





Organizations

- Saskatchewan Health Authority: Assessment, referrals and treatment for eating disorders and other mental health issues (dietetics, physician, psychiatry, counselling, etc).
- NEDIC: National Eating Disorders Information Centre. A Canadian directory of services and source of 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.
- Be Nourished: <https://benourished.org> Focused on creating a body-compassionate and weight-inclusive world. Be Nourished offers programs, workshops, retreats, and e-courses for individuals looking to reclaim Body Trust®.
- Kelty Eating Disorders (BC): While they do not provide support services themselves, they do keep a comprehensive list of programs and other resources for individuals and families.
- SWADE Saskatoon: Saskatoon Weight Attitudes and Disordered Eating organization works to assist professionals, individuals, families and the general public in the prevention and treatment of disordered eating. They keep a comprehensive list of community resources for the treatment of eating and body image concerns.
- The Canadian Mental Health Association (CMHA): A national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.
- EDSNA (AB): Eating Disorder Support Network of Alberta have compiled resources for parents/loved ones, healthcare professionals, educators and fitness professionals. They provide facilitated support groups to individuals and family members dealing with eating disorders and also have information on treatment options in Alberta to assist you find the help you need.
- F.E.A.S.T.: Families Empowered and Supporting Treatment of Eating Disorders is an international organization of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorder.

Services

- Dial 811: HealthLine services are available free of charge 24 hours a day, seven days a week and are offered in English, with translation in more than 100 languages, allowing Saskatchewan residents to access health services. www.healthonline.ca also offers interactive health tools and decision aids to help people make informed health decisions.
- Dial 211 or www.sk.211.ca: Offers up-to-date and complete listings of over 5000 social, community, health and government services across Saskatchewan.



Online Services

- <https://Self-compassion.org>: All-in-one resource for **self-compassion**. Official website for Dr. Kristin Neff, pioneering **self-compassion** researcher, author, and teacher.
- [Looking Glass Blog](#): Personal reflections, social commentaries, review 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.
- www.mentalhealthfoundations.ca: Offers a number of services for parents and clinicians, including parenting webinars, caregiver workshops, master classes, psychotherapy and clinical supervision and training. They have a number of free webinars and handouts on their webpage which are aimed at resourcing parents in order to better support their children, whether in the context of prevention parenting or more serious challenges.
- [Nourish YXE](#): Aims to cultivate a social justice revolution in Canada by encourage people of all ages, abilities, identities and sizes to honor and celebrate themselves (and others) just as they are – and to explore weight-neutral health and wellness practices.
- www.eatingdisordersns.ca: Eating Disorders Nova Scotia offers pro-recovery online peer support groups accessible from wherever you are.

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. Courtesy of Kelty Eating Disorders.
- [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.

Books (a sample of books available)

Medical Management of Eating Disorders by C. Laird Birmingham and Janet Treasure (Jun 13 2019)

8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience by Carolyn Costin

Alone in a Crowd: A Story of a Registered Psychiatric Nurse's Struggles with Bulimia and Mental Wellness by Andrea Parmar and Mick Parmar (Jun 15 2018)

The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer (Aug 29 2018)



Books by Dr. Brené Brown – I Thought It Was Just Me, The Gifts of Imperfection, Daring Greatly, Rising Strong

The Body Image Workbook by Thomas F. Cash (Jun 1998)

Trauma-Informed Approaches to Eating Disorders by Seubert NCC LMHC, Andrew and Viridi MEd RMN CPN, Pam (Aug 17 2018)

Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating by Mindy Jacobson-Levy and Maureen Foy-Tornay (Mar 30, 2010)

Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life by Jenni Schaefer (Aug 5, 2009)

Telling Ed No!: And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom by Cheryl Kerrigan and Thom Rutledge (Nov 11 2011)

Integrated Treatment of Eating Disorders: Beyond the Body Betrayed (Norton Professional Books) by Kathryn J. Zerbe (Mar 17, 2008)

Intuitive Eating, 3rd Edition by Evelyn Tribole and Elyse Resch (Aug 7, 2012)

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too by Jenni Schaefer and Thom Rutledge (Dec 26, 2003)

Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life by Jenni Schaefer (Aug 26 2009)

Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good by Johanna S. Kandel (Sep 1, 2010)

Telling Ed No!: And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom by Cheryl Kerrigan and Thom Rutledge (Nov 1, 2011)

When Food Is Love: Exploring the Relationship Between Eating and Intimacy by Geneen Roth (Author) (Jul 2, 1992)

Appetites: Why Women Want by Caroline Knapp (Apr 13, 2004)

The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment by Kathryn J. Zerbe (1995)

Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors by Anita A. Johnston PhD. (Apr 13, 2000)



Book of Hope, Stories of love, courage and recovery from families who have battled eating disorders by Sue Huff (2015) (NOTE: Sue is EDSNA's former Executive Director)

ED Says U Said, Eating Disorder Translator

This book aims to improve communication between someone with an eating disorder and their friends and family by revealing the eating disorder mind set and decoding language choices. Catherine Sangster & June Alexander

Eating Disorders: A Parent's Guide by Rachel Bryant-Waugh and Bryan Lask (Apr 6, 2013)

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness by Margo Maine Ph.D. and Craig Johnson Ph.D. (Sep 30, 2004)

Help for Eating Disorders: A Parent's Guide to Symptoms, Causes and Treatment by Dr. Debra Katzman and Leora Pinhas (April 5, 2005)

Help Your Teenager Beat an Eating Disorder by Lock, James and Le Grange, Daniel (Oct 29, 2004)

I'm, Like, So Fat! Helping your Teen Make Healthy Choices about Eating and Exercise in a Weight-obsessed World by Dianne Neumark-Sztainer (2005)

The Parent's Guide to Eating Disorders. Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home by Marcia Herrin & Nancy Matsumoto

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method by Janet Treasure, Gráinne Smith and Anna Crane (Jul 18, 2007)

Why She Feels Fat. Understanding Your Loved One's Eating Disorder and How You Can Help By Joanne Marie McShane and Tony Paulson (2008).

Hold On to Your Kids: Why Parents Need to Matter More Than Peers by Gordon Neufeld & Maté MD, Gabor (Aug 13, 2013)

Open Heart, Open Mind by Clara Hughes (Sep 8, 2015)

100 Questions & Answers About Eating Disorders by Carolyn Costin (Sep 6, 2012)

Gaining: The Truth About Life After Eating Disorders by Aimee Liu (Jan 2 2008)