

## Eating Disorder Community Support and Resources

Below is a list of community services and organizations that provide informational resources, referrals, and treatment programs for individuals living with eating disorders.

### BC Treatment Programs

- [List of Community Eating Disorder Programs in BC](#): A comprehensive list of eating disorder treatment programs across British Columbia. Programs can be filtered by age, location, program type, and eating disorder type.
- [Provincial Adult Tertiary Eating Disorder Program](#): A BC program that provides specialized clinical services, inpatient, and outpatient programs for individuals aged 17+.
- [Provincial Specialized Eating Disorders Program for Children and Adolescents](#): BC Children's eating disorders program for children and youth up to age 18. Programs include assessments, inpatient, and outpatient services.

### ED Organizations

- [National Eating Disorder Information Centre \(NEDIC\)](#): A Canadian directory of services, and source for statistics, trends, and research information. NEDIC operates Canada's only national toll-free helpline (416-340-4156 or toll-free: 1-866-633-4220) and instant chat program which provides support, information and referrals to individuals struggling with food and weight preoccupation issues, as well as the families, friends, and professionals who care for them.
- [National Initiative for Eating Disorders \(NIED\)](#): Provides access to educational, informational and other recovery-oriented resources related to the prevention and treatment of eating disorders and related mental illnesses in Canada. They offer caregiver/family support & training.
- [Change Creates Change Eating Disorder Care](#): A group of eating disorder treatment centres with offices across Canada, including one in Langley, British Columbia. Their clinical teams are made up of dietitians and therapists skilled in the treatment of eating disorders in children, youth, and adults. In BC, they provide fee-for-service in-person and virtual services to individuals of all ages struggling with eating disorders and disordered eating.
- [Body Brave](#): Located in Ontario, this free initiative delivers ongoing individual and group services, workshops, and seminars for those in recovery or who want to learn. Certain treatment options are available only to Ontario residents aged 17+.
- [Sheena's Place](#): Based in Ontario, Sheena's Place we offer group-based support to Ontario residents aged 17+ affected by an eating disorder or disordered eating. You can view educational webinars on a variety of ED-related topics on their [YouTube channel](#).

- [Jessie's Legacy](#): Focusing on awareness and prevention, Jessie's Legacy is a BC-based organization that offers education, training and resources on eating disorder prevention and body image issues.
- [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.
- [FEDUP Collective](#): A US-based organization run by trans, intersex, and gender diverse individuals offering support and resources to marginalized individuals and communities living with eating disorders.

## Additional Resources

- [Morningside Chats in the Living Room](#): Free weekly talks led by eating disorder experts. Hosted on Zoom every Saturday at 11am EST.
- [Kids Help Phone](#): Resources, chat, and telephone support services for youth struggling with abuse, bullying, trauma, or mental health issues - including eating disorders.
- [Thrive BC](#): A collective of therapists, psychologists, and dieticians who specialize in client-centred recovery from any type of eating disorder.
- [Free To Be](#): Education, resources, and facilitation training aimed at elementary school-aged youth around body acceptance, media literacy, and resilience-building.
- [Recovery Warriors](#): A website dedicated to boosting the emotional intelligence and resilience of people struggling with depression, anxiety and eating disorders. Their free [Rise Up + Recover app](#) is designed to help individuals struggling with food, dieting, exercise and body image
- [Raw Beauty Talks](#): Offering talks, resources, and coaching for women struggling with disordered eating or self-esteem and body image issues.