



## Ontario Community Outreach Program for Eating Disorders

### **Ontario Community Outreach Program for Eating Disorders (OCOPED)**

---

OCOPED provides training for community-based practitioners to better serve their patients with eating disorders, and for educators to learn up to date prevention strategies. OCOPED works collaboratively with a provincial network of specialized service providers. The training is available to those who offer no fee for service, including physicians covered by OHIP.

The information provided in this document is not intended as a treatment tool but rather as a description of the existing eating disorder services funded across Ontario by the Ontario Ministry of Health and Long Term Care.

#### **Geographical Catchment Area**

All of Ontario.

#### **Contact Info**

**Dr. Gail McVey, Director**

For Intake & Referral Inquires:

**Patricia Valenti, Intake Coordinator**

Ph: 416 340-4051 Fax: 416 340-4739

[pat.valenti@uhn.on.ca](mailto:pat.valenti@uhn.on.ca)

<http://www.ocoped.ca>

**Ministry Of Health Funded Eating Disorder Programs in Ontario  
(listed according to LHIN - Local Health Integration Network)**

---

[http://www.health.gov.on.ca/transformation/lhin/lhin\\_mn.html](http://www.health.gov.on.ca/transformation/lhin/lhin_mn.html)

<b>LHIN 1</b>	<b>PAGE</b>
<b>Erie St Clair</b>	
• Windsor (Bulimia and Anorexia Nervosa Association)	4
• Sarnia Bluewater Health	4
• Chatham-Kent Health Alliance Mental Health Services	5
<b>LHIN 2</b>	
<b>South Wes</b>	
• London Health Sciences Centre	5
• Huron County-Alexandra Marine and General Hospital	6
• Woodstock General Hospital	6
• Stratford General Hospital	7
• Grey Bruce - Keystone Child, Youth and family Services	7
<b>LHIN 3</b>	
<b>Waterloo Wellington</b>	
• Trellis Mental Health and Developmental Services	8
<b>LHIN 4</b>	
<b>Hamilton Niagara Haldimand Brant</b>	
• McMaster Children’s Hospital (Hamilton)	8
• St. Joseph’s Healthcare (Hamilton)	9
• Niagara Eating Disorder Outpatient Program (NEDOP)	9
<b>LHIN 5</b>	
<b>Central West</b>	
• William Osler Health System	10
<b>LHIN 6</b>	
<b>Mississauga Halton</b>	
• CWEDP Regional Office	10
• Credit Valley Hospital (Mississauga)	11
• Halton Health Care Services	11
<b>LHIN 7</b>	
<b>Toronto Central</b>	
• University Health Network: The Toronto General Hospital	12
• The Hospital for Sick Children (Toronto)	12

<b>LHIN 8</b>		
<b>Central</b>		
• Southlake Regional Health Centre (Newmarket)		13
• Canadian Mental Health Association of York Region Branch(CMHA-YR)		13
• North York General Hospital		14
<b>LHIN 9</b>		
<b>Central East</b>		
• Lakeridge Health - Oshawa		15
• Peterborough Regional Health Centre Family/Youth Clinic		15
<b>LHIN 10</b>		
<b>South East</b>		
• Hotel Dieu Hospital - Kingston		16
<b>LHIN 11</b>		
<b>Champlain</b>		
• Children’s Hospital of Eastern Ontario (CHEO)		16
• The Ottawa General Hospital		17
<b>LHIN 12</b>		
<b>North Simcoe Muskoka</b>		
• Simcoe County Eating Disorder Services		17
<b>LHIN 13</b>		
<b>North East</b>		
• Sudbury Regional Hospital – Regional Eating Disorder Program		18
• Timmins District Hospital		18
• North Bay Regional Health Centre		19
• Algoma Child/Family Services (Sault Ste Marie)		19
• Sault Area Hospital		20
<b>LHIN 14</b>		
<b>North West</b>		
• St. Joseph’s Care Group (Thunder Bay)		20

## Eating Disorder Programs in Ontario (listed according to LHIN)

---

### **Bulimia Anorexia Nervosa Association (BANA) – Windsor**

**LHIN 1**

#### Age Group of Clients

To serve all individuals without age restriction.

