

Directory of Resources and Services for the Prevention and Treatment of Eating Disorders

First Edition

Wellington ∞ Dufferin ∞ Guelph Eating Disorders Coalition

Prepared by the Wellington-Dufferin-Guelph Health Unit



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July 2001

Directory of Resources and Services for the Prevention and Treatment of Eating Disorders

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Introduction:

† † *About the Wellington-Dufferin-Guelph Eating Disorders Coalition:*

The Wellington-Dufferin-Guelph Eating Disorders Coalition was formed in 2000 after a number of community agencies working in eating disorder prevention and treatment came together to celebrate *National Eating Disorder Awareness Week*.

The purpose of this coalition is to increase public and professional awareness of eating disorders and unhealthy body images; provide eating disorder resources to the community; and to provide an opportunity for networking amongst a diverse range of health and mental health professionals, social service providers and others interested in the prevention and treatment of eating disorders.

† † *About this Directory:*

One of the comments most voiced when the coalition first formed was the need to know who was doing what in regard to eating disorders and body image in our community. Some people knew of some services, but not others, and there was a feeling that surely more existed. The need for a comprehensive directory for Wellington and Dufferin soon became apparent. This is the first edition of such a directory, and we hope to add to it and refine it as time goes on.

In developing this directory, surveys were sent out to local service providers and agencies. Only agencies or individuals who returned the surveys were included in the directory. If an agency or service provider inadvertently got missed, please accept our apologies and contact a member of the coalition so that you can be included in the second edition.

Recognizing that people often travel outside of Wellington and Dufferin for services, we considered listing every resource in surrounding areas. Instead, we have included a few key treatment facilities and the contact information for surrounding coalitions who have produced their own comprehensive listings of services provided in their areas.

For more information or additional copies of the Directory, please contact any of the Coalition Members listed on page 2.

The following is a list of coalition members. If you would like to become involved with the coalition, please contact any of the following members.

Updated July 2001

Agency	Program	Services Available	Contact
Homewood Health Centre	Eating Disorders Program	Inpatient program for women & men 16 years and older (anorexia & bulimia)	April Gates, Program Coordinator 824-1010 x292 gateapri@homewoodhealth.com
Wellington Dufferin Guelph Health Unit	Healthy Lifestyles & Healthy Adolescent Programs	Health Promotion & Disease Prevention	Kim Hodgson 821-2370 x 2246 kim.hodgson@wdghu.org Dawn MacRae Stevens 821-2370 x 2244 dawn.macraestevens@wdghu.org Doreen Henderson 843-2460 x 2422 doreen.henderson@wdghu.org
Sexual Assault Centre of Guelph Wellington Women In Crisis	Counselling	Women 16 years and older who are survivors of sexual violence	Heather Field 823-5806 ext 28 gwwicsac@freespace.net
Community Mental Health Clinic	Counselling	Counselling and referral	Deborah Gauthier 821-2060
Family & Children Services of Guelph & Wellington	Support	Mutual Support Program, other programs for CAS clients only	Eva Marmurek 766-9597
YM/YWCA of Guelph		Recreational activities, individual and group fitness programs, Teenage Parents Program, Health & Wellness Workshops & Seminars	Stephanie Gano or Jackie McLarnon 824-5150 x234 jtmclar@sentex.net
Counselling Services Health & Performance Centre Student Health Services The Wellness Centre University of Guelph	Counselling & Nutrition Information	Assessment, counselling & follow up. Individual and group therapy for U of Guelph students	Marlene Pfaff 824-4120 x6150 mpfaff@uoguelph.ca
Abbey/Dafoe Counselling Resources	Child, Marriage & Family Therapy	Private Practice Individual & Family Counselling	Susan Dafoe-Abbey 829-2232 help@self.net
Family Counselling & Support Services	Counselling	Individual & Family Counselling	Leslie Cameron 824-2431 x31 LCameron@familyserviceguelph.on.ca
Community Care Access Centre			Lisa Klenavic 823-2550 x2279
Guelph General Hospital			Janice MacDonald 837-6440 x2223 janice.macdonald@guelphgeneralhospital.com

