



Recommended Private Clinicians

A Little Nutrition Registered Dietitian Services <https://www.alittlenutrition.com/>

Dr. Adrienne Leslie-Toogood, C. Psych 204-229-4390 | adrienne@drtoogood.com

Jorie Janzen, RD, IOC Dipl Sports Nutr. CSSD. <http://joriejanzen.ca/>

Kimberly Enns, MSW, RSW 204-963-7269 | kdenns@gmail.com

Lucille Meisner, MSW, RSW Manitoba Blue Cross Employee Assistance Program

Raschelle Sabourin, Registered Dietitian sabourin-nutrition.com

Roberta Fast, MMFT 204-330-3921 | fastroberta@gmail.com

Shannon Gander, BPE, CAC, CM 204-794-5874 | shannongander@lifeworkwellness.ca

Teressa Grosko, C. Psych 204-772-1320 | groskoandassociates@gmail.com

Valerie Holms, C. Psych 204-487-7438 | drholms@mts.net

Westwind Counselling & Eating Disorder Recovery Centre 204-728-2499 | info@westwind.mb.ca

Books

Body Image

Beyond Beautiful A. Rees (2019)

Body Image Workbook T. Cash - Second Edition (2008)

Fearing the Black Body: The Racial Origins of Fat Phobia S. Strings (2019)

More than a Body: Your Body is an Instrument Not an Ornament L. & L. Kite (2021)

The Art of Body Acceptance: Strengthen Your Relationship with Yourself Through Therapeutic Creative Exercises A. Bennett (2021)

The Body Is Not an Apology: The Power of Radical Self-Love S. Taylor (2018)

The Body Is Not an Apology Workbook: Tools for Living Radical Self Love S. Taylor (2021)

Eating Disorder Recovery

The 8 Keys to Eating Disorder Recovery: Effective Strategies from Therapeutic Practice and Personal Experience C. Costin & G. Schubert Grabb (2012)

Befriending Your Body Saffi Biasetti, A (2018)

The Body Myth: Adult Women and the Pressure to Be Perfect M. Maine & J. Kelly (2005)

The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders C. Costin (2007)

Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life J. Schaefer (2010)

It's Not About Food: End Your Obsession With Food and Weight C. Emery Normandi & L. Roark (2008)

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too J. Schaefer (2004)

The Overcoming Bulimia Workbook R. McCabe, T. McFarlane & M. Olmstead (2003)

Intuitive Eating

Anti-Diet: Reclaim Your Time, Money, Well-Being & Happiness Through Intuitive Eating

C. Harrison (2019)

Intuitive Eating E. Tribole & E. Resch (2012)

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/>

Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective

<https://fedupcollective.org/>

HAES: A Guide to Binge Eating Recovery

<https://isabelfoxenduke.com/health-at-every-size-haes/>

Nalgona Positivity Pride

<https://www.nalgonapositivitypride.com/>

National Association to Advance Fat Acceptance

<https://naafa.org/>

Third Wheel ED: Two Queer Perspectives on Eating Disorder Recovery

<https://thirdwheeled.com/>

Podcasts

Body Kindness Podcast with Rebecca Scritchfield

<https://www.bodykindnessbook.com/podcast/>

The Body Love Society

<https://thebodylovesociety.com/podcast/>

Food Psych Podcast with Christy Harrison

<https://christyharrison.com/foodpsych>

Rebel Eaters Club Podcast with Virgie Tovar

<https://www.rebeleatersclub.com/episodes>

The Recovery Warrior Podcast

<https://www.recoverywarriors.com/podcast/>

Why Our Struggle with Body Image is Real AF with Dr. Hillary McBride

https://www.rawbeauty.co/body_image_hillary_mcbride/

Online Support

ANAD Eating Disorder Support Groups

<https://anad.org/get-help/about-our-support-groups/>

ANEB Québec Online Support

<https://anebquebec.com/en/services/aide-en-ligne>

Body Brave: Recovery for Every Body

<https://bodybrave.ca/>

Center for Discovery Free Support Groups

<https://centerfordiscovery.com/groups/>

COVID-19 Anti-Oppression Eating Support on Instagram

<https://www.instagram.com/covid19eatingsupport/?hl=en>

The Eating Disorder Foundation Virtual Family & Friends Support Groups

<https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/>

Eating Disorder Support Group for Black Folks

<https://www.thesanctuaryinthecity.org/ed>

Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective Online Support Groups

<https://fedupcollective.org/resources>

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>

Morningside Chats in the Living Room

<https://www.chatsinthelivingroom.com/>

National Eating Disorder Information Centre Helpline

<https://www.nedic.ca>

Sage & Spoon: Eating Disorder Support for BIPOC (18+)

<https://www.nalgonapositivitypride.com/sage-and-spoon>

Phone Support

ANEB Québec toll-free bilingual helpline (call & text): 1-800-630-0907

NEDIC Helpline: 1-866-NEDIC-20 [1-866-633-4220]

Downloads

The Eat With Knowledge Guide to Intuitive Eating

[https://ewkdownloads.s3.us-east-2.amazonaws.com/Intuitive+Eating+\(1\).pdf](https://ewkdownloads.s3.us-east-2.amazonaws.com/Intuitive+Eating+(1).pdf)

**If you are in crisis, please contact the Klinik Crisis Line 204-786-8686
or the Crisis Response Centre at 204-940-1781.**