

Eating Disorders of York Region's
Riverwalk Eating Disorders
and Wellness Centres

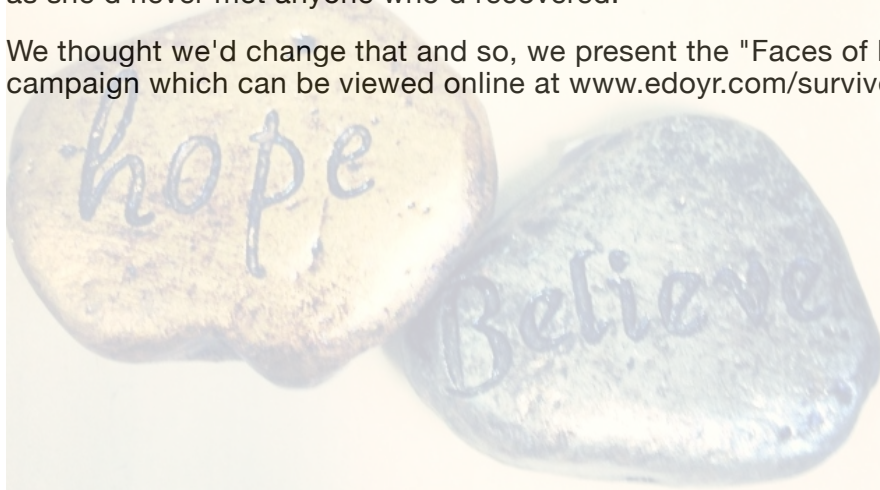
905-886-6632



FACES OF RECOVERY

A number of years ago, when someone who recovered from an eating disorder visited us, she said something remarkable. When she was struggling with an eating disorder she didn't know recovery was possible as she'd never met anyone who'd recovered.

We thought we'd change that and so, we present the "Faces of Recovery" campaign which can be viewed online at www.edoyr.com/survive