#### Geographical Catchment Area

Erie St Clair LHIN: Windsor, Sarnia, Chatham Kent

#### Contact Info

2109 Ottawa St. Suite 400  
Windsor, ON  
N8Y 1R8

Ph: 519-969-2112  
Fax: 519-969-0227

[info@bana.ca](mailto:info@bana.ca)

For Intake & Referral Inquires:

**Jenni Cammaert**

Ph: 519-969-2112

[jenni@bana.ca](mailto:jenni@bana.ca)

<http://www.bana.ca>

### **Sarnia Bluewater Health**

**LHIN 1**

#### Age Group of Clients

Inquire with program.

#### Geographical Catchment Area

Inquire with program.

#### Contact Info

220 N. Mitton St.  
Sarnia, Ontario  
N7T 6H6

For Intake & Referral Inquiries:

**Helen Clarke**

Ph: 519-464-4400 x5217

Fax: 519- 464-4516

[hclark@bluewaterhealth.ca](mailto:hclark@bluewaterhealth.ca)

## Chatham-Kent Health Alliance Mental Health Services

### LHIN 1

#### Age Group of Clients

Inquire with program.

#### Geographical Catchment Area

Inquire with program.

#### Contact Info

P.O. Box 2030  
80 Grand Avenue West  
Chatham, ON  
N7M 5L9

For Intake & Referral Inquiries:

**Shannon Stephenson**

Ph: 519-352-6400 X5745

Fax: 519-351-0405

[sstephenson@ckha.on.ca](mailto:sstephenson@ckha.on.ca)

## London Health Sciences Centre – Eating Disorder Program

### LHIN 2

#### Age Group of Clients

##### **Adolescents**

Up to and including age 17.

#### Geographical Catchment Area

London Health Sciences Centre Eating Disorder Program includes funded satellite sites in: Chatham\*, Sarnia\*, Woodstock, Huron County, Stratford, Grey Bruce

#### Contact Info

800 Commissioners Road East  
P.O. Box 5010  
London, ON  
N6A 5W9

For Intake & Referral Inquires:

**Kathleen McCreath**

Ph: 519-685-8500 X5634

[kathleen.mccreath@lhsc.on.ca](mailto:kathleen.mccreath@lhsc.on.ca)

## Huron County-Alexandra Marine and General Hospital LHIN 2

### Age Group of Clients

Inquire with program.

### Geographical Catchment Area

Inquire with program.

### Contact Info

120 Napier Street  
Goderich, Ontario  
N7A 1W5

For Intake & Referral Inquiries:

**Anita Kreutzwiser**

Ph: 519-482-3961 or 1-877-2524 X6104

[Anita.kreutzwiser@amgh.on.ca](mailto:Anita.kreutzwiser@amgh.on.ca)

## Woodstock General Hospital LHIN 2

### Age Group of Clients

Inquire with program.

### Geographical Catchment Area

Inquire with program.

### Contact Info

270 Riddell Street  
Woodstock, Ontario  
N4S 6N6

For Intake & Referral Inquiries:

**Deb McKay**

Ph: 519-421-4223 X2342

[deb@wgh.on.ca](mailto:deb@wgh.on.ca)

**Stratford General Hospital**  
**LHIN 2**

**Age Group of Clients**

Inquire with program.

**Geographical Catchment Area**

Inquire with program.

**Contact Info**

46 General Hospital Drive  
Stratford, ON  
N5A 2Y6

For Intake & Referral Inquiries:

**Samantha Keller**

Ph: 519-272-8210 X2568

[Samantha.keller@hpha.ca](mailto:Samantha.keller@hpha.ca)

**Keystone Child, Youth and Family Services (Grey Bruce)**  
**LHIN 2**

**Age Group of Clients**

Inquire with program.

**Geographical Catchment Area**

Inquire with program.

**Contact Info**

845 2nd Ave. E,  
Owen Sound, ON  
N4K 2H2

For Intake & Referral Inquiries:

**Phil Dodd**

Ph: 519-371-4773

Fax : 519-371-6397

[pdodd@bmts.com](mailto:pdodd@bmts.com)

## Trellis Mental Health & Developmental Services

LHIN 3

### Age Group of Clients

Children, adolescents and adults of all ages.

