

# Are you pregnant or a new mom? Do you want to quit smoking?

Weekly Drop-In sessions  
21 Hunter St. E, 3rd floor  
Mondays at 10:30 am

Anyone pregnant or with children less  
than 1 year of age:

- ✔➔ Weekly counselling sessions
- ✔➔ Partners welcome
- ✔➔ Nicotine Replacement Therapy and bus tickets  
at no cost
- ✔➔ Eligible participants can receive up to 2 grocery  
gift cards

Call the Tobacco Hotline at 905-540-5566 ext. 1



**Becoming Smoke Free**  
A Quit Smoking Clinic  
905-540-5566



Hamilton  
Public Health Services



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Health Connections  
(905) 546-3550

