

Respiratory Rehabilitation

Organization	Service Title	Address	Eligibility Description	Drop In vs Scheduled
Evolve Wellness Studio	Intro to Keep Breathing - Virtual Respiratory Rehabilitation	139 Front St. Suite 200 Belleville ON K8N 2Y6	Referral Required	Scheduled
Kingston Community Health Centres	Regional Lung Health Program	263 Weller Avenue, Kingston ON K7K 2V4	Rostered patients only	Scheduled
Lennox and Addington County General Hospital	BREATHE Program	8 Richmond Park Dr, Napanea, ON K7R 2Z4	In-patient program	Scheduled
Lung Health Foundation	Fitness for Breath	18 Wynford Drive, Suite 416 Toronto ON, M3C 0K8	Self-Referral	Scheduled
Providence Care	In Person Respiratory Rehabilitation		In-patient program	Scheduled
	Virtual Respiratory Rehabilitation	752 King Street W, Kingston K7L 4X3	Referral Required	Scheduled
Quinte Health Belleville General Hospital	Respiratory Rehabilitation	265 Dundas Street East, Belleville ON K8N 5A9	In-patient program	Scheduled
Kingston Health Sciences Centre (KHSC)	Respirology Clinic	Hotel Dieu Hospital - 166 Brock St, Kingston, ON K7L 5G2 (Jeanne Mance 4)	In-patient program	Scheduled
Primary Care Asthma Program (PCAP)	Educators embedded in Primary Care for COPD diagnosis, optimization and action plans.	Queen's Family Health Team, Sydenham (Rural Kingston FHO), Frontenac Doctors, Sharbot Lake FHT.	Rostered patients only	Scheduled
Best Care	Certified Integrated Chronic Disease Clinicians (CICs) embedded in Primary Care for COPD diagnosis, optimization and action plans.	Great Lakes FHG (CDK Clinics), Greenwood FHO, KCHC, Loyalist FHT, Maple FHT, Greater Napanee Health Home, Thousand Island FHO.	Rostered patients only	Scheduled

Education and Exercise Groups

Organization	Service Title	Address	Eligibility Description	Drop In vs Scheduled
Living Well Southeastern Ontario	Living Well with Chronic Conditions Self-Management Program	Various Locations	Self-Referral	Scheduled
Lung Health Foundation	Virtual and Call-In Support Group	18 Wynford Drive, Suite 416 Toronto ON, M3C 0K8	Self-Referral	Drop In
Maple Family Health Team	Certified Respiratory Educator	1036 Princess Street Unit D2 Kingston ON L7K 1H2	Rostered patients only	Scheduled
Rural Frontenac, Lennox and Addington (RFLA) Health	COPD Exercise Groups	310 Bridge St W., Unit G1 Napanee ON K7R1Z4	Self-Referral	Drop In
Victorian Order of Nurses (VON) for Canada	SMART (Seniors Maintaining Active Roles Together)[®] program (Exercise)	Kingston, Howe Island, Ompah, Parham, Verona	Self-Referral or PCP referral. Community members 55 years and older or any adult living with a disability who wants to improve their strength, balance and mobility through low- impact exercise.	Drop In

Smoking Cessation

Organization	Service Title	Address	Eligibility Description	Drop In vs Scheduled
CAMH	Smoking Cessation Toolkit	Online	Self-Referral	NA
CAMH/Ministry of Health	Smoking Treatment for Ontario Patients (STOP) Program	Various Locations: RFLA, KCHC, KFLAPH, Napanee CHC	To be eligible you must be 16+ (or have consent from parent/guardian), a current smoker of cigarettes (or have quit in the last 30 days) and have an OHIP card. Potential participants will be screened; then asked to complete the STOP registration form with smoking cessation provider prior to starting the program.	Scheduled
CAMH/Ministry of Health	Smoking Treatment for Ontario Patients (STOP) Program on the NET (virtual)	Online	Self-referral. Must be 18 years of age or older, must be willing to attempt quitting smoking within 30 days of enrollment. Must be smoking tobacco cigarettes (please note this program is not offered for people who only use e-cigarettes) , must have a valid and unique e-mail address, must live within Ontario, must complete a survey to determine whether you are eligible for the program.	Scheduled
Kingston Community Health Centres	Regional Lung Health Program	263 Weller Avenue, Kingston ON K7K 2V4	Self-Referral	Scheduled