

“The eating disorder program at Women’s Health Clinic has been life-changing for me. It helped to know that change is possible. I couldn’t have done this on my own.”

Provincial Eating Disorder Prevention & Recovery Program

Making peace with food and your body is possible. We can help you start your journey to recovery.

Every donation makes a difference

You can positively impact someone’s life. Each year, we support hundreds of people on their journey to recovery.

Help us continue our work. Please donate today.

Donate online

www.womenshealthclinic.org/donate
or www.canadahelps.org

Donate by phone

Call 204-947-2422 ext. 129

Donate in person or by mail

Women’s Health Clinic
419 Graham Ave., Unit A
Winnipeg, MB R3C 0M3

*Make all cheques payable to:
Women’s Health Clinic*

**Charitable Registration #
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women’s
health clinic



204-947-1517
1-866-947-1517



419 Graham Avenue
Winnipeg, MB R3C 0M3



women’s
health clinic

www.womenshealthclinic.org

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We are an inclusive, feminist community health clinic. We offer client-centred support through services and education.

Do you:

- Spend most of your day thinking about food and your body?
- Avoid meals, restrict certain foods, binge eat, or purge after eating?
- Use exercise as a way of giving yourself permission to eat?
- Feel guilty or out of control when eating?
- Feel that life will only be good if you reach an ideal weight or size?

If you answer yes to any combination of these thoughts and behaviours, you may have an eating disorder. Please talk to your health care provider, your mental health care practitioner, or someone else that you trust.

What if others think you need help, but you don't agree?

If someone you know is concerned about you, they may be seeing behaviours or changes you don't notice. It is important to explore this with a health care professional.

Our services include:

- eating disorder assessment and treatment for adults of all genders experiencing eating disorders, including binge eating disorder
- consultation with and/or referral to other service providers in Manitoba
- support for friends and family
- workshops open to anyone 16+ with concerns about body image, eating, self-esteem, and general wellness

A message for families and friends:

Eating disorders can happen to people of every gender, and at any age. You cannot tell just by looking at someone if they have an eating disorder.

There are some things you can do to help and support someone you are concerned about.

- Learn about eating disorders and treatment options.
- Examine your own thoughts and feelings about food and weight.
- Encourage them to get assessed by a professional with experience in eating disorders. For someone under 18, insist on it.
- Understand they may be undecided about seeking treatment and afraid to change their behaviours.
- Get support for yourself. It is normal to have a range of feelings - like anger, guilt, fear, and frustration - when someone you care about has an eating disorder.

People do recover from eating disorders but recovery takes time.

Recovery from an eating disorder can begin at any age and at any stage. Treatment varies depending on each person's specific needs. Call us and we will help guide you towards the right treatment path.

For more information about eating disorder treatment programs available in Manitoba, visit:

www.eatingdisordersmanitoba.ca

Visit our website for more information:

www.womenshealthclinic.org

204-947-2422 ext. 137

edprogram@womenshealthclinic.org



Contact us