### Geographical Catchment Area

Children, adolescents and adults from Waterloo Region and Wellington County, and adults from Dufferin County.

### Contact Info

130 Weber St. West  
Suite 202  
Kitchener, Ontario  
N2H 4A2

For Intake & Referral Inquires:  
Central Referral Access Information Line at  
519-821-3582 or 1-800-471-1732

<http://trellis.on.ca>

## McMaster Children's Hospital (Hamilton)

LHIN 4

### Age Group of Clients

Children and adolescents up to the age of 18.

### Geographical Catchment Area

Regional Centre for Pediatric Eating Disorders  
for Central South (Hamilton, Brant, Niagara,  
Haldimand, Norfolk)

### Contact Info

1200 Main St. West  
Hamilton, ON  
L8N 3Z5

For Intake & Referral Inquires:

**Cheryl Webb, Clinical Coordinator**

McMaster Children's Hospital  
Pediatric Eating Disorders Program

Ph: 905-521-2100 x73497

Fax: 905 521 2349

[webbc@hsc.ca](mailto:webbc@hsc.ca)

## St. Joseph's Healthcare – Adult Outpatient Eating Disorders Program (Hamilton)

LHIN 4

### Age Group of Clients

Adolescents 16 years of age and older.

Clients typically older than 18 due to overlap with age criteria with McMaster adolescent program

### Geographical Catchment Area

City of Hamilton & Burlington, Town of Grimsby, Town of Brantford, Haldimand County, Norfolk County

### Contact Info

Charlton Campus  
50 Charlton Ave. East  
9<sup>th</sup> Floor  
Juravinski Innovation Tower  
Hamilton, ON  
L8N 4A6

For Intake & Referral Inquires:

**Cathy McCutcheon**

Ph: 905-522-1155 x33561

[cmccutch@stjosham.on.ca](mailto:cmccutch@stjosham.on.ca)

or

**Helen Mahon**

Administrative Assistant

Ph: 905-522-1155 x33433

[hmahon@stjosham.on.ca](mailto:hmahon@stjosham.on.ca)

## The Niagara Eating Disorders Outpatient Program (NEDOP)

LHIN 4

### Age Group of Clients

N/A

### Geographical Catchment Area

NEDOP provides outpatient services within the Niagara Region to individuals suffering from Anorexia, Bulimia, Binge Eating Disorder and other food related disorders. Some clients have travelled from Haldimand, Brant and Hamilton.

### Contact Info

New Port Centre  
Niagara Health System  
Port Colborne General Site  
260 Sugarloaf Street  
Port Colborne, ON  
L3K 2N7

For Intake & Referral Inquires:

**Carlee Patterson**

Ph: 905-378-4647 x32532

Fax: 905-834-3002

[nedop@niagarahealth.on.ca](mailto:nedop@niagarahealth.on.ca)

[www.niagarahealth.on.ca/services/eating\\_disorder](http://www.niagarahealth.on.ca/services/eating_disorder)

## William Osler Health System - Eating Disorders Clinic

LHIN 5

### Age Group of Clients

Children, adolescents and adults of all ages.

### Geographical Catchment Area

Services for all age groups in North Peel (Brampton and Caledon) and North Halton, as well as children and adolescents in Dufferin County.

### Contact Info

William Osler Health System  
Brampton Civic Hospital  
2100 Bovaird Drive  
Brampton, ON  
L6R 3J7

For Intake & Referral Inquires:  
Ph: 905-494-6621 or  
905-453-1160 ext. 0

## Central West Eating Disorder Program Regional Office (CWEDP)

LHIN 6

### Age Group of Clients

Children, adolescents and adults depending on the catchment area.

### Geographical Catchment Area

CWEDP is a partnership between four eating disorder programs:

1. Trellis Mental Health and Developmental Services
2. Credit Valley Hospital
3. Halton Healthcare Services – Oakville site
4. William Osler Health System – Brampton campus

### Contact Info

700 Dorval Drive  
6<sup>th</sup> Floor  
Oakville, ON  
L6K 3V3

For Intake & Referral Inquires:  
**Administrative Assistant**  
Ph: 905-815-5124

### **Regional Coordinator:**

**Shannon Bettridge**

Ph: 289-937-1679

[sbettridge@haltonhealthcare.on.ca](mailto:sbettridge@haltonhealthcare.on.ca)

## The Credit Valley Hospital - Eating Disorder Program (Mississauga)

LHIN 6

### Age Group of Clients

18 years of age or older.

