



**Food and Nutrition
Services Directory
for
Northumberland
County
Edition III**



Produced and distributed by the Chronic Disease and Injury Prevention Department of the
Haliburton, Kawartha, Pine Ridge District Health Unit

Food and Nutrition Services Directory for Northumberland County

This directory is a comprehensive list of reliable and credible food and nutrition resources and services for the public. It can also be used to facilitate the referral process for professionals and agencies in Northumberland County. While some of the services listed are located outside of Northumberland County, they can be accessed by Northumberland County residents.

To order a copy of the directory, please contact the Chronic Disease and Injury Prevention Department at (905) 885-9100 or toll-free at 1-866-888-4577. If you find errors or omissions or changes that need to be made, please complete the enclosed form and fax it to (905) 885-9551.



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Haliburton, Kawartha, Pine Ridge District Health Unit

Edition III
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Nutrition Information

General

Dairy Farmers of Ontario

6780 Campobello Road
Mississauga, ON L5N 2L8

Phone: (905) 821-8970 Toll-free: 1-866-392-9929 Fax: (905) 821-3160

Email: questions@milk.org

Website: www.milk.org

Dairy Farmers of Ontario provides a comprehensive set of Nutrition Education Resources including workshops and print materials that have been designed by Nutrition Professionals for teachers, parents, health professionals and consumers.

Dietitians of Canada

480 University Avenue, Suite 604
Toronto, ON M5G 1V2

Phone: (416) 596-0857 Fax: (416) 596-0603

Email: centralinfo@dietitians.ca

Website: www.dietitians.ca

Dietitians of Canada is an association of Registered Dietitians in Canada committed to the health and well-being of Canadians. The interactive website is designed to help Canadians assess their food choices in order to help people achieve their healthy eating goals and to answer nutrition questions. A listing of qualified nutrition professionals is also available. Links to other credible and reliable nutrition resources are provided.

Haliburton, Kawartha, Pine Ridge District Health Unit

Main Office

200 Rose Glen Road

Port Hope, ON L1A 3V6

Phone: (905) 885-9100 Toll-free: 1-866-888-4577 Fax: (905) 885-9551

Email: info@hkpr.on.ca

Website: www.hkpr.on.ca

Registered Dietitians develop nutrition programs and services including education, policy and environmental support in collaboration with health unit staff, and community agencies and groups to assist people in making healthy food choices. Registered Dietitians are available for phone consultations and to provide community presentations and print information. Individual nutrition counselling is NOT available.



Health Canada - Healthy Living - Food and Nutrition

Email: healthy_eating@hc-sc.gc.ca

Website: www.hc-sc.gc.ca/fn-an/index_e.html

Health Canada's website has information about healthy eating and a specific link to "Canada's Food Guide to Healthy Eating". There is information about the Food Guide including Your Healthy Eating Scorecard and a Healthy Eating checklist. Health Canada also has information on nutrition labelling to help people make healthy food choices. Other resources include assessing weight using the Body Mass Index (BMI), advisories and warnings on food and products, food recalls and allergy alerts, folic acid and reducing the risk of neural tube defects, "hamburger disease", trans fat, novel and genetically modified foods and a series of health information fact sheets.

Health for Life

200 Rose Glen Road

Port Hope, ON L1A 3V6

Phone: (905) 885-9100, ext. 264 Toll Free: 1-877-349-9902 Fax: (905) 885-9551

Email: healthforlife@hkpr.on.ca

Website: www.hkpr.on.ca/healthforlife

Health for Life is a coalition of community partners working together to promote programs and activities to reduce the incidence of heart disease, diabetes, cancer and osteoporosis in the residents of Northumberland County, the City of Kawartha Lakes and Haliburton County.

Canadian Council of Food & Nutrition

3800 Steeles Avenue West, Suite 301 A

Woodbridge ON L4L 4G9

Phone: 905-265-9124 Fax: 905-265-9372

Email: info@ccfn.ca

Website: www.ccfm.ca

The Canadian Council of Food & Nutrition (CCFN) was created in 2004 out of a union of the mandates of the National Institute for Nutrition (NIN) and the Canadian Food Information Council (CFIC). CCFN is a multi-sectoral evidence based organization on food nutrition policy and information.

