




















































































Here are some suggested resources for individuals and families Whose Lives are Affected by an Eating Disorder

1. **Help for Eating Disorders: A Parent's Guide to Symptoms, Causes and Treatments**
Katzman, Debra K. & Pinhas, Leora, 2005
                            
 2. **Help Your Teenager Beat An Eating Disorder** Lock, James, 2004  
 3. **Eating Disorders: A Parent's Guide** Bryant-Waugh, Rachel & Lask, Bryan, 2004
     
 4. **Life Without Ed: How One Woman Declared Independence From Her Eating Disorder and How You Can Too** Schaefer, Jenni, 2004  
 5. **It's Not About Food: Change Your Mind; Change Your Life; End Your Obsession With Food & Weight** Normandy, Carol Emery & Roark, Laurelee, 1998              
 6. **Surviving an Eating Disorder: Strategies For Family & Friends**
Siegel, Michelle; Briseman, Judith; Weinschel, Margot, 1997               
- Use the ISBN provided to make sure you are getting the workbook recommended by the Calgary Eating Disorders Program.
7. **The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks**
Cash, Thomas F., 1997 (ISBN: 1572240628) 
 8. **When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers** Natenshon, A., 1999 (ISBN: 0787945781)    
 9. **The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering and Reclaim Your Life** Heffner, Michelle & Eifert, George, 2004 (ISBN: 1572243627)    
 10. **The Overcoming Bulimia Workbook: Your Comprehensive, Step-By-Step Guide to Recovery** McCabe, Randie; McFarlane, Traci L.; Olmsted, Marion, 2003 (ISBN: 1572243260)
  
 11. **Eating Disorders Awareness: Making a Difference**
DVD documentary produced by the Calgary Eating Disorder Program, 2006 
 12. **Troubled and Torn**, video, 2000 
 13. **Reviving Ophelia**, DVD, 1998 
 14. **Calgary Eating Disorder Program** www.calgaryhealthregion.ca/eatingdis
 15. **National Eating Disorders Information Centre (NEDIC)** www.nedic.ca/
 16. **National Eating Disorders Association (NEDA)** www.nationaleatingdisorders.org/

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Breton



Camrose



Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Eating Disorders** please call or visit:

The Southern Alberta Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW
Calgary, AB T3B 6A8
Phone: (403) 955-FCRC(3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC(3272) or email childhealthinfo@calgaryhealthregion.ca.

Community resource information available from:

The Calgary Eating Disorder Program

Phone: (403) 955-7700

Access Mental Health

Phone: (403) 955-1500

Contributing Partners

Alberta Children's Hospital: Calgary Eating Disorder Program



All of our Information Prescriptions are available for free download at: www.sacyhn.ca/pages/publications.html