

Parents are often confused and frightened when teenagers show signs of an eating disorder. This book, written by two experts on the condition, provides the tools needed to help the parents participate meaningfully in treatment and ensure that their child makes a permanent recovery.

**Availability:**

BB 500.6 L62 2005 Health Information and Wellness Centre, both locations  
 616.8526 LOC Mississauga Library System  
 616.8526 LOC Toronto Public Library System

**COMMUNITY RESOURCES**

**National Eating Disorder Information Centre**

Toronto General Hospital  
 ES 7-421, 200 Elizabeth Street  
 Toronto, ON M5G 2C4  
 Tel: 416-340-4156 OR 1-866-633-4220  
 E-mail: [nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)  
<http://www.nedic.ca>

**Hospital for Sick Children**

Eating Disorders Program  
 555 University Avenue  
 Toronto, ON M5G 1X8  
 Tel: 416-813-7195  
<http://www.sickkids.ca>

**Sheena's Place**

87 Spadina Road  
 Toronto, ON M5R 2T1  
 Tel: 416-927-8900  
 E-mail: [info@sheenasplace.org](mailto:info@sheenasplace.org)

**Danielle's Place**

895 Brant Street Ste #3  
 Burlington, ON L7R 2J6  
 Tel: 905-333-5548 or 1-866-277-9959  
 Email: [info@daniellesplace.org](mailto:info@daniellesplace.org)

**CONTACT**

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**

100 Queensway West  
 Mississauga L5B 1B8  
 905-848-7511

**Trillium Health Centre - West Toronto**

150 Sherway Drive  
 Toronto M9C 1A5  
 416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**

905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**

416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

HEALTH INFORMATION  
AND WELLNESS CENTRE

**HEALTHFINDER**

**Eating Disorders**



## INTERNET SITES

### National Eating Disorder Information Centre

<http://www.nedic.ca>

This is a Canadian non-profit organization which provides information and resources on eating disorders and weight preoccupation. There is a useful guide for family and friends, as well as helpful facts about the disorders presented in a readable question and answer format. NEDIC produces books, newsletters, and promotional materials which can be ordered at the site for a minimal cost.

### Body Image Coalition of Peel

<http://www.bodyimagecoalition.org>

This is a non-profit organization which provides information on the prevention and treatment of eating disorders and supports those at risk of developing them. The main feature of its website is a directory which lists treatment programs and other services available for those with eating disorders and their families within the Region of Peel.

### Sheena's Place <http://www.sheenasplace.org>

Sheena's Place is a registered charity offering hope and support services at no cost to people with eating disorders and their families. Based in Toronto, the organization offers a variety of group programs, one day workshops and a drop-in centre. In addition, there is an excellent toolkit on starting a self-help group, and a lending library of resources on eating disorders.

### Danielle's Place

<http://www.daniellesplace.org>

This is a non-profit organization which provides

support and a caring community to individuals and families affected by an eating disorder. Services include a drop-in centre, support groups, workshops, and access to a wide range of resources on eating disorders. Danielle's Place is based in Burlington but serves clients from a wide area including Mississauga.

## BOOKS

*Eating Disorders: Anorexia Nervosa, Bulimia, Binge Eating and Others* by Jim Kirkpatrick and Paul Caldwell. Toronto: Key Porter Books, 2001

The authors, who are experienced family physicians, offer expert advice on the causes, effects, and treatment of both major and less familiar eating disorders. Topics include early warning signs, practical tips on coping for families, treatment options, and the recovery process.

#### Availability for loan:

BB 500 KIR 2001 Health Information and Wellness Centre, both locations  
616.8526 KIR Toronto Public Library System  
616.8526 KIR Mississauga Library System

*Eating Disorders: The Facts*, 6<sup>th</sup> ed. by Suzanne Abraham. Oxford: Oxford University Press, 2008

This comprehensive guide considers why eating disorders occur, and describes the eating behaviours, diagnosis, and treatments available for each type of disorder. The latest edition includes chapters on problems faced by the family and friends of the person with the disorder, and particular concerns during pregnancy.

#### Availability for loan:

BB 500 A27 2008 Health Information and Wellness Centre, both locations

616.8526 ABR Mississauga Library System  
616.8526 ABR Toronto Public Library System

*Eating Disorders: an Overview*, 2<sup>nd</sup> ed. by Merryl Bear. Toronto: National Eating Disorders Information Centre, 2002

This book from NEDIC is intended to bridge the gap between general material and academic literature on the topic. It presents comprehensive information on the different types of eating disorders and how they begin, along with chapters on treatment and recovery.

#### Availability for loan:

BB 500 E38 2002 Health Information and Wellness Centre, both locations  
616.8526 EAT Toronto Public Library System  
616.8526 EAT Mississauga Library System

*Understanding and Overcoming Eating Disorders* 2<sup>nd</sup> ed. by Merryl Bear. Toronto: National Eating Disorders Information Centre, 2003

This publication focuses chiefly on Anorexia Nervosa and Bulimia, and is divided into three sections. The first describes these disorders, and examines their physical and emotional effects. The second offers practical suggestions on helping an affected person change their beliefs and behaviours, and the final section provides lists of additional reading and a selection of website resources.

#### Availability for loan:

BB 500 U63 2002 Health Information and Wellness Centre, Mississauga  
616.8526 UND Toronto Library System  
616.8526 EAT Mississauga Library System

*Help Your Teenager Beat an Eating Disorder* by James Lock and Daniel Le Grange. New York: Guilford Press, 2005