



Family Health Team

Eating Disorder Support – Private Practice & Community Resources

Canadian Mental Health Association (CMHA) eating disorder program:

Who: Children, youth and adults in Waterloo Region and Wellington County struggling with an eating disorder

How to access: Call and they will complete a referral

Here 24/7 Number: 1-844-437-3247

Current Wait times: 2 years children/adolescents and 9-12 months adults

Private Practice Registered Dietitians:

1. Blueprint Nutrition (multiple RD's on team)

Website: <https://www.blueprintnutrition.ca/contact/>

Email: info@blueprintnutrition.ca

Provides ED support to all ages (exception: ARFID support for those <18yoa only), including athletes. Services are all virtual (option of occasional in-person sessions). Patients must agree to work with an Eating Disorder Trained Therapist and receive regular medical monitoring during nutrition therapy. Offers an ARFID support group for parents starting January 2023.

2. Atheana Brown RD, Certified Intuitive Eating Counsellor

Website: <https://peacefullynourished.ca/>

Email: hello@peacefullynourished.ca

Specializing in managing disordered eating or chronic dieting, body image concerns, eating disorder support and teaching people how to get back to intuitive eating for adults. Also supports families in preventing eating disorders, the how to's of raising competent body positive intuitive eaters, and other pediatric nutrition challenges.

Additional notes: trauma informed provider, HAES aligned, and provides an anti-oppressive practice.

3. Suzanne Dietrich RD, Certified Intuitive Eating Counsellor

Website: <https://www.gutinstincts.ca>

Email: info@gutinstincts.ca

Specializing in adults 23yo+, disordered eating, eating disorders and gut health. Seeing clients in person in Uptown Waterloo and virtually across Ontario.

4. Michelle Gallant RD

Website: <https://deardietitian.ca>

Email: michelle@deardietitian.ca

Currently on maternity leave – returning March 2023. Provides ED support to mostly with adults but also some youth who are working with an FBT therapist.

5. Joy Guthrie, CSEP-CEP, RD

Website: <https://www.joynutrition.health/>

Email: joy@joynutrition.health

Provides ED support for all ages (child/adolescent/adult). Virtual options available (in-person options in Kitchener TBD). Trained in Family-Based Treatment which supports FBT (for children/adolescents) and clients can be in any stage in their recovery. Joy is also completing training to become an Intuitive Eating Counselor to support clients with disordered eating from a non-dieting approach. Slide scale available for payment.

6. Alida Iacobellis RD MHSc + Alana Freitag RD MHSc

Website: <https://alidard.com/>

Email: alida@alidard.com

Phone: 416-948-2108

Alida provides ED support to adults (18+) and athletes with disordered eating and eating disorders. Alana provides ED support for adolescents (14-17) and adults with disordered eating and eating disorders.

7. Sarah Kendell RD

Website: <https://sarahkendellrd.com/>

Email: hello@sarahkendellrd.com

Individual nutrition counselling for eating disorders, binge eating, emotional eating, chronic dieting, intuitive eating. Supporting adults 18+. All sessions are held virtually across ON.

8. Nicky Otto RD

Website: <https://www.ottord.ca/>

Email: nicky@ottord.ca

Provides individual nutritional counselling to adults 18+. Nicky supports clients who struggle anywhere along the continuum of disordered eating (restrictive eating, binge eating, emotional eating, chronic dieting, and other eating difficulties). She takes a non-diet, weight neutral, intuitive eating and HAES aligned approach to helping clients find food freedom and become competent eaters.

Private Practice Therapists:

1. Natalie Carson, MSW, RSW

Website: <https://www.njctherapy.com/>

Email: natalie@njctherapy.com

Provides counselling services with an extensive experience treating adolescent eating disorders having previously worked for 15 years at McMaster Children's Hospital in their ED program. Has seen a few young adults that still have parental involvement but expertise is with adolescents. Appointments are held in the evenings, both virtual and in person options available (office space Monday evenings in Burlington). Works with a mental health nurse and child life specialist as Natalie has been busy.

