

REGISTER

Registration is required for all groups and workshops.

Please call NEDOP to register:

(905)378-4647 ext. 32532

There must be a minimum of 4 people registered to run programs.

Revised February 2018

NIAGARA EATING DISORDER OUTPATIENT PROGRAM (NEDOP)

niagarahealth
Extraordinary Caring. Every Person. Every Time.

Port Colborne General Site



Bringing in the New Year

Discuss ways to stay grounded and true to your own personal journey towards better health while learning how to avoid all of the “New Year Resolution” hype.

Pathways to Change

A 14-week interpersonal therapy, cognitive behavioural 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.

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.

Mindful Eating

In this 2-part series you will be introduced to the concept of mindful eating and have the opportunity to identify mindless eating patterns and learn strategies to get you started on a healthy balanced relationship with food.

Making Changes

A 14-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.

T’is the Season

This is a 3-week series where you can gain skills to help with preparing, coping, and enjoying the holidays.

Support Group

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

Eat, Drink & Be Mindful

This is a 6-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.

Summer Workshop Series

Various workshops take place over the summer months 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. Please see the Summer Workshop brochure for further details!!