**Eating Disorder Resources**

**Private Clinicians:**

Natasha Griffths, MSW, RSW Family Therapist

Contact at: [Natasha Griffiths | Grey Willow Clinic](https://www.greywillow.ca/natasha-griffiths)

Grey Willow Clinic

202 - 1555 St. James Street

Winnipeg, MB R3H 1B5

Phone: (204) 783-3533

Fax: (204) 783-3544

Email: info@greywillow.ca

Shauna Campbell, RD

Contact at: [SHAUNA CAMPBELL RD](https://campbellrd.ca/)

**Books:**

Help for Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatments

*Katzman, D., & Pinhas, L. (2005, January 1). Help for Eating Disorders. R.Rose.*

Anorexia and Other Eating Disorders: How to help your child eat well and be well

*Musby, E. (2014, November 5). Anorexia and Other Eating Disorders.*

First Edition: Help Your Teenager Beat an Eating Disorder

*Lock, J., & Grange, D. L. (2004, October 29). Help Your Teenager Beat an Eating Disorder, First Edition. Guilford Press.*

Life Without Ed

*Schaefer, J. (2014, January 31). Life Without Ed. McGraw Hill Professional.*

**Websites:**

Eating Disorders Manitoba Treatment Services: https://www.eatingdisordersmanitoba.ca

Association for Size Diversity and Health: https://asdah.org/

Be Nourished: https://benourished.org/blog/

The Body Image Therapist: https://www.bodyimage-therapist.com/blog

FEAST - Support and Resources for Families Affected by Eating Disorders: https://www.feast-ed.org/

**Online Support:**

ANAD Eating Disorder Support Groups: https://anad.org/get-help/about-our-support-groups

Body Brave - Recovery for Every Body: https://bodybrave.ca/

Center for Discovery Free Support Groups: https://centerfordiscovery.com/groups/

Eating Disorder Foundation - Virtual Family & Friends Support Groups:

https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/ Eating Disorder

The Looking Glass Foundation - Online Peer Support: <https://www.lookingglassbc.com/online-peer-support>

Liberating Jasper Virtual Eating Disorder Support Groups:https://www.liberatingjasper.com/offerings

Eating Disorders Resources:

[Eating Disorders Resources | Women's Health Clinic (womenshealthclinic.org)](https://womenshealthclinic.org/what-we-do/pedprp/online-resources/)

Morningside Chats in the Living Room: https://www.chatsinthelivingroom.com/

National Eating Disorder Information Centre Helpline: NEDIC | home

**Classroom Resources:**

View or download the Manitoba Government resource: How to Encourage Healthy Body Image at School

View or download our list of: Resources to Support Healthy Body Image Learning in the Classroom

Visit [www.eatingdisordersmanitoba.wordpress.com](http://www.eatingdisordersmanitoba.wordpress.com) to learn more about eating disorder information, treatments, and support available in Manitoba.

Click to see Manitoba Government resources

 A telephone helpline provides information on treatment and support related to eating disorders across Canada from 9 am – 9 pm EST Monday through Friday.

Call toll-free: 1-866-633-4220 or email: nedic@uhn.ca for more information.