Nutrition Information

Medical Conditions

The Allergy, Asthma and Immunology Society of Ontario

2 Demaris Avenue
Downsview, ON M3N 1M1
Phone: (416) 633-2215 (Allergy Hotline)
Email: inquiry@allergyasthma.on.ca
Website: www.allergyasthma.on.ca

The Allergy, Asthma and Immunology Society of Ontario is an organization of practicing physicians who strive to provide high quality medical services to the public, through consultation by referral from other physicians, as well as through public service education. Responses to allergy-related inquiries, including food allergies, on the hotline are provided along with print information.

The Allergy/Asthma Information Association (AAIA)

National Office

Box 100
Toronto, ON M9W 5K9
Phone: (416) 679-9521 Toll-free: 1-800-611-7011 Fax: (416) 679-9524
Website: www.aaia.ca
Email: national@aaia.ca

AAIA Ontario

P.O. Box 2371
St. Mary's, ON N4X 1A2
Phone: (519) 284-4222 Toll-free: 1-888-250-2298 Fax: (519) 284-0384
Email: ontario@aaia.ca

The AAIA is a non-profit association of allergic and asthmatic individuals, medical professionals and concerned corporate citizens dedicated to helping Canadians understand and cope with allergic and asthmatic disease including food allergies.

Patient information is provided to its 6,000 members across Canada in the form of counselling, seminars and publications. While the Association does not offer diagnoses or cures, it does offer information to help patients cope with their condition and manage their disease.

Anaphylaxis Canada

416 Moore Avenue, Suite 306
Toronto ON M4G 1C9
Phone: 416-785-5666 Fax: 416-785-0458
Website: www.anaphylaxis.org
Email: info@anaphylaxis.ca

Anaphylaxis Canada's mission is to inform, support, educate and advocate for the needs of individuals and families living with anaphylaxis. Anaphylaxis Canada works with the food industry to improve food labels, with school boards, restaurants, the airline industry, government on developing safe policies.

Bulimia and Anorexia Nervosa Association (BANA)

2109 Ottawa Street
Windsor, Ontario N8Y 1R8
Phone: (519) 969-2112 Fax: (519) 969-0227
E-mail: info@bana.ca
Website: www.bana.ca

BANA has a number of programs targeted to adults, families and adolescents. Treatment services are also available. BANA also has a large number of resources available to the public, students and educators.

Canadian Cancer Society
Peterborough and District Unit

727 Lansdowne Street West
Peterborough, ON K9J 1Z2
Phone: (705) 742-3823 Toll-free: 1-800-463-0432 Fax: (705) 742-4027
Email: peterborough@ccsont.org
Website: www.cancer.ca

The Canadian Cancer Society is a national community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. Information regarding the prevention and treatment of cancer is provided upon request.

Canadian Celiac Association
National Office

5170 Dixie Road, Suite 204
Mississauga, ON L4W 1E3
Phone: (905) 507-6208 Toll-free: 1-800-363-7296 Fax: (905) 507-4673
Email: info@celiac.ca
Website: www.celiac.ca

Peterborough & Area Chapter of the Canadian Celiac Association

1234 Milburn Street
Peterborough ON K9H 6P2
Phone: (705) 743-2212, ext. 163
Email: laurie.bovair@sympatico.ca

The Canadian Celiac Association is a national organization dedicated to providing services and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education and research.

Canadian Diabetes Association

National Office

National Life Building
522 University Avenue, Suite 1400
Toronto, ON M5G 2R5

Phone: (416) 363-0177 Toll-free: 1-800-BANTING (226-8464) Fax: (416) 408-7117

Email: info@diabetes.ca

Website: www.diabetes.ca

Lakeshore Branch

c/o 294 Rink Street, Suite 1
Peterborough, ON K9J 2K2

Phone: (905) 377-1092 Fax: (705) 742-1185

Email: diabetes@trytel.net

The Canadian Diabetes Association raises funds for diabetes research, provides educational literature, meetings for people with diabetes, information on the diabetes education program, and builds awareness of the rising incidence of type II diabetes which may be preventable with healthy lifestyles including healthy eating.

