

NEDOP provides outpatient services to individuals 16+ years old suffering from anorexia, bulimia and other food related disorders.

We are a multidisciplinary team made up of a family physician, a registered dietitian, a nurse practitioner, a registered social worker, a registered psychotherapist and a consulting psychiatrist.

The service is located in the New Port Centre at the Port Colborne General Site of the Niagara Health System.

The Program is funded by the Ontario Ministry of Health.

ASSESSMENT & REFERRAL

Our family physician/nurse practitioner offer individual comprehensive consultations, which include assessment and/or referral. For referral information please contact the **Program Coordinator** at **(905) 378-4647 ext 32532**.

REFERRAL PROCESS

Referrals for the Eating Disorder Program are accepted from family physicians or health care providers. Clients are encouraged to see their family physician to ensure medical stability while participating in the program.

Clients requiring more intensive treatment should be referred for assessment to day hospital or in-patient programs. Please see our treatment options document or contact the National Eating Disorders Information Centre for information www.nedic.on.ca

Please send referrals to:

Niagara Eating Disorder Outpatient Program
New Port Centre, Port Colborne General Site
Niagara Health System
260 Sugarloaf Street, Port Colborne, ON
L3K 2N7

Phone: (905)378-4647 ext 32532

Or by Fax: (905) 834-3002

Website:

<http://www.niagarahealth.on.ca/en/eating-disorder-program-2>

Email: nedop@niagarahealth.on.ca

Revised Nov 19, 2015

NIAGARA EATING DISORDER OUTPATIENT PROGRAM (NEDOP)



Niagara Health System
Système De Santé De Niagara

Port Colborne General Site



PROGRAMS

Access to all programs requires going through the assessment process. This includes a comprehensive consultation, and individual treatment planning.

- **Turning Points:** This is a 3-week educational program focusing on strategies for recovery. This group is suitable either as an introduction to eating disorder treatment or as a component to a more comprehensive program.
- **Making Changes:** A 13-week therapy group informed by mindfulness, cognitive behavioural therapy, and dialectical behaviour therapy. Goals include moving from binge eating to mindful eating, learning to trust your body and practicing coping skills to manage triggers as you work towards wellness.
- **Pathways to Change:** A 14-week interpersonal therapy, cognitive behavioural therapy, dialectical behaviour therapy and mindfulness based group, focused on helping people to overcome the symptoms of their eating disorder. Goals include working towards recovery and learning to cope with situational and emotional stressors while building healthy relationships.

- **Eat, Drink & Be Mindful:** This is an 8-week group based on the book by Dr. Susan Albers. This group allows you to learn about mindful eating based on the 7 skills of mindfulness.

- **Workshop Series:** Various workshops take place over the summer months & around the holidays that are designed to be informative and to facilitate increased awareness of the internal and external forces that impact how we think, feel and act.

- **Support Group:** A staff-facilitated support group for people dealing with issues around disordered eating. This is an unstructured, process-oriented group.

- **Mindful Eating:** In this 2-part series the concept of mindful eating will be introduced. To get started on a healthy balanced relationship with food, mindless eating patterns will be identified and strategies will be taught.

- **Health at Every Size:** For those who have completed Making Changes. Offers a weight neutral, evidence based approach for those in the pursuit of improved health and happiness. Includes reading and discussing books, problem solving and support.

- **Individual Therapy:** Individual counselling may be arranged for time-limited periods on an as-needed basis. Please note that this service is not always available. For more information please contact the Program Coordinator.

