autocollant.....	Français	.....
<b>Help Your Child Stay Smoke-Free</b> .....	<b>English</b>	.....
<b>A Guide to Protecting Your Child Against Tobacco Use</b>		
Aidez votre enfant à vivre sans fumée.....	Français	.....
Un guide pour protéger votre enfant contre le tabagisme		
<b>Talking with Your Teen about Drugs - Tool Kit</b> .....	<b>English</b>	.....
Aborder le sujet des drogues avec son adolescent - Boîte à outils..	Français	.....
<b>Talking with Your Teen about Drugs - Booklet</b> .....	<b>English</b>	.....
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Ça ne peut pas m’arriver – Affiche		
<b>Toxic Stew – Poster</b> .....	<b>English</b>	.....
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<b>Smoke-Free Spaces Activist Toolkit - CD/</b> .....	<b>Bilingual/bilingue</b>	.....
Trousse d'action espaces sans fumée - CD		
<b>Smoke Free Spaces Activist Toolkit - Facilitator's Guide</b> .....	<b>Bilingual/bilingue</b>	.....
Trousse d'action espaces sans fumée – Guide de l'animateur		
<b>Engaging Youth - Booklet/</b> .....	<b>Bilingual/bilingue</b>	.....
L'Engagement des jeunes - Livret		
<b>Vote for Smoke-Free Spaces – Poster</b> .....	<b>Bilingual/bilingue</b>	.....
Vote pour des espaces sans fumer - Affiche		

**Aboriginal Resources:**

<b><u>FIRST NATIONS RESOURCES: Kicking the Addiction Tool Kit / Fumer c'est fini - Trousse Facilitator's Guide</u></b> .....	<b>Bilingual/bilingue</b>	.....
Guide de l'animateur		

**FACT SHEETS / FEUILLET D'INFORMATIONS**

<b>1) Benefits of Quitting Smoking</b> .....	<b>Bilingual/bilingue</b>	.....
Avantages de cesser de fumer		
<b>2) Choosing to Quit</b> .....	<b>Bilingual/bilingue</b>	.....
Décider de cesser de fumer		
<b>3) Getting Ready to Quit</b> .....	<b>Bilingual/bilingue</b>	.....
Se préparer à cesser de fumer		
<b>4) Health Effects of Smoking</b> .....	<b>Bilingual/bilingue</b>	.....
Effets du tabagisme sur la santé		
<b>5) Tips to Help you Quit</b> .....	<b>Bilingual/bilingue</b>	.....
Truc pour cesser de fumer		

<b>Z-Card (fold out Choosing to Quit help sheet)</b> .....	<b>Bilingual/bilingue</b>	.....
Carte-Z		

**INUIT RESOURCES: Kicking the Addiction**

**FACT SHEETS**

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<b>2) Choosing to Quit</b> .....	<b>English/Inuktitut</b>	.....
<b>3) Getting Ready to Quit</b> .....	<b>English/Inuktitut</b>	.....
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<b>5) Tips to Help you Quit</b> .....	<b>English/Inuktitut</b>	.....

<b>Z-Card (fold out Choosing to Quit help sheet)</b> .....	<b>English/Inuktitut</b>	.....
Carte-Z		

**Web-based Factsheets / Feuillet d'information disponible sur le Web**

(view, download and print your copy / visioner, télécharger et imprimer votre exemplaire)		
<a href="#">Little Cigars... Big Concerns</a> .....	<b>English</b>	.....
<a href="#">Petits cigares... grosses inquiétudes</a> .....	Français	.....

[Contraband Cigarettes: Tobacco Smoke Analysis](#).....English  
[Cigarettes de contrebande : analyse de la fumée](#) .....Français

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**Brigitte works out of Moncton.**

**Please contact Brigitte if you would like to receive other resources and/or would like being put on a waiting for the ones that are out of print. Also if you need materials sooner contact her before placing your order.**

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