

Canadian map of prevention resources and coalitions

The following is a list of Eating Disorder, Disordered Eating Prevention and Body Image resources (green dots) and community-based coalitions or organizations (blue dots). The map is a working list of these services available across Canada. We recognize that the current map is incomplete and would welcome any recommendations for additions. The map was part of a presentation delivered during the May 21, 2008 CHSRG symposium entitled *Improving the prevention of eating-related disorders: Collaborative research, advocacy and policy change* (Speaker: Gail McVey). The list of resources is intended to capture the various community-based activities and availability of resources across Canada related to *body image and the prevention of disordered eating*. We welcome ongoing feedback to keep the map current. To suggest a resource please contact Sarah Collier at sarah.collier@sickkids.ca.

To use the map click on a province or territory to view the resources, community-based coalitions, or programs available in that area. For more information on your selection click the blue or green star in the corner of the selected box. Once you have finished reviewing the information click on the blue star at the bottom of the resource page to return to the province. To return to the map of Canada click on the green star in the corner. If at any time you need to review these instructions, click the red question mark in the left hand corner of the page.

To view the map, [click here](#)

Canadian map of Prevention Resources and Coalitions



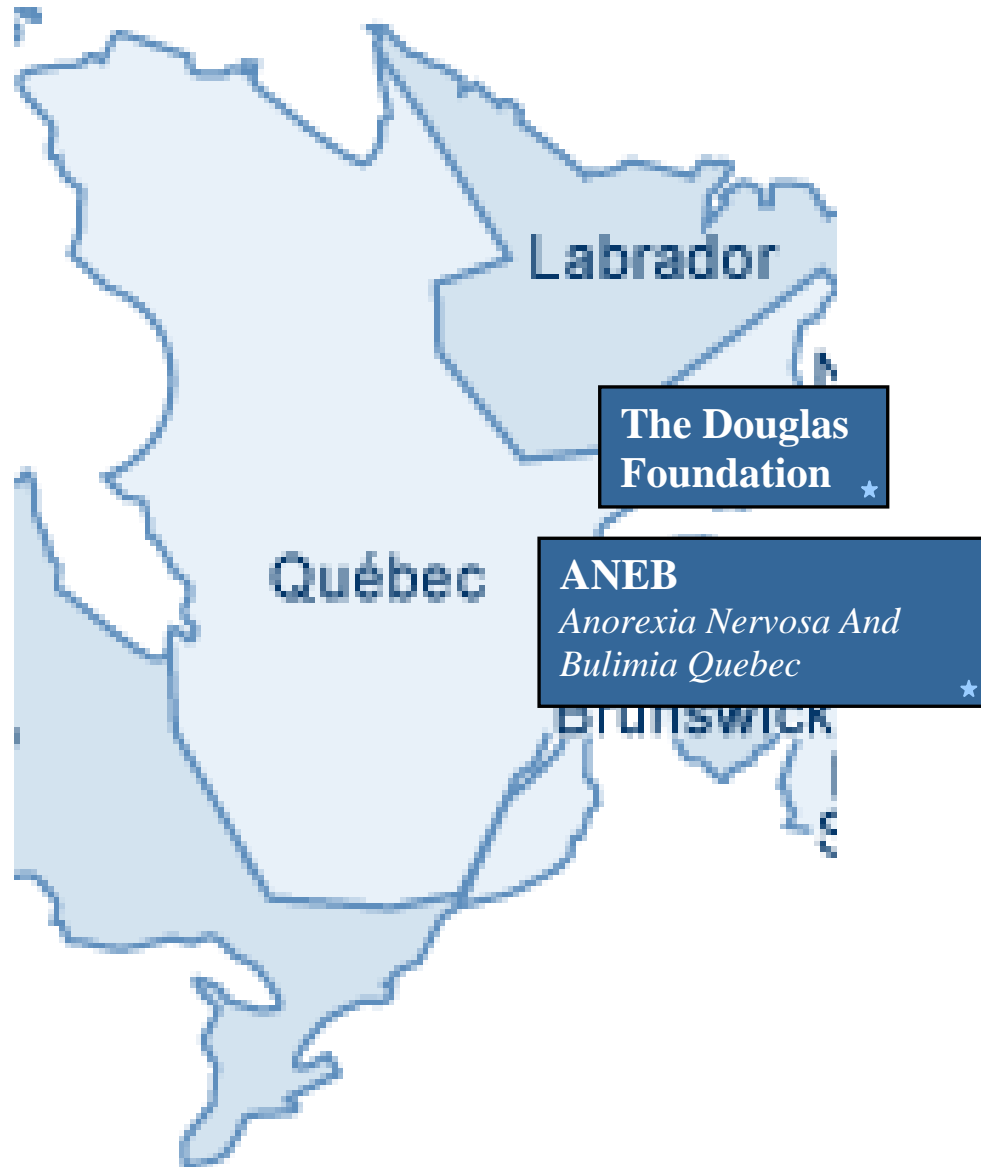
** We currently have no programs or resources listed for Saskatchewan, Labrador, Newfoundland, P.E.I., New Brunswick, or the Territories*





