

# Eating Disorders of York Region's Riverwalk Wellness Centres

Family Physician

Hospital Treatment  
(outpatient/inpatient)

Family Support  
Emotion Focused Family Therapy  
(EFFT)

Peer Support for  
Family and Friends

Stages of Recovery Workshops  
May be attended by supporters including  
family and friends.

Peer Support:  
WRAP  
(Wellness Recovery  
Action Plan)

Eating Disorder Specialized  
Dietitian or Nutritionist

Support Groups  
Select from psychotherapy  
groups for men, teens, adults,  
day programs, and others

## *Circle of Care*

Spiritual Care

Online Support  
Online support groups,  
resources, and tools, etc.

Assessment  
For deeper insight;  
with doctor's referral.

Psychotherapist/  
Psychologist/  
Psychiatrist

Private/Residential  
Treatment

Other Emotional/Social/Physical Support  
Expressive art, gentle relaxation movement, etc.  
(may be a part of a Day Program)

*The Circle of Care may include other resources, particularly, specialized treatment and/or support if required for trauma, addictions, mood disorders, etc. Please use the reverse of this page for further notes regarding additional resources.*