Crohn's and Colitis Foundation of Canada

National Office

60 St. Clair Avenue East, Suite 600
Toronto, Ontario, M4T 1N5

Phone: (416) 920-5035 Toll-free: 1-800-387-1479 Fax: (416) 929-0364

Email: ccfc@ccfc.ca

Website: www.ccfc.ca

Northumberland Affiliate

P.O. Box 681

Omeme, ON K0L 2W0

Toll-free: 1-877-338-7426

E-mail: ssollitt@ccfc.ca

The Crohn's and Colitis Foundation of Canada is a non-profit medical research foundation, offering information on inflammatory bowel disease, local chapters, and funding for research. This is a volunteer organization. Written literature is available.

The Heart and Stroke Foundation of Ontario

Peterborough Chapter

60 Hunter Street East, Unit 1, Second Floor
Peterborough, ON K9H 1G5

Phone: (705) 749-1044 or (905) 372-0252 (calls ring through to Peterborough) Fax: (705) 749-1470

Email: hroutly@hsf.on.ca

Website: www.heartandstroke.ca

24-Hour Heart and Stroke Healthline: 1-888-473-4636

The Heart and Stroke Foundation of Ontario provides educational materials re: cardiovascular disease treatment and prevention including healthy eating. The Heart and Stroke Healthline is an information service that provides information on preventing and living with heart disease and stroke. This service operates 24 hours a day.

The Kidney Foundation of Canada

Website: www.kidney.ca

Central Ontario Branch

15 Gervais Drive, Suite 700

Toronto, ON M3C 1Y8

Tel.: (416) 445-0373 Fax: (416) 445-7440

Website: www.kidneycob.on.ca

The Kidney Foundation of Canada works towards finding a cure for kidney disease through fundraising for medical research, patient services, programs and public education. To inform Canadians about kidney disease and related disorders, The Kidney Foundation of Canada publishes a wide range of educational materials including brochures, fact sheets and a comprehensive patient manual. All of these materials are available in English and French, and some are available in other languages as well.

The National Eating Disorder Information Centre

200 Elizabeth Street

College Wing 1-304

Toronto, ON M5G 2C4

Phone: (416) 340-4156 Toll-free: 1-866-633-4220 Fax: (416) 340-4736

Email: nedic@uhn.on.ca

Website: www.nedic.ca

As a form of primary and secondary prevention, NEDIC is mandated by the Mental Health Programs and Services Division of the Ontario Ministry of Health to provide information about issues related to eating disorders, including current information on treatment services available to individuals with eating problems. A primary role of the Centre is to raise general awareness around the issues of eating disorders, food, and weight preoccupation through the provision of public education in all its forms including awareness events, print information, a national listing of treatment services and resources, lectures and workshops, and a newsletter.

Osteoporosis Society of Canada

National Office

33 Laird Drive

Toronto, ON M4G 3S9

Phone: (416) 696-2663 Toll-free: 1-800-463-6842 Fax: (416) 696-2673

Email: osc@osteoporosis.ca

Website: www.osteoporosis.ca

Peterborough Osteoporosis Support Group

69 George Street North

Peterborough, ON K9J 3G2

Telephone: (705) 740-2776 Fax: (705) 740-2107

The *Osteoporosis Society of Canada*, a registered charity, is the only national organization serving people who have, or are at risk for, osteoporosis. The Society works to educate, empower and support individuals and communities in the prevention and treatment of osteoporosis.

The Society provides medically accurate information to patients, health care professionals and the public. Services to individuals with osteoporosis and the public include free publications, a bilingual toll-free information line, educational programs and referrals to self-help groups and community resources.



Nutrition Information

Prenatal and Child

Baby's Own

A support and information group, facilitated by Family Health Nurse from the Health Unit, is offered FREE for moms (and dads) of infants up to one year of age. The six-week sessions are held at the Ontario Early Years Centre and will cover a variety of topics such as infant nutrition, growth and development, adjustment to parenthood, etc.

For more information or to register, call your local OEYC.

Cobourg: (905) 377-1271

Brighton: (613) 475-2234

Campbellford: (705) 632-1144

Toll-free: 1-866-301-6392 (OEYC)

Bright Starts for Babies

The Canada Prenatal Nutrition Program (CPNP) is designed to support pregnant and breastfeeding women who live in at-risk situations. This program offers peer support, prenatal and breastfeeding information, gift certificates for milk, prenatal vitamins and nutrition information. A meal is prepared and shared together at each weekly meeting. Nutrition sessions are provided by a Registered Dietitian from the Health Unit. The group meets in Cobourg only; however, transportation is provided throughout the county.