Eating Disorder Action Group 







** We currently have no programs listed for Saskatchewan*



Reflections of Me: The ETFO Body Image Project
Elementary Teachers' Federation of Ontario ★

“Who Are You?”
Toronto Public Health ★

Healthy Minds Healthy Bodies
Nancy Hall ★

Teacher's Resource Kit: A Teacher's Lesson Plan Kit for the Prevention of Eating Disorders
Dr. Carla Rice ★

The Student Body
McVey et al ★

The Perfect Fit: A Healthy Lifestyle Resource for Teenagers
National Resource Centre, YWCA of Canada ★

A Preventive Curriculum for Anorexia Nervosa and Bulimia
Carney B ★

Danielle's Place ★

Hope's Garden
Eating Disorder Support & Resource Centre ★

NEDIC
National Eating Disorders Information Centre ★

NNFED
Niagara Network for Freedom from Eating Disorders ★

BANA
Bulimia Anorexia Nervosa Association ★

Body Image Coalition of Peel ★

EDAC
Eating Disorder Awareness Coalition of Waterloo Region ★

ANAB
Anorexia Nervosa And Bulimia ★

BodySense Basics: Promoting Positive Body Image and Preventing Disordered Eating in Sport ★

Hopewell Eating Disorders Centre of Ottawa ★

EDOYR
Eating Disorders of York Region ★

OCOPEd
Ontario Community Outreach Program for Eating Disorders ★

York Region Eating Disorders Community Coalition ★

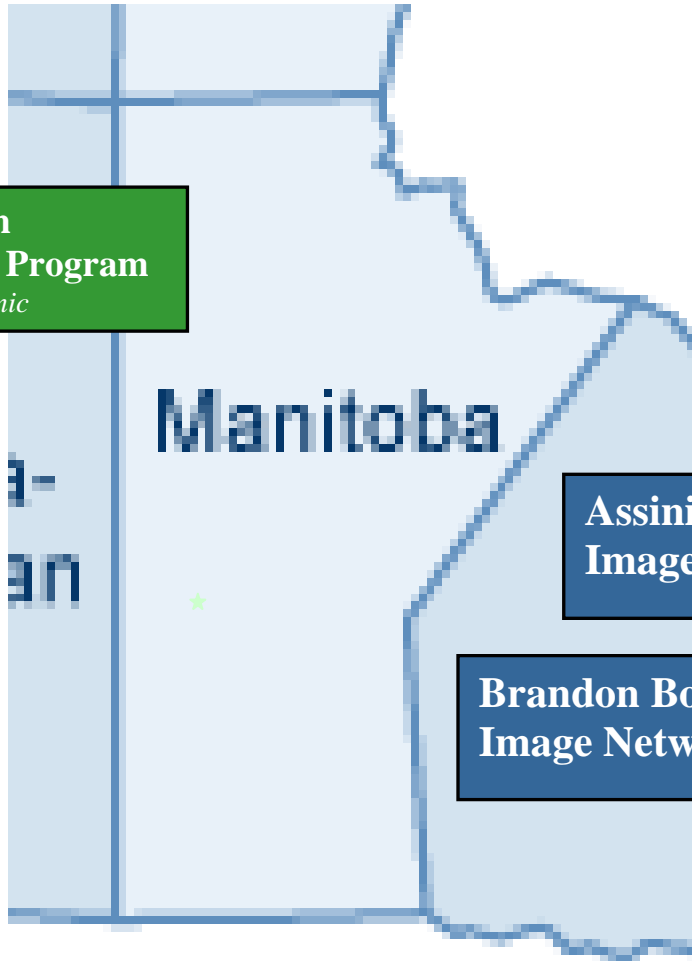
EDAC
Eating Disorder Association of Canada ★

