

# ***Weight Preoccupation, Body Image and Eating Disorder Resources***

- **Women's Health Clinic** **947-1517**  
3<sup>rd</sup> floor – 419 Graham Ave
  - Free and low-cost individual counseling for women
  - Free teen counselor for young women 13-19 years old
  - Free nutrition counseling with our dietitian
  - Provincial Eating Disorder Prevention and Recovery Program
  - Consultations with nurse practitioners and physicians regarding health concerns due to eating disorders
  - Community workshops for grades 1-adult on body image/weight preoccupation and self-esteem
  - Professional education/in-servicing on body image, weight preoccupation and eating disorder prevention
  - Info packages on eating disorders and health at every size mailed out

*Other resources for eating disorder treatment, disordered eating, weight preoccupation and body image concerns:*

- **Eating Disorders Self-Help Program** **953-2358**  
Canadian Mental Health Association  
100-4 Fort St.
  - Support groups for people with eating disorders, family and friends affected by someone with an eating disorder, men with eating disorders, and empowerment workshops on self-esteem.
  - Provide information and education workshops in the community.
- **Fort Garry Women's Resource Centre** **477-1123**  
1150 Waverley St
  - Groups on body image and self-esteem
  - Individual counselling (either one-time or ongoing)
- **Laurel Centre** **783-5460**  
62 Sherbrook St
  - Offers counselling services to clients who have disordered eating and eating disorders in addition to a history of sexual abuse.
- **Men's Resource Centre** **956-9238**  
Elizabeth Hill Counselling Centre  
301-321 McDermot Ave
  - Provides group counselling, drop-in counseling and support groups related to self-esteem, relationships, communication, sexual abuse and self-awareness.
  - Drop in counseling Mon 1 to 4pm and Thurs 1 to 8pm.
- **Mental Health Education Resource Centre (MHERC)** **953-2355**  
100-4 Fort St
  - Has a virtual resource center on the website ([www.mherc.mb.ca](http://www.mherc.mb.ca)) as well as a lending library with resources available at no charge to Manitobans.

- **Post-Secondary Students**

Counselling is free for registered students of the following facilities:

- Red River Counselling Services 632-2121
- University of Manitoba Student Counselling and Career Centre 474-8592
- University of Winnipeg Counselling and Career Services 786-9231

*Eating Disorder Medical Treatment:*

- **Adult Eating Disorder Program** **787-3482**  
PsychHealth Centre,  
Health Sciences Centre, 771 Bannatyne Ave
  - Offers both inpatient and outpatient treatment for adults dealing with anorexia or bulimia. Requires a referral from a doctor.
- **Child and Adolescent Eating Disorders Service** **intake--787-7218**  
Health Sciences Centre, 771 Bannatyne Ave
  - Offers both inpatient and outpatient treatment for youth dealing with anorexia or bulimia.

*Websites*

- **Dads and Daughters** (promoting healthy body image in girls & healthy family relationships)  
<http://thedadman.com/dadsanddaughters>
- **Manitoba Health: Mental Health: Eating Disorders**  
[www.manitoba.ca/healthyliving/eatingdisorders/](http://www.manitoba.ca/healthyliving/eatingdisorders/)
- **National Eating Disorder Information Centre** (Canadian)  
[www.nedic.ca/](http://www.nedic.ca/)
- **The Real Me Experience** (for girls, requires registration, from NEDIC)  
[www.realme.ca](http://www.realme.ca)

*Phone support*

- **Health Links** **(24 hours) 788-8200**
  - Information and referral services on health-related matters, staffed by nurses.
- **Kids Help Phone** **(24 hours) 1-800-668-6868**
  - Canada-wide service providing information and support to youth.
- **Klinic Crisis Line** **(24 hours) 786-8686**
  - Counseling, support and information for people in crisis or distress.
- **Klinic Sexual Assault Crisis Line** **(24 hours) 786-8631**
  - Counseling, information, support and advocacy concerning sexual assault.
- **Rainbow Resource Centre** **(Mon-Fri 7:30 – 10pm) 284-5208**
  - Provides support, referrals and information around sexual orientation, gender identity, homosexuality and bisexuality.