Contact: Wendy Heins, Coordinator

Phone: (905) 885-8137, ext. 202 (Collect calls are accepted)

Hours & Location:

Every Tuesday 10:30 to 12:30 pm, Fellowship Baptist Church (Cobourg)

Bright Starts for Kids

The Community Action Program for Children (CAPC) provides support to parents of children under age six. This program offers peer support, food, "Milk for Moms" vouchers, and nutrition information. A meal is prepared and shared together at each meeting. Individuals of high socio-economic risk who are parenting children 0 to 6 years of age are eligible by self or other referral. Groups meet in Cobourg, Brighton, and Campbellford. Transportation and childcare are available.

Contact: Lisa Clark or Wendy Heins

Phone: (905) 885-8137, ext. 202 (Collect calls are accepted)

Hours and Locations:

Cobourg – 2nd & 4th Monday mornings, St. Peter's Anglican Church

Brighton – 1st & 3rd Thursday mornings, St. Andrew's Presbyterian Church

Campbellford – 2nd & 4th Friday mornings, St. Andrew's Presbyterian Church

**Haliburton, Kawartha, Pine Ridge District Health Unit
Family Health Department**

Main Office

Haliburton, Kawartha, Pine Ridge District Health Unit
200 Rose Glen Road
Port Hope, ON L1A 3V6

Phone: (905) 885-9100 Toll-free: 1-866-888-4577 Fax: (905) 885-9551

Brighton Office

35 Alice Street
Brighton, ON K0K 1H0

Phone: (613) 475-0933 Fax: (613) 475-1455

Campbellford Office

22 Doxsee Avenue South
Campbellford, ON K0L 1L0

Phone: (705) 653-1550 Fax: (705) 653-3114

Office Hours:

Monday to Friday from 8:30 am - 4:30 pm

Nutrition Consultation

Haliburton, Kawartha, Pine Ridge District Health Unit

The Registered Dietitian in the Family Health Department provides services for parents of infants, toddlers and preschoolers. Workshops and presentations are conducted at a variety of community-based programs. Topics include making baby food, introducing solid food, healthy eating for children aged one to five years and picky eaters.

The Family Health Dietitian in the Port Hope office is also available to provide phone consultation to members of the public.

Breastfeeding Support/Clinic

Haliburton, Kawartha, Pine Ridge District Health Unit

Call the Family Health Nurse Monday to Friday from 8:30 am to 4:30 pm for breastfeeding advice and support. You may also attend our Breastfeeding Clinic Tuesday afternoons and Thursday mornings by appointment ONLY at the Northumberland Hills Hospital.

Healthy Babies, Healthy Children

Haliburton, Kawartha, Pine Ridge District Health Unit

Administered by local Health Units, Healthy Babies, Healthy Children is a province-wide prevention and early intervention system. Health Unit staff provide education and support to pregnant women, new mothers and their children ages 0 to 6 years of age, through personal visits, programs and information. Staff consult with Health Unit Registered Dietitians as needed. Breastfeeding support is available.

Prenatal Classes

Haliburton, Kawartha, Pine Ridge District Health Unit

To learn how to give your baby the best possible start in life, sign up early in your pregnancy for the FREE Prenatal Classes offered by the Health Unit. A weekly two-hour session is facilitated by a Family Health Nurse for four consecutive weeks. Topics include healthy pregnancy, healthy eating, labour and delivery and much more. To register or learn more call your local Health Unit.



Ontario Early Years Centres (OEYC)

The Ontario government created Ontario Early Years Centres to be a place where parents and caregivers can take part with their children in a range of programs and activities, get answers to questions, information about programs and services that are available for young children, and an opportunity to talk to early years professionals, as well as other parents and caregivers in the community.

