STOP Workshops

If eligible, people receive 5 boxes for free NRT patches at the end of the 2-hour workshop.

Ward	Date/Time	Language
College Ward	Tuesday March 24th 7:00 – 9:00 pm	English
Beacon Hill - Cyrville	Thursday April 23rd 6:00 – 8:00 pm	English
Rideau-Vanier	Saturday May 9th 1:00 – 3:00 pm	Bilingual
Alta Vista	Wednesday June 10th 6:00 – 8:00 pm	Bilingual
College	Tuesday July 21st 5:30 – 7:30 pm	English
River	Thursday August 20th 7:00 – 9:00 pm	Bilingual

Ottawa Public Health #: 613-580-6744
Press 1 for English, then press 2 to talk to a nurse