



Eating Disorders Support

ACCEPTANCE AND CHANGE GROUP

OHIP COVERED, WITH MD REFERRAL

Accept, Embrace, Transform

This group is designed for clients with anorexia, bulimia, and OSFED. Those struggling with ARFID, PICA and Rumination Disorder are welcome to attend and will benefit from the group content as we draw from CBT, DBT, and ACT, however, we do not deliver CBT-ARFID or other specific evidence-based protocols in this group. We are a weight-inclusive clinic that operates from a health at every size and anti diet culture lens.

Age 16+ Wednesdays 9am - 10:30am: New Groups Starting Year Round

Week 1: What Are Eating Disorders?

Week 6: How Exposure Strategies Help

Week 2: Biological & Environmental Causes

Week 7: Mindfulness Strategies - Eating & Image

Week 3: Medical Stability & Use of Medication

Week 8: Coping and Not Making Things Worse

Week 4: Why Consider Change?

Week 9: Learning How to Work With Emotions

Week 5: How I Think About My Body & Food

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