### Geographical Catchment Area

Any adult resident of Ontario.

### Contact Info

2200 Eglinton Ave. West  
Mississauga, ON  
L5M 2N1

For Intake & Referral Inquires:  
Ph: 905-813-4505

## Halton Healthcare Services - Eating Disorder Program

LHIN 6

### Age Group of Clients

Adolescents and adults. The adolescent and adult programs are run separately.

### Geographical Catchment Area

North & South Halton (Oakville, Burlington, Milton and Mississauga) both adults and adolescents.

South Mississauga for adolescents only.

### Contact Info

Oakville-Trafalgar Memorial Hospital  
700 Dorval Drive  
6<sup>th</sup> Floor  
Oakville, ON  
L6K 3V3

For Intake & Referral Inquires:  
**Administrative Assistant**  
Ph: 905-815-5140

## University Health Network: The Toronto General Hospital

LHIN 7

### Age Group of Clients

Adults age 17 and older who are residents of Ontario.

### Geographical Catchment Area

Ontario

### Contact Info

200 Elizabeth Street  
Toronto, ON  
M5G 2C4

For Intake & Referral Inquires:

**Penne Charest**

Ph: 416-340-3041

[penne.charest@uhn.on.ca](mailto:penne.charest@uhn.on.ca)

## The Hospital for Sick Children (Toronto)

LHIN 7

### Age Group of Clients

Children and adolescents.

### Geographical Catchment Area

Southern/Western Ontario

### Contact Info

Eating Disorders Program  
555 University Avenue  
Toronto, ON  
M5G 1X8

<http://www.sickkids.ca/Psychiatry/What-we-do/Clinical-care/Eating-disorders-program/>

For Intake & Referral Inquires:

**Heather Graham, Intake Coordinator**

The Hospital for Sick Children

Ph: 416-813-7195

[heather.graham@sickkids.ca](mailto:heather.graham@sickkids.ca)

## Southlake Regional Health Centre – Eating Disorder Program (Newmarket) LHIN 8

Youth up to 18 years old.

### Geographical Catchment Area

Southlake is mandated to provide services to adolescents and their families from York Region and Simcoe County.

On occasion, Southlake provides services to families outside of this catchment area if the families can fulfil specific requirements for the service.

### Contact Info

596 Davis Drive  
Newmarket, ON  
L3Y 2P9

For Intake & Referral Inquires:

**Eva Watson**

Ph: 905-895-4521 x2976

[ewatson@southlakeregional.org](mailto:ewatson@southlakeregional.org)

**Jill Fraleigh, Med, RD**

Team Leader,  
Adolescent Eating Disorder Program  
Southlake Regional Health Centre  
(905) 895-4521 X2550

[jfraleigh@southlakeregional.org](mailto:jfraleigh@southlakeregional.org)

## Canadian Mental Health Association of York Region Branch (CMHA – YR) Eating Disorders Program

LHIN 8

### Age Group of Clients

Adults age 16 and older.

### Geographical Catchment Area

CMHA-YR is mandated to provide services to individuals and their families from York Region and Simcoe County.

### Contact Info

15150 Yonge Street  
Aurora, ON  
L4G 1M2

For Intake & Referral Inquires:

**Dani Salerno**

Intake Coordinator

[dsalerno@cmha-yr.on.ca](mailto:dsalerno@cmha-yr.on.ca)

## North York General Hospital – Adolescent Eating Disorder Program

**LHIN 8**

### Age Group of Clients

Children and adolescents up to 19 years of age.

### Geographical Catchment Area

Ontario

### Contact Info

4001 Leslie Street  
Toronto, ON  
M2K 1E1

For Intake & Referral Inquires:

**Janine Russo**

Ph: 416-756-6750

Fax: 416-756-6740

[janine.russo@nygh.on.ca](mailto:janine.russo@nygh.on.ca)

## North York General Hospital – Adult Eating Disorders Program

**LHIN 8**

### Age Group of Clients

Adults age 18 and older.

