

EATING DISORDERS FREE/LOW COST SUPPORT IN BC

Region	Program	Location	Type of Support	Age Range	Contact	Eating Disorder Type	Website
Canada	National Eating Disorders Information Centre	Across Canada	Phone	All ages	Toll-free at 1-866-633-4220	All types	nedic.ca
Canada	National Eating Disorders Information Centre	Across Canada	Instant online chat	All ages	nedic.ca	All types	nedic.ca
Canada	Anorexic and Bulimic Quebec	Across Canada	Phone - french and english	All ages	Toll free at 1-800-630-0907	Anorexia, Bulimia, and other	anequebec.com
Canada	The Looking Glass Foundation Online Peer Support Groups	Online across Canada	Online peer support group	All ages	Email: chat@lookingglassbc.com Phone: 604-314-0548	All types	lookingglassbc.com/online-peer-support
Canada	Meetup.com Eating Disorders Support Groups *Search "Eating Disorders"	Across Canada	Support groups	All ages		All types	meetup.com
Canada	Eating Disorders Anonymous	Across Canada	Online, telephone, and in-person support	All ages	Email: info@eatingdisordersanonymous.org	All types	www.eatingdisordersanonymous.org
Canada	Mentor Connect	Across Canada	Online peer support, groups, and forums	All ages	Shannon Cutts Email: mc@mentorconnect-ed.org	All types	mentorconnect-ed.org
Canada	Lift the Shame Support Group, Anorexia Nervosa and Associated Disorders	Online across Canada	Online support group	Mothers and pregnant women	Maggie Baumann Email: Maggie-Baumann@cox.net	All types	
BC	Jessie's Legacy Eating Disorders Prevention and Awareness Program	101-255 West 1st Street North Vancouver, BC	Phone and email support	All ages	Joanna Zelichowska Email: jessieslegacy@familyservices.bc.ca Phone: 604-988-5281	All types	jessieslegacy.com
BC	The Looking Glass Foundation Hand in Hand Program	Various locations	Individual and group support	Ages 14+	Karla Scott Email: info@lookingglassbc.com Phone: 604-314-0548	All types	lookingglassbc.com/hand-in-hand
BC	The Kelty Mental Health Resource Centre	BC Children's Hospital Room P3-302 – 4555 Heather St, Vancouver, BC	Phone, e-mail, and drop in	All ages	Kelty Centre Email: keltycentre@cw.bc.ca Toll free at 1-800-665-1822	All types	keltyeatingdisorders.ca
BC	St. Paul's Hospital Eating Disorders Program	1081 Burrard St, Vancouver, BC	Family and Friends Eating Disorders Education Sessions	Family and friends of all ages	Susan Szabo Email: szabo@providencehealth.bc.ca	All types	
BC	Foundry	Various locations	Access to someone to talk to, care providers for any health need, and friendly experts to help navigate health and social services, resources, and programs.	Age 12-24	Email: info@foundrybc.ca	Disordered Eating	foundrybc.ca
BC	Diak-a-Dietitian	Telephone	Phone and email	All ages	Phone: 8-1-1	All types	healthinkbc.ca
BC	Overeaters Anonymous	Various locations	12 Step Group	Age 19+	Phone: 604-878-4575	Binge ED	oa.org
Vancouver Coastal	Outpatient Nutrition Programs	Various locations	Individual nutritional counseling (general)	All ages		All types	vch.ca/your-health/health-topics/nutrition
Vancouver Coastal	Vancouver Coastal Health Eating Disorder Program	2750 East Hastings St Burnaby, BC	Family and friends support group	Family and friends of all ages	Sheila Paoli Email: sheila.paoli@vch.ca Phone: 604-675-2531	All types	
Vancouver Coastal	Squamish Sea to Sky Disordered Eating Program	Squamish, BC	Individual and group	Individuals, Families, and friends of all ages	Email: seatoskydeg@gmail.com	All types	
