

Support for Parents/Caregivers of Individuals with Eating Disorders

- **Families Empowered And Supporting Treatment of Eating Disorders (FEAST)**
 - <http://www.feast-ed.org/>
 - Online support forums and information for parents
 - Accompanying Facebook group for parents to chat
- **Feed Your Instinct**
 - <http://www.feedyourinstinct.com>
 - Online tool for carers
- **Kelty Mental Health**
 - Parents Guide to Eating Disorders Treatment video:
https://www.youtube.com/watch?v=812wMW_WPw&feature=youtu.be&list=PL21D7E85D804263B2
 - Meal Support Video:
<https://www.youtube.com/watch?v=pPSLdUUITWE&index=2&list=PLaBirP5zbAj9UohvUChbinY9Y9MKNUaTY>
 - Parents Survive to Thrive Guide
- **Looking Glass Foundation**
 - Hand in Hand Peer mentoring program
 - 1:1 mentor matched for loved ones of eating disorders or those suffering from an eating disorder
 - Can meet via skype, phone or in person if a mentor is available locally
 - Program lead by a registered therapist
 - www.lookingglassbc.com →What we do → Hand in Hand
 - Ask An Expert
 - Anyone (loved one or those suffering) can ask a Registered Psychologist a question about eating disorders via email.
 - www.lookingglassbc.com →What we do → Ask an Expert
- **Eating Disorder Parent Support (EDPS)**
 - Private Facebook Group

- **Angela Slade**
 - <http://www.esteemedchics.com/workshops/>
 - Parent education workshops
 - Mom and daughter workshops
 - 1 on 1 and family counselling

- **South Island Eating Disorders Program**
 - 6-week psychoeducational group for parents, partners & friends offered 4 times per year
 - One-time information sessions for parents of youth on program's waitlist
 - 250-387-0000

- **North Island Regional Eating Disorders Program**
 - <http://www.viha.ca> →Services →Eating Disorders →North Island Regional Eating Disorders Program
 - Comox Valley (250-331-8504 Ext. 68419) and Campbell River (250-850-2620)
 - Support for parents of youth with eating disorders

- **Nanaimo and Area Resource Services for Families (NARSF)**
 - Offers support groups for family and friends of eating disorder clients
 - <http://www.narsf.org/child-family-programs/eating-disorders-program-edp/>

- **National Eating Disorder Association (NEDA)**
 - American
 - Have a Parent, Family & Friends Network
 - <http://www.nationaleatingdisorders.org/parent-family-friends-network>
 - Offer forums, blog articles, video library, and tool kit all geared towards parents/caregivers

- **Beat – beating eating disorders**
 - Eating disorder charity out of the United Kingdom
 - Offer adult carers online support groups
 - Groups run the second Wednesday of each month
 - <https://www.b-eat.co.uk/support-services/online-support-groups/adult-carers-support-group>

- **The New Maudsley Approach**
 - A resources for carers and professionals of people with eating disorders

- Aimed at families of sufferers at all ages. Used as an adjunct to treatment
- <http://www.thenewmaudsleyapproach.co.uk/>
- **Book: Skills-based Learning for Caring for a Loved One with an Eating Disorder** by Janet Treasure, Grainne Smith & Anna Crane.