### Geographical Catchment Area

Ontario

### Contact Info

4001 Leslie Street  
Toronto, ON  
M2K 1E1

For Intake & Referral Inquires:

**Janine Russo**

Ph: 416-756-6750

Fax: 416-756-6740

[janine.russo@nygh.on.ca](mailto:janine.russo@nygh.on.ca)

## Lakeridge Health –Eating Disorders Program (Oshawa)

LHIN 9

### Age Group of Clients

#### **Adolescents**

11 to 17 years old.

Adults:

18 to 65 years old.

### Geographical Catchment Area

Durham Region, Central East LHIN

Boundaries of Central East LHIN include the following:

- Haliburton Highlands
- Peterborough County
- Kawartha Lakes
- Durham Region
- Northumberland County (part of)
- Eastern City of Toronto (East of Warden, South of Steeles)

### Contact Info

850 King St. West  
Oshawa, ON  
L1J 2L5

For Intake & Referral Inquires:

**Dr. Skevoulla Xinaris,**  
**Psychologist & Client Care Manager,**

Ph: 905-576-8711 X3645

[sxinaris@lakeridgehealth.on.ca](mailto:sxinaris@lakeridgehealth.on.ca)

<http://www.lakeridgehealth.on.ca>

## Peterborough Regional Health Centre – Eating Disorders Program

LHIN 9

### Age Group of Clients

Adults

Children & Adolescents

### Geographical Catchment Area

4-County Catchment: Peterborough,  
Northumberland, Haliburton, City of  
Kawartha Lakes

### Contact Info

1 Hospital Drive  
Peterborough, ON  
K9J 7C6

For Intake & Referral Inquires:  
(Adults)

**Robyn Stone – Social Worker**  
**Women’s Health Care Centre**

Ph: 705-743-2121 x2875

[rstone@prhc.on.ca](mailto:rstone@prhc.on.ca)

(Youth <18)

**Steve Foulon, Clinical Manager**  
**Family and Youth Clinic**

Ph: 705-876-5114

[sfoulon@prhc.on.ca](mailto:sfoulon@prhc.on.ca)

## Hotel Dieu Hospital (Kingston) - Adult Outpatient Eating Disorder Clinic LHIN 10

### Age Group of Clients

Females and males over the age of 18.

### Geographical Catchment Area

Brockville, Belleville, Trenton, Kingston and all surrounding areas

### Contact Info

166 Brock Street  
Kingston, ON  
K7L 1S4

For Intake & Referral Inquires:

**Eleanor Marquardt**

Ph: 613-544-3400 ext 2539

[marquare@hdh.kari.net](mailto:marquare@hdh.kari.net)

## Children's Hospital of Eastern Ontario (CHEO) Regional Eating Disorder Program for Children and Youth

LHIN 11

### Age Group of Clients

Children and adolescents.

### Geographical Catchment Area

Ontario

### Contact Info

401 Smyth Road  
Ottawa, ON  
K1H 8L1

For Intake & Referral Inquires:

**Paula Moore**

Ph: 613-737-7600 x3454

[moore@cheo.on.ca](mailto:moore@cheo.on.ca)

**Dr. Katherine Henderson, Clinical Director,  
Eating Disorder Program, CHEO**

[henderson\\_k@cheo.on.ca](mailto:henderson_k@cheo.on.ca)

Ph: 613-737-7600 x5895

OR

Ph: 613-737-7600 x2818

## The Ottawa General Hospital – The Regional Centre for the Treatment of Eating Disorders

**LHIN 11**

### Age Group of Clients

Females and males age 18 to 65.

### Geographical Catchment Area

All over the Province of Ontario, in addition to the Caption Region that includes Ottawa and Gatineau.

### Contact Info

501 Smyth Road  
Ottawa, ON  
K1H 8L6

For Intake & Referral Inquires:

**Dr. Hany Bissada, Director**

Eating Disorder Program

The Ottawa General Hospital

Ph: 613-737-8042

[hbissada@ottawahospital.on.ca](mailto:hbissada@ottawahospital.on.ca)

\*Program brochure and referral forms could be obtained online by going to:

[www.Ottawahospital.on.ca](http://www.Ottawahospital.on.ca) then click Clinics & Services and then click Eating Disorders.