Northumberland County Lead Agency

The Family YMCA of Cobourg
339 Elgin Street, Cobourg, ON K9A 4X5
Phone: (905) 377-1271, ext. 400 Toll-free: 1-866-301-6392 (OEYC) Fax: (905) 377-8940
General Manager: Linda Hunter
Email: oeyc.mail@ymcanorthumberland.ca
Website: www.ontarioearlyyears.ca

OEYC Satellite Centres

Campbellford OEYC
Rotary Hall, 179 Saskatoon Avenue
Campbellford, ON K0L 1L0
Phone: (705) 632-1144

Port Hope OEYC
Lakeland Place
74 Queen Street
Port Hope, ON L1A 2Y9
Phone: (905) 885-8856 Fax: (905) 885-1419

Brighton OEYC
170 Main Street
P.O. Box 1807
Brighton, ON K0L 1L0
Phone: (613) 475-2234 Fax: (613) 475-0342

Trenton OEYC
50 Elgin Street
Trenton, ON K8V 3X9
Phone: (613) 965-1167

Hastings OEYC
6 Albert Street East
Hastings, ON K0L 1Y0
Phone: (705) 696-3733

Mobile Outreach

Grafton, Harwood, Bewdley, Warkworth, Canton, Colborne, Fenella and Baltimore

La Leche League Canada

La Leche League Leaders operate more than 200 La Leche League Canada Groups in communities across the country. Each group holds monthly meetings where Leaders facilitate informal, guided discussions. During these discussions mothers receive accurate, up-to-date and personalized breastfeeding information and support for their role as a breastfeeding parent. In addition, mothers are able to draw on the experience of other mothers who attend.

LLC Leaders also offer telephone help to nursing and pregnant women who call seeking breastfeeding information. To find the La Leche League Canada Group in your area, visit www.lalecheleaguecanada.ca.

National Office

18C Industrial Drive

P.O. Box 29

Chesterville, ON K0C 1H0

Phone: (613) 448-1842 Toll-free: 1-800-664-4324 Fax: (613) 448-1845

Email: ofm@LLC.ca



Food Access

Personal Services

Community Care - Northumberland County

Administration Office

Box 1087, 174 Oliver Road, Unit 23

Campbellford, ON K0L 1L0

Contact: Trish Baird, Executive Director

Phone: (705) 653-0955 Toll-free: 1-866-514-5774 Fax: (705) 653-0932

Email: admin@commcare.ca

Website: www.commcare.ca

Community Care is a non-profit, volunteer, community-based home support agency which provides services primarily to persons with dependencies related to aging, physical disability and to their caregivers so that the quality of life shall be maintained and enhanced. Satellite offices are located throughout the county (Brighton, Campbellford, Cobourg, Colborne, Hastings, and Port Hope). Food-related programs include Meals on Wheels and Diners Clubs. Specific programs and fees may vary by location.

Meals on Wheels

Hot nutritious meals are prepared and transported to residents of Northumberland County. Hours and fees may vary by location.

Community Care - Northumberland County

Brighton and Area (613) 475-4190

Campbellford and District (705) 653-1411

Cobourg and District (905) 372-7356

Colborne and Area (905) 355-2989

Hastings (705) 696-3891

Port Hope - Diner's Club only (905) 885-9860

Canadian Red Cross - Port Hope (905) 885-9696



Nutrition Counselling

What is a Registered Dietitian?

Registered dietitians are the only health professionals that are uniquely trained to advise on diet, food and nutrition. They can separate fact from fiction and health eating plans from unsafe diets, and translate the complicated science of nutrition into healthy food choices.

A registered dietitian has successfully completed all of the following requirements:

- a Bachelor's degree in food and nutrition from an accredited university program
- an approved internship or a Master's degree
- a standardized examination set by the College of Dietitians of Ontario
- registration with the College of Dietitians of Ontario.

These standards guarantee that registered dietitians have completed the most reliable and comprehensive nutrition training available.

What is the College of Dietitians of Ontario?

The College of Dietitians of Ontario does not provide education for dietitians but rather regulates the dietetics profession by:

- setting the standards necessary to qualify as a registered dietitian
- issuing registration certificates to qualified applicants only
- setting high standards for conduct and practice
- developing programs that guarantee the ongoing competence of dietitians throughout their careers
- investigating complaints about dietitians
- imposing sanctions on incompetent or unprofessional dietitians.