Counselling/Treatment Programs

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Community Care Access Centre of Wellington-Dufferin	201-450 Speedvale Ave. W. Guelph ON N1H 7G7 www.ccacwd.org	(519) 823-2550 fax (519) 823-8682	Nutrition counselling, social work nursing, O.T., P.T., speech, personal support services for all ages within Wellington-Dufferin County	Self or Physician	OHIP
Community Mental Health Clinic	147 Delhi Street Guelph ON N1E 4J3 www.freespace.net/~cmhc	(519) 821-2060 fax (519) 821-6139	≈ Assessment, brief individual intervention crisis intervention, case management, groups. ≈ Eating disorders mostly served by child and adolescent Adult Services.	Self	None
Counselling Services University of Guelph Contact: Bruno Mancini, Director	University of Guelph Guelph ON N1G 2W1 www.uoguelph.ca/~csrc	(519) 824-4120 ext 3244 fax (519) 763-5244	Counselling group for University of Guelph students only	Self	None, however \$25.00 for missed appt.
Couple & Family Therapy Centre University of Guelph	University of Guelph Guelph ON N1G 2W1	(519) 824-4120 ext 6335 fax (519) 823-7819	≈ specialization in 'relationship therapy' – for people struggling with eating disorders	Self or health professional	Sliding scale based on income

Counselling/Treatment Programs cont'd.

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Family Counselling & Support Services	409 Woolwich Street Guelph ON N1H 3X2 info@familyserviceguelph.on.ca www.familyserviceguelph.on.ca	(519) 824-2431 fax (519) 763-9628	Individual, couple & family therapy. Behavioural & cognitive-behavioural treatment, interpersonal psychotherapy.	Self	Sliding scale 0-\$80.00/hour
Homewood Health Centre April Gates, Program Coordinator	150 Delhi Street Guelph ON N1E 6K9 www.homewoodhealth.com	(519) 824-1010 ext 292 fax (519) 824-8413	Inpatient & multidisciplinary team approach. Treatment for women and men with anorexia nervosa and bulimia nervosa. Ages 16 years and older. Must be medically stable. 15 beds.	MD or Therapist	OHIP Average 1 year waiting time for full OHIP coverage (3 beds); 3-4 months if semiprivate or private extended health coverage (12 beds).
Student Health Services University of Guelph Contact: Lynda Davenport	University of Guelph J. T. Powell Building Guelph ON N1G 2W1 www.uoguelph.ca/~sthealth/	(519) 824-4120 ext 2131 fax (519) 836-7431	University of Guelph students and their families only.	Physicians, registered dietitian	none

Therapists/Counsellors

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Abbey, Susan Dafoe Registered Marriage & Family Therapist	Abbey /Dafoe Counselling Resources 316 Gordon St. Guelph ON N1G 1X6 help@self.net	(519) 829-2232 fax (519) 829-2291	Individual, couple & family counselling with particular interest in issues of grief, loss, trauma and eating disorders – all ages – chemical dependency cases not seen	Self	Sliding scale based on income. Third party coverage.
Brown, Jean Marriage, family therapist	The Terrace Building 328 Woolwich Street Guelph ON jjbrown@sentex.net	(519) 837-0570 no fax	Individual, couple, family-group work with relationship issues using PAIRS model – all ages	Physician / self	Sliding scale as appropriate
Cameron, Dr. Leslie Registered Marriage & Family Therapist	Family Counselling & Support Services 409 Woolwich St. Guelph ON N1H 3X2 info@familyserviceguelph.on.ca www.familyserviceguelph.on.ca lcameron@familyserviceguelph.on.ca	(519) 824-2431 ext. 31 fax (519) 824-3598	Individual, couple & family therapy Behavioural and cognitive – behavioural treatment, interpersonal psychotherapy	Self	0 - \$80.00 / hour Third party coverage through Employee Assistance Program acceptable.
Laliberte, Michele Dr. Psychologist	5 Pinetree Ct. Dundas ON L9H 6V4 laliberte_Michele/commpsyh@mail.stjosham.on.ca	(905) 627-2737 fax (905) 627-9307	Individual, couple and family therapy/counselling for males/females with eating disorders. Cognitive behavioural treatment of related disorders such as anxiety/depression.	Self	\$\$\$ \$100.00 per hour