Vancouver Coastal	Anorexic and Bulimics Anonymous	Avalon Women's Centre North Vancouver and Vancouver	Group	Age 19+	Michelle Swan Email: vancouver@avaloncentres.org Vancouver- 604-263-7177 North Vancouver- 604-913-0477	Anorexia, Bulimia, and other	avaloncentres.org
Vancouver Coastal	Karla Scott Counseling	#235-970 Burrard Street, Vancouver, BC	Group	All ages	Karla Scott Email: karla@kaelascottcounseling.com Phone: 604-602-1300	Anorexia, Bulimia, and other	kaelascottcounseling.com
Vancouver Coastal	Vancouver Eating Disorders Clinic	1628 Granville Street, Vancouver, BC	Males eating disorders support group	Males of all ages	Paul Gallant Phone: 604-999-9164	All types	http://bit.ly/1G7pPCI
Vancouver Coastal	Craving Change Nutrition Group	Vancouver General Hospital 2733 Heather Street, Vancouver, BC	Nutrition Group	All ages	Jennifer Noble jennifer.noble@vch.ca 604-875-4111	Binge ED	
Vancouver Coastal	Your Recovery Journey	Vancouver General Hospital 2733 Heather Street, Vancouver, BC	5 week general mental health support group	Ages 18+	Phone: 604 708 5274	All types	
Vancouver Coastal	Body Sense	West Vancouver Community Centre Room 241 – 2121 Marine Drive, West Vancouver	Nutrition Group	All ages	Sharon O'Brien Email: sharon.o'brien@vch.ca Phone: 604-984-5752	Binge ED	
Vancouver Coastal	Craving Change Nutrition Group	3960 Chatham St., Richmond BC	Nutrition Group	All ages	Katie Hutson Email: katiehustond@gmail.com Phone: 778-846-3667	Binge ED	katiehustond.com/craving-control-workshops
Vancouver Coastal	Food Addicts	Mount Pleasant Community Centre, 1 Kingsway Vancouver, BC	Support group	All ages		Binge ED	foodaddicts.org

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Vancouver Coastal	Kaela Scott Counseling	#235-970 Burrard Street, Vancouver, BC	8 week emotional eating support group	All ages	Kaela Scott Email: kaela@kaelascottcounseling.com Phone: 604-602-1300	Binge ED	kaelascottcounseling.com
Fraser	Outpatient Nutrition Programs	Various locations	Individual nutritional counseling (general)	All ages		All types	fraserhealth.ca/find-us/services/our-services?program_id=10018
Fraser	Liberated from Within	51 B, Fawcett Road, Coquitlam, BC	Support group	All ages	Janna Morrison Email: liberatedfromwithin@gmail.com Phone: 604-551-3151	All types	
Fraser	BalancED	Langley, BC	10 week support group	Women aged 19+	Charmain Hutchinson Email: charmainesgroup@live.com	All types	
Fraser	Abbotsford Child and Youth Mental Health	2nd Fl - 2828 Cruickshank St., Abbotsford, BC	Support group	Family and friends of all ages	Rachel Johnston Phone: 1-604-870-5880	All types	
Vancouver Island	Outpatient Nutrition Programs	Various locations	Individual nutritional counseling (general)	All ages		All types	viha.ca/phc_cdm/phc_cdm_prog/nutrition_services/Outpatient+Nutrition+Services.htm
Vancouver Island	Eating Disorders Anonymous	1852 Ladimer Road Nanaimo, BC	Support group	All ages	Angela Phone: 250-668-8784	All types	
Vancouver Island	Psycho-ED Group	Royal Jubilee Hospital 2955 Jutland Rd, Victoria, BC	Support group	Family and friends of all ages	Marnie Phone: 250-387-0000	All types	
Vancouver Island	Victoria Peer Meal Support Group	Royal Jubilee Hospital 2955 Jutland Rd, Victoria, BC	Meal peer support group	Ages 19+	Sally Chaster Email: victoria.meal.support.process.group@gmail.com	All types	