By law, only individuals who are registered with the College of Dietitians of Ontario can practice in this province using the titles “dietitian”, “registered dietitian”, and the abbreviation “RD”. When you see these titles or letters, you can be sure you're dealing with a qualified professional. While other people may call themselves nutrition consultants or counsellors, etc., they do not have the comprehensive training that RDs have, and they are not regulated. Therefore, the information they provide may be inaccurate and possibly harmful. If you are ever in doubt about a person's credentials, contact the College of Dietitians of Ontario at 1-800-668-4990.

Nutrition Counselling

General

Alderville First Nations Health Services

Box 46
Roseneath, ON K0K 2X0
Phone: (905) 352-2140

Individual outpatient counselling is provided on a monthly basis to status band members of Alderville First Nation or a family member living on the reserve. Also provided are a monthly Good Food Box for pregnant or breastfeeding women, healthy eating recipes and information in each monthly community newsletter, healthy eating and physical activity information to daycare children yearly, and a food bank for social services' recipients. Diabetes and cancer support groups are available to band members and their families.

Campbellford Memorial Hospital Nutrition Clinic

146 Oliver Road
Campbellford, ON K0L 1L0
Contact: Hospital booking clerk at (705) 653-1140, ext. 2146

Individual inpatient counselling is provided during hospital stays. Individual outpatient counselling on a variety of nutrition topics including weight loss on a fee for service basis. Fees are \$40 for initial consult and follow-up appointments are \$7 each. Patients can self-refer.

Haliburton, Northumberland and Victoria Community Care Access Centre

151A Rose Glen Road
Port Hope, ON L1A 3V6
Phone: (905) 885-6600

119 Isabella Street, Ground Floor
Campbellford, ON K0L 1L0
Phone: (705) 653-1005

Individual nutrition counselling for housebound clients. Referrals can be made to Central Intake at 1-877-468-5544 or by calling the local office for existing clients. Eligibility is determined by the Case Manager.

Northumberland Hills Hospital

1000 DePalma Drive
Cobourg, ON K9A 5W6
Contact: Registered Dietitian at (905) 372-6811

Individual inpatient counselling is provided during hospital stays. Individual outpatient nutrition counselling is provided for diabetics.

Nutrition Counselling

Diabetes Education Programs

Campbellford Memorial Hospital Nutrition Clinic

146 Oliver Road

Campbellford, ON K0L 1L0

Contact: Wendy Ellis, Diabetes Educator

Phone: (705) 653-1140 ext. 2220

Individual and group counselling: Pre-assessment visit, the diabetes education group program (four mornings), snack each morning, handouts and pamphlets, four individual follow-up sessions, access to support group meeting. Fees are \$40 per client or \$60 per client and support person. Clients may refer themselves. Other programs may be available.

Northumberland Hills Hospital

1000 DePalma Drive

Cobourg, ON K9A 5W6

Contact: (905) 372-6811

Individual and group counselling available on a regular basis at both Cobourg and Port Hope. Presentations on diabetes to community groups upon request. Clients may refer themselves.

Quinte Health Care, North Hastings, Bancroft

Contact: (613) 332-2825 - leave a message on diabetes clinic voice mail.

Referrals may be faxed to (613) 332-3847.

Clinics are held three days per month. Clients are given information on diabetes, blood values, medications, long term complications, nutrition, meal planning, etc. Clients may refer themselves.

Nutrition Counselling

Eating Disorders Programs

Family and Youth Clinic

(Child/Youth)

Peterborough Regional Health Centre

1 Hospital Drive

Peterborough, ON

Phone: (705) 876-5014 or (705) 743-4132 Toll-free: 1-800-419-3111 Fax: (705) 743-6577

Website: www.prhc.on.ca/womenshealth/services/eating.asp

Treatment, assessment and consultation for youth up to 19 years of age. Both individual and family therapy may be provided. Self referrals as well as those from family and health professionals are welcome.

Hospital for Sick Children

555 University Avenue

Toronto, ON M5G 1X8

Intake Coordinator: Heather Graham Phone: (416) 813-7195

Website: www.sickkids.on.ca

An eating disorder clinic providing both inpatient and outpatient treatment for children and adolescents suffering from eating disorders. The treatment is provided by a multidisciplinary health team and a mental health team. A physician's referral is necessary.