Therapists/Counsellors cont'd.

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
MacNeil, Candy Psychotherapist	Homewood Health Centre 150 Delhi Street Guelph ON N1E 6K9	(519) 824-1010 ext 501 fax (519) 824-8751	Individual, couples and family therapy for males, females, adolescents, adults, specializing in eating disorders, body image and interpersonal relationships.	Self	\$60.00 per hour – sliding scale available.
Nashef, Dr. A. Clinical Psychologist	Dr. A. Nashef & Associates 161-5420 Hwy #6 North Guelph ON N1H 6J2 nashef@sypatico.ca	(519) 824-6700 fax (519) 824-6701	Individual, group & family therapy, psychological assessment, pain management, anger management, disability assessment for ages 16 – 65.	Self, clinicians, family physicians	Not covered by OHIP Third party coverage Employee Assistance Program – acceptable For clients not covered – fees will be negotiated individually
Ross, Dr. Stuart Clinical Psychologist	Homewood Health Centre 150 Delhi Street Guelph ON	(519) 824-1010 ext 253 fax (519) 824-1827	Assessment, treatment, consultation for adults	Self	To be negotiated by type of service

Registered Dietitians

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Bettger, Terri Clinical Dietitian (RD) BSc in Medical Dietetics Homewood Health Centre	150 Delhi Street Guelph ON N1E 6K9 therr@sentex.net	Ph (519) 824-1827 Fax (519) 824-1827 ext 451	Nutrition counselling	Self	\$45.00 / hour
Brusso, Terry Registered Dietitian	Louise Marshall Hospital 630 Dublin St Mt. Forest ON N0G 2L0	(519) 323-2210 ext 336 fax (519) 323-3741	Weight management, diabetes education – group session for all ages	Physician Self – for diabetes	None
Floreani, Alison Clinical Dietitian (RD) Homewood Health Centre	Homewood Health Centre 150 Delhi Street Guelph ON N1E6K9 floralis@homewoodhealth.com	(519) 824-1010 ext 235 fax (519) 824-1827	Nutrition Counselling	Self	\$45.00/hour
Grant, Lynda Outpatient Dietitian Groves Memorial Community Hospital & University of Guelph Student Health Services	Groves Memorial Community Hospital 235 Union Street Fergus ON N1M 1W3 snakey@sentex.net		Individual nutrition counselling for all ages	Self or physician	Hospital - no fee University - no fee, but must be a registered student

Registered Dietitians cont'd.

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Smith, Heidi & McLean, Cyndy Dietitian and Fitness Consultants University of Guelph	University of Guelph 2 nd Floor, JT Powell Bldg. Guelph ON N1G 2W1 www.uoguelph.ca/hpc or www.hpc@uoguelph.ca	(519) 824-4120 ext 3039 fax (519) 821-4007	Nutrition expertise with a focus on activity; fitness consultation for all ages	Student Health Services or Physician	Range depends on service
White, Patricia Registered Dietitian	4 Erinwood Drive Erin ON NOB 1T0	(519) 833-0843	Healthy lifestyle counselling – individual or group	Health care provider or self	\$65.00 per hour