Eating Disorders of York Region Registered Charity No. 86313 2775 RR0001

P.O. Box 71648, Aurora, ON L4G 6S9

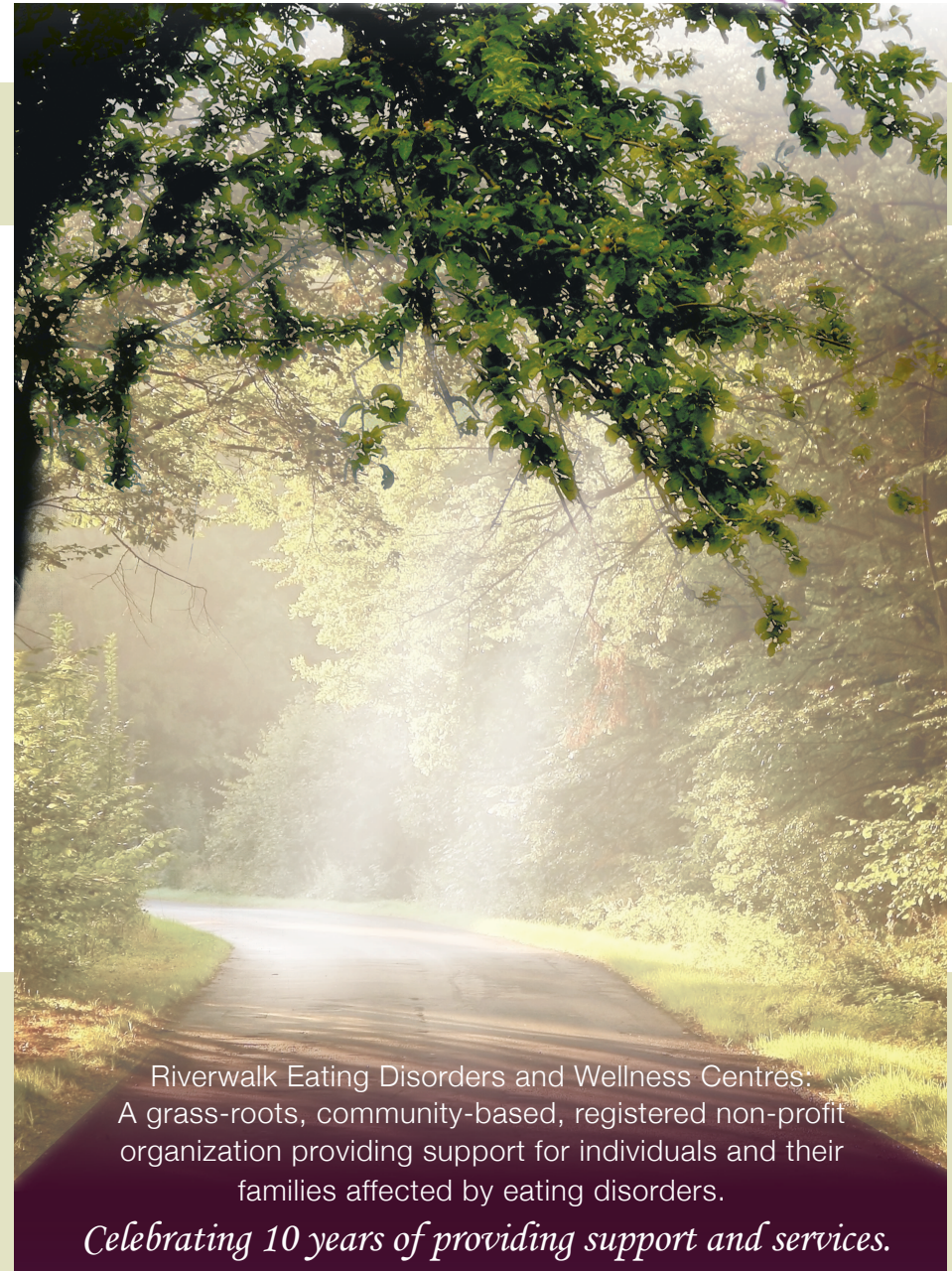
T: (905) 886-6632 F: (647) 317-6823

E: info@riverwalkwellness.ca

W: www.riverwalkwellness.ca



January 2015



Riverwalk Eating Disorders and Wellness Centres:
A grass-roots, community-based, registered non-profit
organization providing support for individuals and their
families affected by eating disorders.

Celebrating 10 years of providing support and services.

Support

Services

Programs



For men and women of all ages; teens and youth

INFORMATION, LINKS, EDUCATION

The web site www.riverwalkwellness.ca has been specifically designed to provide easy access to resources to support eating disorder recovery.

TELEPHONE RESOURCE HELPLINE

The resource helpline provides assistance and system navigation to individuals, family, friends, and professionals to connect to support and free community resources for eating disorder recovery. Please inquire regarding other resources such as private counselling, family and couples counselling

EATING DISORDER ASSESSMENT

A non-medical eating disorder assessment is available with a physician's referral. The assessment summary report, together with lists of resources, will be provided to the referring physician to develop a plan of care.

For more information and referral forms, please visit www.edoyr.com/assessments

STAGES OF RECOVERY WORKSHOPS

Free workshops offered at various locations throughout the year. In a safe and confidential setting, the recovery process is explored to understand the motivations and the benefits of changing eating disorder behaviours. Suitable for 16 and older. May be attended by friends and family. Visit www.edoyr.com/workshops for more details.

PSYCHOTHERAPY SUPPORT GROUPS

Programs are facilitated by psychotherapists with specialized knowledge of eating disorders. Support groups are offered at multiple locations: Eating disorder recovery including support for anxiety and depression; teen support group; men's group; support and guidance for family and friends. Visit www.edoyr.com/support-programs for more information.

EMOTION FOCUSED FAMILY THERAPY (EFFT)

EFFT is rooted in the deep belief of the healing power of carers, parents and family. EFFT teaches practical skills and tools. Critical support provides the ability to begin working through emotional blocks that may be causing carers/parents to feel helpless as they support their loved ones' recovery

THE ART OF LIVING SERIES

Professionals offer workshops and support groups including:

Meaning Centered Living

With Dr. Doreen M. Francis, RSW, PhD

Based on the life and work of Dr. Viktor Frankl

Conscious Parenting

With Ellen Bradley

Based on the work of Dr. Shefali Tsabary

PEER SUPPORT FOR INDIVIDUALS AND FAMILIES

Family Peer Support

Meeting one evening per week for several weeks (may be ongoing with sufficient interest), to help break the isolation often experienced by families supporting a loved one. Share encouragement, support, and helpful guidance with other families in our confidential and comfortable living room setting.

Wellness Recovery Action Plan (WRAP®)

Peer support for individuals: With a certified WRAP® facilitator. The focus is on eating disorder recovery and maintaining wellness and balance. WRAP® is a recovery-focused peer support group. WRAP® helps participants enhance their recovery by guiding the creation of a wellness toolbox, a daily wellness maintenance plan, an action plan for triggers and warning signs, and a crisis plan. WRAP® is proven to be effective, regardless of where one is in one's eating disorder recovery journey



DAY PROGRAMS

An opportunity to schedule several support components together in one convenient location. Choose from a selection of components including gentle movement, peer support, art, and psychotherapy support groups.

GENTLE MOVEMENT

Gentle activities such as nature walks, yoga, tai chi, and other movement provides healing benefits and helps bring mind, body, and spirit into balance. Yoga facilitated by a certified instructor. Inquire about meditative labyrinth walking.

ART PROGRAMS

Expressive and therapeutic art to maintain and support eating disorder recovery. Includes music, poetry, journal writing, visual art and other art forms. No previous experience required; materials supplied. Visit www.edoyr.com/expressive-and-therapeutic-art for details.

TRAINING FOR FRONT LINE PROFESSIONALS

Free training to provide understanding and awareness for early detection and how to access eating disorder support. Offered at various times and locations.