

Organizations

- [NEDIC](#): National Eating Disorders Information Centre. A Canadian directory of services, and source for statistics, trends, and research information.
- [NIED](#): National Initiative for Eating Disorders. Offers caregiver/family support & training.
- [Body Brave](#): Located in Hamilton, ONT., this newer initiative delivers ongoing individual and group services, workshops, and seminars for those in recovery or who want to learn.
- [Kelty Eating Disorders](#): While they do not provide support services themselves, they do keep a comprehensive list of programs and other resources for individuals and families.
- [Jessie's Legacy](#): Focusing on awareness & prevention, they offer classroom presentations on prevention and also take the BC lead on Eating Disorders Awareness Week (Feb 1-7).

Services

- [Free To Be](#): Training, resources, and facilitation training aimed at elementary school-aged youth around body acceptance, media literacy, and resilience-building.
- [Thrive BC](#): A collective of therapists, psychologists, and dietitians who specialize in client-centred recovery from any type of eating disorder.
- [Raw Beauty Talks](#): Offering talks, resources, and coaching for women struggling with disordered eating or self-esteem & body image issues.

Online Services

- [Looking Glass Blog](#): Personal reflections, social commentaries, reviews, and other interesting topics are explored by our blogging community, all through a recovery lens.
- [Recovery Warriors](#): Resources for eating disorder recovery in the digital age. Podcasts, blog, app, music, meditations, online workshops and courses, and more.
- [Kids Help Phone](#): Resources, chat, and telephone support services for youth struggling with abuse, bullying, trauma, or mental health issues – including eating disorders.
- [Let Us Eat Cake](#): Podcast and blog by two Vancouver-based Registered Dietitians.

(More resources on next page)

Articles & Guides

- [Parents' Survive to Thrive Guide](#): A resource guide for parents of a child with an eating disorder. Written by parents with lived experience, published by Kelty Eating Disorders.
- [Emotional Validation](#): Learning to understand and practice emotional validation, which is essential for acceptance of both self and others.
- [Self-Care Starter Kit](#): This comprehensive guide can help you to determine where your self-care needs are, and how to meet them effectively.
- [NEDA – Toolkits](#): This US-based organization has a lot of helpful resources for people in recovery, and for those who want to learn & help. Free PDF toolkits available for parents, athletic coaches, educators, and workplaces.