Our Facilitators

Dr. Kelli-an Lawrance

Dr. Kelli-an Lawrance is an Associate Professor in the Department of Community Health Sciences and has been involved in tobacco control research and advocacy for the past decade. She is co-author of a self-help smoking cessation program that is distributed nationally by the Canadian Cancer Society. As well, she is a co-investigator with the Ontario Tobacco Research Unit. Her research addresses smoking cessation preferences, norms, and behaviours of teens and young adults.

Ms. Louise Walker

Louise Walker has been working in the field of tobacco control since 1989. She worked with the Waterloo Smoking Prevention Project, was involved with the development and implementation of the 100% smoke-free bylaw in Waterloo Region. Her experience in smoking cessation includes group cessation programs and training of health care professionals at the Ontario Medical Association. Louise presently is the Project Manager for Smoking Cessation for the Smokers' Helpline.

Dr. Steve Hotz

Dr. Hotz is an Assistant Professor in the Department of Epidemiology and Community Medicine at the University of Ottawa, and Director of the Centre for Advances in Health Behaviour Change. Steve is also an investigator with the Community Health Research Unit and is conducting research using the Transtheoretical Stages of Change model.

About the PTCC

The Program Training and Consultation Centre (PTCC) is a resource centre of the Ontario Tobacco Strategy. PTCC is funded by the Government o f Ontario . The PTCC is a partnership between the City of Ottawa – Public Health, RBJ Health Management Associates, and the Centre for Applied Health Research at the University of Waterloo.

Target Audience

This workshop will be of interest to individuals who work one-on-one with young adult smokers, including:

- university/college peer educators
- public health staff
- tobacco-free council members
- others interested in smoking cessation

Minimal Contact Cessation Intervention for Young Adults Workshop

Friday, October 17th, 2003

University of Toronto
Galbraith Bldg,
Council Chambers Room
35 St-George Street,
Toronto, ON

Presented by:

Program Training and Consultation Centre
1-800-363-7822 / Fax: 613-724-4116
www.ptcc-cfc.on.ca

In collaboration with:

Leave The Pack Behind
Brock University

Agenda Highlights

The goal of this workshop is to build knowledge and skills for motivating and supporting clients through the process of smoking cessation.

- Learn what we know about young adult smoking trends and comprehensive campus-based tobacco control programs
- Smoking cessation techniques and motivational interviewing
- Stage-based interventions – goals and strategies
- Learn about Smokers' Helpline and how it helps young smokers
- Practice counselling in pairs using case scenarios

Registration Form

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Name: _____

Title: _____

Organization: _____

_____

Address: _____

_____

City: _____

Prov: _____ *Postal Code:* _____

Business Tel: _____

Fax: _____

E-Mail:
_____

Registration is limited to 40 participants.

How to Register

There is no registration fee. Lunch and refreshments will be provided by the PTCC at no cost. Individuals are responsible for their own travel / accommodation arrangements, and associated expenses.

- **The workshop begins with registration at 8:30 a.m.**
- **The agenda commences at 9:00 a.m. and adjournment is at 4:30 p.m.**
- **Your registration will be confirmed by phone, fax or e-mail.**

Mail or fax your completed registration form to:

Janet Nevala
Program Training & Consultation Centre
City of Ottawa, People Services
495 Richmond Road
Ottawa, ON K2A 4A4
Tel: 1-800-363-7822
Fax: (613) 724-4116