Education and Social Action

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Canadian Mental Health Association, Wellington-Dufferin Branch	147 Wyndham St. Guelph ON N1H 4E9 www.cmhawdb.on.ca	(519) 836-6220 fax (519) 836-6237	≈ Information, education, referral, support including outreach, resource centres and long-term support for those over 16 years, who experience mental health issues		
Family & Children's Services of Guelph & Wellington Contact: Eva Marmurek	21 Surrey Street Guelph ON N1H 3R3 55 Delhi Street (main office) Guelph ON N1H 6N3	(519) 824-2410 (519) 766-9697	≈ Mutual support program open to community ≈ For disadvantaged/high risk/isolated families	Contact Eva for referral form	None
Sexual Assault Centre of Guelph-Wellington Women in Crisis	Box 1451 Guelph ON N1H 2N9 gwwicsac@freespace.net	(519) 823-5806 fax (519) 836-1979	≈ Counselling, individual and group work, education and training, court support, information and referrals ≈ For women survivors of sexual violence – over 16 years of age	Self	None
The National Eating Disorder Information Centre (NEDIC)	200 Elizabeth Street College Wing 1-211 Toronto ON M5G 2C4 www.nedic.on.ca nedic@uhn.on.ca	(416) 340-4156 fax (416) 340-4736	≈ National database of treatment practitioners, & facilities ≈ Provision of information (printed materials) education (public awareness talks to schools practitioners, workshops) ≈ Prevention & awareness campaigns	Referral through health care professional	None

Education and Social Action cont'd.

Name	Address	Phone/Fax	Type of Service	Referral Process	Fee
Community Mental Health Clinic Contact: Mark Breathwaite Eating Disorder Consultant	234 Patrick Street, East Fergus ON N1M 1M6 markbreathwaite@hotmail.com	(519) 843-6191 ext. 321 fax (519) 843-7608	≈ Information & education about eating disorders & healthy body image to school aged population & community groups	Self	None
University of Guelph Contact: Marlene Pfaff, Student Wellness Educator	University of Guelph Guelph ON N1G 2W1 mpfaff@uoguelph.ca or www.uoguelph.ca~wellness	(519) 824-4120 ext 3327 / 6150 fax (519) 836-7431	≈ For students of University of Guelph only – educational information on body image and eating disorders – info & support for helping a friend	Self	None (University of Guelph students only)
YMCA – YWCA of Guelph	130 Woodland Glen Drive Guelph ON N1G 4M3 www.guelphy.com	(519) 824-5150 fax (519) 824-4729	≈ Childcare, recreational activities, wellness workshops & seminars, Teenage Parents Program, individual and group fitness programs, swimming lessons, camps special events such as Women of Distinction Awards	Available to all	Financial assistance available
Wellington-Dufferin-Guelph Health Unit	125 Delhi Street Guelph ON N1E 4J5 51 Zina Street Orangeville ON L9W 1E5 205 Queen St. East Fergus ON N1M 1T2	(519) 821-2370 fax 836-7215 (519) 941-0760 fax 941-1600 (519) 843-2460 fax 843-2321	≈ Team of health professionals providing education about healthy weight, healthy body image and self esteem. Public Health Nurses in schools provide support & referrals to students suffering with an eating disorder. Serving school age through adult.	Self	None

Surrounding Areas

Name	Contact Person	Address	Phone/Fax	Web site/email
Hospital for Sick Children Eating Disorder Program	Heather Graham Intake Coordinator	555 University Ave. Toronto ON M5G 1X8	(416) 813-7195 fax (416) 813-7867	heather.graham@sickkids.ca
Sheena's Place	Maggie Wygant, Executive Director	87 Spadina Road Toronto ON M5R 2T1	(416) 927-8900 fax (416) 927-8844	
St. Joseph's Eating Disorder Program	Michele Laliberte, Contact person	St. Joseph's Hospital 301 James St. S. 3 rd floor Hamilton ON L8P 3B6	(905) 522-1155 ext 3854 fax (905) 521-6131	laliberte_michele/commpsyh@email.stjosham.on.ca
The Toronto General Hospital Program for Eating Disorders	Jane Good, Intake	200 Elizabeth St. 8EN-231 Toronto ON M5G 2C4	(416) 340-3032	t35mdph@torhosp.toronto.on.ca
Central West Eating Disorder Program Halton Healthcare Services	Alison Colavecchia, Regional Coordinator	327 Reynolds St. Oakville , Ont. L6J 3L7	(905) 815-5124 ext. 5839	acolavecchia@haltonhealthcare.on.ca

