

Eating Disorder Resources

Calgary Eating Disorder Program

- Multidisciplinary team (dietician, counselling, physician, psychiatrist)
- Need a physician to refer
- Call 403-955-8700 for more information

Calgary Counselling Centre

- Information, education and resources on eating disorders.
- Individual and family therapy
- They have a consulting psychiatrist if needed
- Cost on a sliding scale based on your income

Silver Linings

- Great section on information, education and resources
- Online support groups
- Support groups are not a substitute for therapy

EDSNA.ca (Eating Disorder Support Network of Alberta)

- Guide to resources available in Alberta
- Education on eating disorders: websites, videos, books
- Also have support groups (again not a substitute for therapy)

Calgary Weight Management Clinic

- Assessment and treatment of Eating Disorders.
- Physicians, psychologist, dietician
- Need a referral from a doctor

Dr. Lisa Ma. Binge Eating Disorder

- To contact, go to her website and complete the form