



Support and Strategies FOR BINGE EATING DISORDER (BED) OHIP COVERED, WITH MD REFERRAL

Nurturing Positive Change.

This group is designed for individuals with a diagnosis of Binge Eating Disorder. We draw from Dialectical Behavioural Therapy (DBT), Cognitive Behavioural Therapy (CBT), and Acceptance and Commitment Therapy (ACT) to provide a safe and educational space to explore symptoms and recovery. We operate from a health at every size and anti-diet-culture philosophy and strive to create spaces free of marginalization and oppression.

Age 16+ Thursdays 10:30am - 12pm: New Groups Starting Year Round

Week 1: What is Binge Eating Disorder?

Week 6: Exposure Strategies & Body Image

Week 2: Biological & Environmental Causes

Week 7: Mindfulness Strategies for BED

Week 3: Medical Stability & Use of Medication

Week 8: Coping and not Making Things Worse

Week 4: Why Consider Change?

Week 9: Emotions and Binge Eating

Week 5: Challenging ED Thoughts & Biases

Week 10: Problem Solving & Next Steps

Expert Help You Can Trust

- Multidisciplinary team with 25+ years in the field.
- Diverse, equitable and accessible care.
- Trauma informed evidence-based practice.
- All of our treatments operate from a weight neutral perspective and a health-at-every-size-philosophy.



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