## Simcoe County Eating Disorder Services

**LHIN 12**

### Age Group of Clients

Adolescents aged 0-18  
(up to the end of their 18<sup>th</sup> year)

### Geographical Catchment Area

All residents of Simcoe County at either the Barrie, Orillia, or Collingwood sites \*

\*The satellie office in Collingwood services clients from Grey County who are geographically closer to Simcoe County than alternative catchment area programs. (i.e. we see clients from Owen Sound and communities to the East bordering Simcoe County)

### Contact Info

Royal Victoria Hospital  
201 Georgian Drive  
Barrie, ON  
L4M 6M2

Soldier's Memorial Hospital  
170 Colborne Street West  
Orillia, ON  
L3V 2Z3

For Intake & Referral Inquires:

**Lisa Hickling Miller, Program Coordinator**

Simcoe County Eating Disorder Service

Ph: 705-728-9090 x47230

[hicklingl@rvh.on.ca](mailto:hicklingl@rvh.on.ca)

Collingwood Office:

Ph: 705-444-8601 x8273

## Sudbury Regional Hospital – Regional Eating Disorder Program

LHIN 13

### Age Group of Clients

The REDP is an age spectrum out-patient program serving those with anorexia nervosa, bulimia nervosa and EDNOS.

### Geographical Catchment Area

Northeast Ontario: from the Quebec-Ontario border near Mattawa West to White River, and from Parry Sound district just North of Huntsville North to the James Bay coast.

### Contact Info

Sudbury Regional Hospital  
127 Cedar Street  
Sudbury, ON  
P3E 1B1

Contact person for Program:

**Marlene Boettcher, Program Coordinator**

Ph: 705-523-4988 x4238

[mboettcher@hrrh.on.ca](mailto:mboettcher@hrrh.on.ca)

## Timmins District Hospital

LHIN 13

### Age Group of Clients

Inquire with program.

### Geographical Catchment Area

Inquire with program.

### Contact Info

700 Ross Ave. E.  
Timmins, ON P4N 8P2

For Intake & Referral Inquiries:

**Sarah Robinson**

Ph: 705-267-2131 X2836

[srobinson@tadh.com](mailto:srobinson@tadh.com)

**North Bay Regional Health Centre**  
**LHIN 13**

**Age Group of Clients**

Inquire with program.

**Geographical Catchment Area**

Inquire with program.

**Contact Info**

50 College Dr  
North Bay, ON  
P1B 5A4

For Intake & Referral Inquiries:

**Jean Porter**

Ph: 705-494-3050 X6351

[Jean.porter@nbrhc.on.ca](mailto:Jean.porter@nbrhc.on.ca)

**Algoma Child/Family Services (Sault Ste Marie)**  
**LHIN 13**

**Age Group of Clients**

Inquire with program.

**Geographical Catchment Area**

Inquire with program.

**Contact Info**

875 Queen Street East  
Sault Ste. Marie, Ontario  
P6A 2B3

For Intake & Referral Inquiries:

**Anna Gartshore**

Ph: 705-759-3434 X4601

[gartshorea@sah.on.ca](mailto:gartshorea@sah.on.ca)

## Sault Area Hospital (for adults)

LHIN 13

### Age Group of Clients

Inquire with program.

### Geographical Catchment Area

Inquire with program.

### Contact Info

750 Great Northern Road  
Sault Ste. Marie, ON  
P6B 0A8

For Intake & Referral Inquiries:

**Janet Arnold**

Ph: 705- 945-5050 X4627

[arnoldj@sah.on.ca](mailto:arnoldj@sah.on.ca)

## St. Joseph's Care Group (Thunder Bay) – Eating Disorders Program

LHIN 14

### Age Group of Clients

Every age group.

### Geographical Catchment Area

Kenora District  
District of Thunder Bay  
Rainy River District

### Contact Info

301 N. Lillie St.  
Thunder Bay, ON  
P7C 0A6  
Ph: 807-684-5100

For Intake & Referral Inquires:

**Kerry Bourret**

Ph: 807-684-5109

[bouretk@tbh.net](mailto:bouretk@tbh.net)

[www.sjcg.net](http://www.sjcg.net)