2. Sue Graham MSW., RSW
Website: <https://www.thewellnesscollaborative.com/sue-graham/>
Email: suegraham@thewellnesscollaborative.com
Virtual and in person sessions (Guelph). Day and evening appointments. \$150/hour (if an individual does not have coverage, can discuss sliding scale). Also works for a few EAP companies which clients may access care through as well.
3. Jenn Lambert, MSW, RSW
Website: <https://www.jennlambertcounselling.com/>
Email: jennlambertcounselling@gmail.com
Provides counselling services with a specialization in eating disorders, disordered eating and body acceptance. Her therapeutic approach is grounded in the principles of compassion, authenticity, acceptance and self-determination. Services are provided virtually and are available to adults (18 years +) who reside in the province of Ontario based on a fee for service payment schedule (prices listed on website).
4. Shelley Restall MSC, RSW
Website: <https://shelleyrestallcounselling.com/>
Email: srestalltherapy@gmail.com
Phone: 226-444-9985
Offers support to all types of EDs including ARFID/neurodiverse affirming ED treatment for ADHD and autistic folks, all ages including doing FBT for families of youth and transitional age youth. Currently provides virtual services and limited in-person sessions (Kitchener).
5. Ashley Skinner MSW, RSW
Website: <http://www.ashleyskinnertherapy.com/>
Email: ashleyskinnertherapy@gmail.com
Specializes in Eating Disorders (children, adolescents, adults). Also specializes in trauma, loss by suicide, emotion-focused therapy and Emotion-Focused Family Therapy (EFFT). Currently working virtually via Zoom platform.
6. Laura Spaetzel, BA, MSW, RSW
Website: <https://www.butlerprivatepractice.com/about-us>
Email: lspaetzelcounselling@gmail.com
Specializes in all eating disorders. Patients aged 12-18 are treated with Family Based Treatment (FBT) and adults with Cognitive Behaviour Therapy- Enhanced (CBTE). Patients must be agreeable to be medically monitored by their Most Responsible Person (MRP) and be medically stable to be in outpatient treatment. Sessions are booked directly through the website and are virtual.
7. The Emotion Centre Inc.
Website: <https://theemotioncentre.com/>
A team of therapist that are ED informed and offer virtual services for ease of connecting with clients. Adolescents to adults served.
8. Waterloo-Wellington Eating Disorders Coalition has a listing of therapist in private practice.
Website: <http://www.eatingdisorderscoalition.ca/therapists>

Community Resources:

Body Brave – *Treatment options available to those 17+ (individual and group). Diagnosis not required, no fee for service. Currently all services being provided virtually.*

Website: <https://www.bodybrave.ca>

Sheena's Place – *Virtual group support for those 17+. Diagnosis and referral not required, no fee for service.*

Website: <https://sheenasplace.org>

Looking Glass BC – *Virtual peer support options for individuals living with eating disorders or disordered eating.*

Website: <https://www.lookingglassbc.com/programs/>

Body Peace Canada – *Free online resources for Canadians 14+. Through peer mentorship conversations, self-paced learning materials, individual mentoring individuals living with an eating disorder or concerned with their relationship with food can find support.*

Website: <https://www.bodypeacecanada.ca/>

BC Kelty Mental Health: Eating Disorders – *Supportive eating disorder information and YouTube Meal Support Videos for family reference.*

Website: <https://keltyeatingdisorders.ca/>

Eating Disorder Support Network of Alberta – *Lower Cost Group Workshop support for folks living with eating disorders/disordered eating offered virtually, fee for service.*

Website: <https://edsna.ca/find-support/>

Hopewell Eating Disorder Support Program – *Lower Cost Group Program support for folks living with eating disorders/disordered eating offered virtually, fee for service.*

Website: <https://hopewell.ca/programs-offered>

The Balanced Practice - *A virtual practice providing individual counselling by Registered Dietitians and therapists, and group programming to all ages through a weight neutral lens.*

Website: <https://thebalancedpractice.com/>

Email: info@thebalancedpractice.com

National Eating Disorder Information Centre (NEDIC)- *An online platform providing information, resources, referrals and support to anyone in Canada affected by an eating disorder.*

Website: <https://nedic.ca/>

Change Creates Change – *Individual and Family support- nutrition, therapy, meal support. Fee for service.*

Website: <https://changecreateschange.com/>

Nourish Your True Self – *Nutrition and Social Work Counselling- all programs are by self-referral. Fee for Service.*

Website: <https://nourishyourtrueself.ca>