

♥ **Eating Disorder Support Resources – Alberta & Canada-Wide**

| Organization                                                   | Description                                                                                                  | Contact / Website                                                                                                                                                                          | Region                         |
|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| <b>NEDIC (National Eating Disorder Information Centre)</b>     | Canada-wide helpline, resources, and referrals for individuals and caregivers.                               | Website: <a href="http://www.nedic.ca">www.nedic.ca</a><br>Helpline: 1-866-NEDIC-20 (1-866-633-4220)<br>Chat available online                                                              | Canada-wide                    |
| <b>The Looking Glass Foundation</b>                            | Support programs including online peer support, recovery groups, and residential care.                       | Website: <a href="http://www.lookingglassbc.com">www.lookingglassbc.com</a><br>Email: <a href="mailto:info@lookingglassbc.com">info@lookingglassbc.com</a>                                 | Canada-wide (based in BC)      |
| <b>Silver Linings Foundation</b>                               | Support groups, education, and counselling navigation in Alberta.                                            | Website: <a href="http://www.silverliningsfoundation.ca">www.silverliningsfoundation.ca</a><br>Email: <a href="mailto:info@silverliningsfoundation.ca">info@silverliningsfoundation.ca</a> | Alberta                        |
| <b>Alberta Health Services (AHS) – Eating Disorder Program</b> | Assessment and treatment for individuals with eating disorders, including inpatient and outpatient services. | Website: <a href="http://www.albertahealthservices.ca">www.albertahealthservices.ca</a><br>Call 811 for Health Link Alberta                                                                | Alberta                        |
| <b>Wood’s Homes – Eating Disorder Program (Calgary)</b>        | Community-based treatment for youth ages 11–17 with eating disorders.                                        | Website: <a href="http://www.woodshomes.ca">www.woodshomes.ca</a><br>Phone: 403-299-9696                                                                                                   | Calgary                        |
| <b>Caleo Health – Disordered Eating Program</b>                | Multidisciplinary private outpatient program for eating disorders.                                           | Website: <a href="http://www.caleohealth.ca">www.caleohealth.ca</a><br>Phone: 403-452-0999                                                                                                 | Calgary                        |
| <b>Body Brave</b>                                              | Free virtual treatment, peer support, and workshops led by professionals with lived experience.              | Website: <a href="http://www.bodybrave.ca">www.bodybrave.ca</a><br>Email: <a href="mailto:hello@bodybrave.ca">hello@bodybrave.ca</a>                                                       | Canada-wide                    |
| <b>Sheena’s Place</b>                                          | Support groups for individuals aged 17+ with eating disorders; virtual programs available.                   | Website: <a href="http://www.sheenasplace.org">www.sheenasplace.org</a><br>Phone: 416-927-8900                                                                                             | Canada-wide (based in Toronto) |

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| <b>Eating Disorders<br/>Nova Scotia</b>                             | Peer support, virtual groups, and one-on-one coaching. Available to anyone in Canada. | Website:<br><a href="http://www.eatingdisordersns.ca">www.eatingdisordersns.ca</a><br>Email:<br>info@eatingdisordersns.ca | Canada-wide                  |
| <b>Jessie's Legacy –<br/>Family Services of<br/>the North Shore</b> | Education and prevention programs for body image and eating disorders.                | Website:<br><a href="http://www.jessieslegacy.com">www.jessieslegacy.com</a><br>Phone: 1-877-825-9771                     | Canada-wide<br>(based in BC) |