Wellington-Dufferin-Guelph Eating Disorders Coalition ★

Body Image Network of Halton ★



**Weight Pre-Occupation
Community Education Program**
Manitoba Women's Health Clinic



**Assiniboine Body
Image Network** ★

**Brandon Body
Image Network** ★





The Eating Disorder
Education Organization ★

Calgary Eating Disorder
Program ★

BODY IMAGE WORKS INC.

*Dr. Shelly Russell-Mayhew and Sabine
Ryder* ★

Alberta Active Living ★





Jessie's Hope Society ★

PAWED
Canadians for the prevention
of disordered eating society ★

**Brandon Body
Image Network** ★

**Family Services of the
North Shore** ★

**Eating Disorder Resource
Centre of British Columbia** ★

Nurturing Girl Power
Sandra Friedman ★

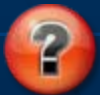
Just For Girls
Sandra Friedman ★

Just for Boys
Sandra Friedman ★



Hopewell Eating Disorders Centre of Ottawa

www.hopewell.on.ca



*Hope's Garden, Eating Disorder Support &
Resource Centre*

<http://www.hopesgarden.org>



Eating Disorders of York Region (EDOYR)

www.edoyr.com



Niagara Network for Freedom from Eating Disorders (NNFED)

www.surf.to/nnfed



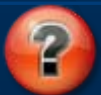
Body Image Coalition of Peel

www.bodyimagecoalition.org



Danielle's Place - Toronto

www.daniellesplace.org



*Eating Disorder Awareness Coalition of
Waterloo Region (EDAC)*

<http://www.edacwr.com/>



Ontario Community Outreach Program for Eating Disorders

<http://www.ocoped.ca/>



Bulimia Anorexia Nervosa Association
(BANA) - Windsor

www.bana.ca



Anorexia Nervosa And Bulimia (ANAB) - Kingston

www.phe.queensu.ca/anab/



National Eating Disorder Information Centre (NEDIC)

www.nedic.ca



Family Services of the North Shore

www.familyservices.bc.ca



*Eating Disorder Resource Centre of
British Columbia*

<http://www.disorderedeating.ca>



*PAWED: Canadians for the prevention
of disordered eating society*

<http://www.pawed.org>



Jessie's Hope Society

- Formerly Awareness and Networking around Disordered Eating (ANAD)

www.jessieshope.org



Eating Disorder Action Group – Halifax

<http://edag.ca>



Calgary Eating Disorder Program – Calgary

www.crha-health.ab.ca/eatingdis/



Eating Disorder Education Organization– Alberta

www.edeo.org



The Student Body

- The Student Body is a teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it.

www.aboutkidshealth.ca/thestudentbody



Just For Girls

- A program to help girls safely navigate the rocky road through adolescence and avoid pitfalls such as eating disorders and preoccupation with food and weight

Author: Sandra Friedman (1999).
Vancouver: Salal Books.



Nurturing Girl Power

- Integrating eating disorder prevention/intervention skills into your practice

Author: Sandra Friedman (2000).
Vancouver: Salal Books.