Other Body Image Coalitions

Name	Contact Person	Address	Phone/Fax	Web site/email
Waterloo Region				
Eating Disorders Awareness Coalition of Waterloo Region	Holly Williamson, Coordinator	c/o Community Mental Health Association 67 King St. East Kitchener ON	(519) 745-4875 (519) 744-7066 fax	edac@sentex.net
Peel Region				
Body Image Coalition of Peel	Lora Stratton, Chairperson	Peel Health Dept. 44 Peel Centre Drive Brampton ON L6T 4B5	(905) 791-7800 ext 2705	www.bodyimagecoalition.org brenda.jones@region.peel.on.ca
Halton				
Body Image Network of Halton	Colleen Sigmundson, Chairperson	c/o Halton Regional Health Department 1151 Bronte Road Oakville ON L6M 3L1	(905) 825-6060 ext 7835	sigmundc@region.halton.on.ca
York				
York Region Eating Disorders Community Coalition		c/o York Region Health Services Health Connection	1-800-361-5653	
Perth				
TABI (Tackling Awareness of Body Image)		c/o Perth District Health Unit Stratford ON N5A 1L4	1-877-271-7348 (519) 271-7600 ext 267	

Reading Materials

Author	Title	Publisher	Year
Anderson, Arnold	Making Weight – Men’s Conflict With Food, Shape & Appearance	Gurze Books, Carlsbad, CA	2000
Body Image Coalition of Peel	Every BODY Is A Somebody: Facilitators Guide	C/o Peel Health, Brampton bodyimage.castle.on.ca	1997
Brown, Catrina, and Karin Jasper, eds.	Consuming Passions	Second Story Press, Toronto	1993
Crook, Marion	Looking Good: Teenagers and Eating Disorders	Self-Counsel Press, Vancouver	1990
Crook, Marion	The Body Image Trap	Self-Counsel Press, Vancouver	1991
Fodor, Viola	Desperately Seeking Self: An Inner Guidebook for People with Eating Problems	Gurze Books, Carlsbad, CA	1997
Foster, Patricia, ed.	Minding the Body: Women Writers on Body and Soul	Doubleday, New York	1994
Friedman, Sandra	When Girls Feel Fat: Helping Girls Through Adolescence	Harper Collins, Toronto	1997
Friedman, Sandra	Just For Girls Facilitators Manual	Salal Books, Vancouver	1999
Friedman, Sandra	Nurturing Girl Power: Integrating Eating Disorder Prevention/Intervention Into Your Practice	Salal Books, Vancouver	
Harrison, Susan	Ample Alternatives	Susan Harrison, Brampton, ON www.amplealternatives.com	1999
Ikeda, Joanne and Naworski, Pricilla	Am I Fat? Helping Young Children Accept Differences in Body Size	E.T.R. Associates, Santa Cruz, CA	1992

Reading Materials cont'd.

