



EATING DISORDER RESOURCES

NEDIC (National Eating Disorder Information Centre)

Canadian non-profit providing education and resources on eating disorders and weight preoccupation.

Help Line: 1-866-633-4220; www.nedic.ca

You can also search the **OTN Health Services Directory**: <https://directory-prelogin.otn.ca/#/>

Community-based Resources

Sheena's Place

87 Spadina Road, Toronto

Ph: 416-927-8900; www.sheenasplace.org

Free support groups for individuals over the age of 17 affected by an eating disorder and their families. Self-referrals welcome. Visit website for program calendar and information. Most groups require registration in advance.

Danielle's Place

895 Brant Street, Unit 3, Burlington

Ph: 905-634-2347; www.daniellesplace.org

Support groups for children and youth up to age 18 and their families. Some programs are free, others have a fee. Curriculum is updated on the website.

Eating Disorders of York Region

905-886-6632; www.edoyr.com

Network of therapists and volunteers providing therapy and group support to youth and adults affected by an eating disorder in York Region. Offer free and for-fee services.

F.E.A.S.T's Around the Dinner Table Forum

www.aroundthedinnertable.org

Free moderated service provided by parents of individuals with eating disorders.

Private Therapy

*Fees for service will range from \$100 and above per session, although some clinicians may operate on a sliding scale and benefits are accepted *

Fairmarc Psychology Centre

658 Danforth Avenue, Suite 408 Toronto

Ph: 647-689-4630, 877-436-7838; www.fairmarc.ca

Offers individual therapy by registered psychologists. Treatment approaches include CBT, DBT, MI and EFT. Many of the counsellors have specialized training in EDs.

Toronto Psychology and Wellness Group

3080 Yonge Street, Suite 5090 Toronto

Ph: 647-344-5448; www.tpwg.ca

Offers individual therapy by psychologists and Masters-level therapists. Treatment approaches include CBT, DBT, ACT and mindfulness. Many of the counsellors have specialized training in EDs.

Freeman Therapy

489 College St, Suite 201 Toronto

www.freemantherapy.ca; contact via website

Victoria Freeman MSW RSW is an experienced therapist specialized in eating disorder treatment. She offers some sliding-scale sessions. Waitlist is currently 3+ months long.

Hospital Treatment

Toronto General Hospital Eating Disorder Program

200 Elizabeth Street, Eaton Building, 7th and 8th Floors

Intake number: 416-340-3041

https://www.uhn.ca/MCC/Health_Professionals/Referrals/Pages/dr_referral_eating_disorder_program.aspx

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Comprehensive assessment and treatment for individuals 17 years or older with anorexia, bulimia nervosa or other forms of disordered eating (does not offer treatment for obesity or binge eating disorder).

Offers consultation, inpatient and outpatient treatment, follow-up and Modified Eating Disorder Assertive Community Treatment (MEDACT).

Physician referral required: form on website.

Consultation appointments triaged based on severity (wait from 2 weeks up to several months)

North York General Hospital Eating Disorder Program

555 Finch Ave West

Ph: 416-635-2400

<http://www.nygh.on.ca/Default.aspx?cid=1061&lang=1>

Offers adolescent and adult eating disorder programming. Adolescent programs are for youth ages 12-18-either outpatient or day treatment programs. The adult program is a collaboration with Toronto General Hospital and offers partial hospitalization and aftercare groups.

Physician referral required: form on website

Southlake Regional Health Centre Child & Adolescent Eating Disorder Program

595 Davis Drive, Newmarket

Ph: 905-895-4521, ext. 2825

<http://www.southlakeregional.org/Default.aspx?cid=609&lang=1>

Assessment, outpatient or day treatment programming for children ages 13 to 18 and youth 18-25 affected by an eating disorder. Two inpatient beds receive internal or hospital-based referrals only.

Catchment: Central East Region (Peterborough, Haliburton, Durham Region, Simcoe County, Kawartha, Pine Ridge, and York Region)

Physician referral required: form on website.

William Osler Health System Eating Disorder Clinic

Peel Memorial Centre-20 Lynch St. 3rd Floor

Ph:905-863-2560

<http://www.williamoslerhs.ca/health-care-professionals/programs-services/mental-health-addictions/mental-health-services-for-children-adolescents>

Offers outpatient assessment and treatment for adults, children and youth with mild to moderate eating disorders.

Catchment: North Peel (Brampton, Caledon), Halton Hills, North Etobicoke (Malton, Rexdale, part of Woodbridge), and Dufferin County.

Physician referral required: form on website

Trillium Health Partners Eating Disorders Program

Credit Valley Hospital-2200 Eglinton Avenue West

Ph: 1-844-216-7411

<http://trilliumhealthpartners.ca/patientservices/mentalhealth/medicalpsychiatry/Pages/Eating-Disorders-Program.aspx>

Offers inpatient, day treatment and outpatient treatment to adults who are affected by an eating disorder (binge eating disorder excluded).

Catchment: Those residing in the Mississauga Halton LHIN

Physician or NP referral required: referral form on the one-link website.

www.one-Link.ca

Halton Hills Eating Disorder Clinic

Oakville Trafalgar Memorial Hospital

Ph: 905-845-2571, ext.4900

https://www.haltonhealthcare.on.ca/services_/28763/t28545-mental-health/t28361-child-and-adolescent-services/t28413-eating-disorders-clinic

Offers outpatient treatment for youth 12-18 affected by an eating disorder.

Catchment: Those residing in the Mississauga Halton LHIN

Physician or NP referral required: referral form on one-link website

www.one-Link.ca

Homewood Health Centre Eating Disorder Program

150 Dehli Street, Guelph, ON

Ph: 519-824-1010, ext. 2292

<https://homewoodhealth.com/health-centre/eating-disorders-program>

Inpatient rehabilitation program for individuals 16 and older with a diagnosis of Anorexia Nervosa or Bulimia Nervosa, willing to complete group therapy. Must have a BMI of 15 or above and normal bloodwork.

Offers both OHIP-covered and private beds. Long waitlist for OHIP-covered treatment.

Physician referral required: form on website.