Vancouver Island	Eating Disorders Anonymous	Alano Club 107 Evans St, Duncan, BC	Online, telephone, and in-person support	All ages	louise Phone: 250-732-5356 Email: edanonymouisduncan@gmail.com	All types	www.eatingdisordersanonymous.org
Vancouver Island	Eating Disorders Anonymous	Christ Community Church 2221 Bowen Road, Nanaimo, BC	Online, telephone, and in-person support	All ages	Email: andyburns44@gmail.com	All types	www.eatingdisordersanonymous.org
Vancouver Island	Eating Disorders Anonymous	Cumberland, BC	Online, telephone, and in-person support	All ages	Email: cumberlandeda@gmail.com	All types	www.eatingdisordersanonymous.org
Vancouver Island	Eating Disorders Anonymous	Esquimalt Recreation Centre, Viewfield Room 527 Fraser St, Victoria, BC	Online, telephone, and in-person support	All ages	Email: edanonymousvictoria@gmail.com	All types	www.eatingdisordersanonymous.org
Vancouver Island	Victoria Peer Support Group	Royal Jubilee Hospital 2955 Jutland Rd, Victoria, BC	Peer support group	Age 19+	Email: victoriaeatingdisorderpeerhelp@gmail.com	All types	www.vancouverislandvoicesforeatingdisorders.com
Vancouver Island	Craving Change Nutrition Group	Comox Valley Nursing Centre 515 -10th Street Courtenay, BC	Nutrition Support Group	All ages	Linda Hammel Email: Linda.Hammel@viha.ca Phone: (250) 331-8502	Binge ED	
Vancouver Island	Body Sense	Sooke Integrated Health Authority	Nutrition Support Group	All ages	Phone: 250-519-5295	Binge ED	
Vancouver Island	Body Sense	Cowichan Lake Health Care 58 Cowichan Avenue West Lake Cowichan, BC	Nutrition Support Group	All ages	Anneke Vink Email: anneke.vink@viha.ca Phone: 250-749-6878	Binge ED	
Vancouver Island	Craving Change Nutrition Group	Cowichan Lake Health Care 58 Cowichan Avenue West Lake Cowichan, BC	Nutrition Support Group	All ages	Anneke Vink Email: anneke.vink@viha.ca Phone: 250-749-6878	Binge ED	
Vancouver Island	Connect the Dots Program	Royal Jubilee Hospital 2955 Jutland Rd, Victoria, BC	Support group	All ages	Phone: 250-387-0000	Binge ED	
Vancouver Island	Craving Change Nutrition Group	1105 Pandora Ave, Suite 420 Victoria, BC	Nutrition Support Group	All ages	Email: email@victoriapsychotherapy.com Phone: (250) 588-9500	Binge ED	victoriapsychotherapy.com/craving-change
Vancouver Island	Food Addicts	1952 Bay Street Victoria, BC	Support group	All ages		Binge ED	foodaddicts.org
Interior	Outpatient Nutrition Programs	Various locations	Individual nutritional counseling (general)	All ages		All types	interiorhealth.ca/FindUs/_layouts/FindUs/info.aspx?Type=Service&bc=Kelowna%20General%20Hospital&svc=Nutrition%20%20Dietitian%20Services&plcc=N/A
Interior	Food Addicts	2255 Ethel St. Kelowna, BC	Support group	All ages	Phone: 250-764-6029	Binge ED	foodaddicts.org
Interior	Craving Change Nutrition Group	Orthoquest Pedorthics and Rehabilitation 1015 Richter St., Kelowna, BC	Nutrition Support Group	All ages	Selena De Vries Email: selenadevries@gmail.com Phone: 778-990-6047	Binge ED	healthbean.ca
Interior	CMHA Eating Disorder Support/Education Group	504 Sutherland Ave Kelowna, BC	Support group	19+	Wellness Coach Email: kelowna@cmha.bc.ca Phone: (250) 861-3644	All types	kelowna.cmha.bc.ca/how-we-can-help/wellness-initiatives/wellness-development-centre

Inventory updated January 2017