Healthy Minds Healthy Bodies

- A program designed to build resiliency and help children and youth become aware of the external factors that influence their choices around body image. Our Children's Provincial Prevention Training program is aimed at educating the adults in our school system and our communities to understand the importance of understanding the basic principles and applying them in their own life and to the lives of their students and children. The health of the helper is a determining factor on how effective a prevention program can be. It is through role modeling that most human learning occurs. To recognize students' well-being and our own means a shift on how we offer our services. This would include a shift from trying to "fix" people to building on individuals' natural health. Preliminary evaluation completed by Dr. Nancy Hall

<http://www.jessieshope.org/92.html>



BODY IMAGE WORKS INC.

- Dedicated to the development, evaluation and dissemination of resources that encourage children, youth, and the adults in their lives to formulate healthy attitudes and behaviors about body image and self-acceptance. Grounded in a health promotion framework, our resources are designed to provide practical and accessible ways that people can actively engage in behaviors that support their physical and mental health.

www.bodyimageworks.com/index.htm



Teacher's Resource Kit: A Teacher's Lesson Plan Kit for the Prevention of Eating Disorders

Rice C (1989)

National Eating Disorder Information Centre
200 Elizabeth Street, CW 1-380
Toronto, ON M5G 2C4
(416) 340-4156



A Preventive Curriculum for Anorexia Nervosa and Bulimia

Carney B (1986)

Bulimia Anorexia Nervosa Association
c/o University of Windsor
Faculty of Human Kinetics
401 Sunset Avenue
Windsor, ON N9B 3P4
(519) 253-4232 Ext: 3063 or 2429



The Perfect Fit: A Healthy Lifestyle Resource for Teenagers

(1986)

National Resource Centre
YWCA of Canada
80 Gerrard Street East
Toronto, ON M5G 1G6
(416) 593-9886



Reflections of me

EFTO

- More recent research has confirmed those initial concerns, showing that girls indicate body dissatisfaction at many different stages of their lives. As well, OISE/UT professor Dr. Lorayne Dunlop-Robertson worked with EFTO to conduct feedback interviews at the schools where the project was tested. She conducted further research to respond to the interview findings, which confirmed what was known about girls and revealed that body image is a significant issue for boys also. Dissatisfaction with their bodies appears to be connected to boys' ideas about masculinity and sports, and that boys feel pressure to be thin, muscular, and tall.
- Reflections of Me: The EFTO Body Image Project kit includes a video, curriculum for each grade level, and a brochure for parents.



"BodySense: A Positive Body Image Initiative for Athletes"*

- an exciting, innovative and novel approach to building healthy sport environments. This provincially funded outreach initiative is dedicated to fostering positive body image in male and female athletes in order to proactively prevent disordered eating.

www.bodysense.ca



ANEB



The Douglas Foundation



Weight Pre-Occupation Community Education Program



Wellington-Dufferin-Guelph Eating Disorders Coalition

- The purpose of this coalition is to increase public and professional awareness of eating disorders and unhealthy body images; provide eating disorder resources to the community; and to provide an opportunity for networking amongst a diverse range of health and mental health professionals, social service providers and others interested in the prevention and treatment of eating disorders.

www.eatingdisorderscoalition.ca



Brandon Body Image Network

- The Brandon Body Image Network is a not-for-profit organization formed in 1995. Membership includes professionals from a variety of backgrounds, including individuals from Brandon Regional Health Authority, educational institutions and public and private social services systems. The network's mission is to facilitate health promotion, education and prevention programs regarding a spectrum of weight and body image concerns. Roles include:
 - coordination and sharing of resources about body image, weight preoccupation and eating disorders
 - activities promoting healthy body image and increasing awareness about the risk of eating disorders



Assiniboine Body Image Network

The Assiniboine Body Image Network is made up of professionals from a variety of backgrounds. Network activities include:

- coordination and sharing of resources about body image, weight preoccupation and eating disorders
- involvement in the delivery of health promotion, education and prevention programs regarding weight and body image concerns to various audiences in the Assiniboine Regional Health Authority



Body Image Network of Halton

sigmundc@region.halton.on.ca



York Region Eating Disorders Community Coalition

1-800-361-5653



Who are you?

Toronto Public Health



*Eating Disorder Association of Canada
(EDAC)*



Alberta Active Living



Just for Boys

Sandra Friedman