Author	Title	Publisher	Year
Kano, Susan	Making Peace With Food	Fitzhenry and Whiteside Ltd., Toronto	1989
Katz, Alice	Eating Without Guilt	Self-Counsel Press, Vancouver	1991
Maine, Margo	Father Hunger	Gurze Books, Carlsbad, CA	1991
Omichinski, Linda	You Count, Calories Don't	Tamos In., Winnipeg, Manitoba	1993
Pipher, Mary	Reviving Ophelia	Random House In., New York	1994
Poulton, Terry	No Fat Chicks	Key Porter, Toronto	1996
Siegel, Michele	Surviving an Eating Disorder	Harper Perennial, New York	1997
Steinem, Gloria	Revolution From Within	Little, Brown & Co., Boston	1992
Szekely, Eva	Never Too Thin	The Women's Press, Toronto	1988
Trattner Sherman, Roberta and Thompson, Ron	Bulimia – A Guide for Family & Friends	Lexington Books, New York	1990
Waterhouse, Debra	Like Mother, Like Daughter	Hyperion, New York	1997
Wiley, Carol, ed.	Journeys To Self-Acceptance: Fat Women Speak	The Crossing Press, Freedom, CA	1994
Wolfe, Naomi	The Beauty Myth	Random House, Toronto	1991

Videos

Title	Description	Distributor
Mirror, Mirror	Women of various ages, ethnicities and sizes discuss their relationships with their bodies. 1990. 17 mins.	Women Make Movies Inc. New York (212) 925-0606
Model Perfect	An episode from the Ready or Not TV series dealing with beauty myths, societal and peer pressures that affect young women. 1993. 30 mins. Recommended for students 9 – 15 years of age.	McNabb/Connolly, Mississauga, ON (905) 278-0566
Reviving Ophelia	Discussion about the challenges facing today's teenagers, especially girls, as well as the role of media and popular culture in shaping their identities. Recommended for parents, professionals and youth from high school through college. 1998. 35 min.	Kinetic Inc., Toronto (416) 538-6613 800-263-6910
Slim Hopes	Focuses on advertising and the obsession with thinness; also heightens awareness of the role of advertising in creating today's obsession with thinness. 1996. 30 mins. Recommended for ages 13 and up.	Kinetic Inc., Toronto (416) 538-6613 800-263-6910

Videos cont'd.

Title	Description	Distributor
Take Another Look	A comic fantasy exploring issues of self-image and the beauty industry. 1994. 30 mins. Recommended for students 8 – 15 years of age.	McNabb/Connolly, Mississauga, ON (905) 278-0566
The Famine Within	A documentary exploring the obsession with thinness and fat prejudice. 1990. 1 or 2 hour format.	McNabb/Connolly, Mississauga, ON (905) 278-0566
Killing Us Softly 3	How advertising affects people re body image/sexual harassment and abuse. 1999. 34 mins. Recommended for grades 10-OAC.	Kinetic Inc., Toronto (416) 538-6613 800-263-6910
The Myth of the Perfect Body	Pressure to be beautiful, beauty as an industry, parental pressure to lose weight. 1995. 20 mins. Recommended for students 13 – 17 years of age.	McIntyre Media (905) 678-9866 800-565-3036
Eating Disorders – The Inner Voice	Stories of three young women and one young man dealing with the physical pain and emotional torment associated with eating disorders. 30 mins. Recommended for grades 9 – 12.	Sunburst, Published by Cambridge Educational 800-431-1934
Get Real	Canadian video on dieting, peer pressure, coping skills and body image. 1995 For young teens. Recommended for young teens.	McNabb & Connolly, Mississauga ON (905) 278-0566

World Wide Web (WWW) Clickable Links

Organization	Address
Anorexia Nervosa and Bulimia Association (ANAB)	www.phe.queersu.ca/anab/
Body Image Coalition of Peel	www.bodyimagecoalition.org
Eating Disorders Awareness and Prevention, Inc.	www.edap.org
Eating Disorders Mirror Mirror	www.mirror-mirror.org/eatdis.htm
Girl Power	www.health.org/gpower
Gürze Books	www.gurze.com/index.htm
Hugs International	www.hugs.com
Media Watch	www.mediawatch.ca
National Eating Disorder Information Centre (Canada)	www.nedic.on.ca
Salal (Sandra Friedman's website)	www.salal.com
Something Fishy Website on Eating Disorders	www.something-fishy.org
Youth Net	www.youthnet.on.ca