Kinark Child and Family Services

20 Strathy Road, Unit 3

Cobourg, ON K9A 5J7

Phone: (905) 372-4361 Toll-free: 1-800-230-8531

Kinark works with children up to 18 years of age and their families on social and emotional behaviours. Consultation is provided for eating disorders and weight preoccupation. One social worker operates an adolescent clinic in each of the high schools in Northumberland County once a week. Initial consult can occur within two weeks. From initial consult to active counselling, it can take up to three months unless adolescents access clinics at the high schools. CAS, teachers and health professionals can refer adolescents. Over 16 years of age must self-refer, 12 to 15 years of age can self-refer without parental knowledge, less than 12 years of age needs parental permission.

Lakeridge Health Oshawa - Mental Health Eating Disorder Program

850 King Street West

Oshawa, ON L1J 2L5

Adult referrals: (905) 576-8711, ext. 3425

Child/Youth referrals (11 to 18 years of age): (905) 576-8711, ext. 4365

Outpatient/treatment program where a multidisciplinary team (psychologist, social worker, registered dietitian) do an assessment and recommend treatment options. Referral from a family physician is required. For more information about the program, call (905) 576-8711, ext. 4622.

Ontario Community Outreach Program for Eating Disorders

Dr. Gail McVey

Phone: (416) 340-4051 Toll-free: 1-800-463-1856 Fax: (416) 340-4144

E-mail: gail.mcvey@sickkids.ca

Free training to practitioners and educators in Ontario.

Sheena's Place

87 Spadina Road

(two blocks north of Bloor, east side of Spadina)

Toronto, ON M5R 2T1

Phone: (416) 927-8900 Fax: (416) 927-8844

Website: www.sheenasplace.org

Sheena's Place offers support, counselling, prevention and outreach for people who suffer from anorexia and bulimia and related eating issues. Free registration is available for support groups, skill building groups and expressive art groups. Must register by fax, mail or in person. No registration is required for drop-in visits whereby individuals can meet other people in a relaxed and supportive environment. There is also a reading and lending library. Clients can self-refer.

National Eating Disorder Information Centre (NEDIC)

ES7421, 200 Elizabeth Street

Toronto, ON M5G 2C4

Phone: (416) 340-4156 Toll-free: 1-866-633-4220 Fax: (416) 340-4736

Hours: Monday to Friday from 9 am to 5 pm

Email: nedic@uhn.on.ca

Website: www.nedic.ca

The National Eating Disorder Information Centre (NEDIC) provides referrals, information and resources on eating disorders and weight and shape preoccupation. They support healthy lifestyles at any size and have a non-dieting and client-centred philosophy. They encourage individuals to develop eating and exercise patterns that support vibrant, energetic lives and place food and physical appearance in proper perspective.

Women's Health Care Centre (Downtown)

(Adults)

Peterborough Regional Health Centre

157 Charlotte Street

Peterborough, ON K9J 2T7

Phone: (705) 743-4132 Toll-free: 1-800-419-3111 Fax: (705) 743-6577

Website: www.prhc.on.ca/womenshealth/services

Outpatient counselling and treatment for anorexia, bulimia and other eating disorders. A multidisciplinary assessment is conducted and treatment recommendations are made. Treatment recommendations may include individual counselling and/or psychoeducational group sessions which look at factors contributing to eating behaviours. Counselling is also available to family members of individuals with eating disorders. Self referrals as well as those from health professionals are welcome.



Youth Hab

210A Front Street
Belleville, ON K8N 2Z2

Contact: Kylee Wyshart, Clinical Supervisor (613) 969-0830

Individual counselling and group sessions available for individuals 16 to 24 years of age. Some individuals over 24 years of age will be accepted. Clients can self-refer.



Haliburton, Kawartha, Pine Ridge District

Health Unit

Brighton Office:

35 Alice Street
Brighton, Ontario K0K 1H0
Phone: (613) 475-0933
Fax: (613) 475-1455

Campbellford Office:

22 Doxsee Avenue South
Campbellford, Ontario K0L 1L0
Phone: (705) 653-1550
Fax: (705) 653-3114

Main Office:

200 Rose Glen Road
Port Hope, Ontario L1A 3V6
Phone: (905) 885-9100
Fax: (905) 885-9551

Toll-free:

1-866-888- HKPR (4577)

Website:

www.hkpr.on.ca