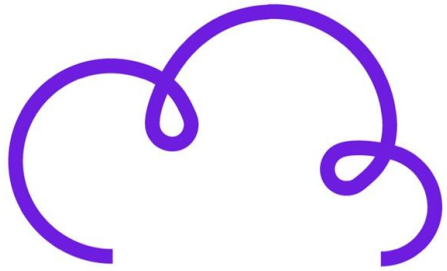




silverliningsfoundation.ca



Silver Linings Foundation

Silver Linings Foundation supports Albertans suffering from eating disorders and the loved ones who care for them. We believe recovery from this serious illness is possible and that everyone deserves access to the care they need.



THE HUB

718 15th Ave. S.W. Calgary

A place for community to access therapists, dieticians and support groups for eating disorder recovery.

WHAT WE OFFER

Support Groups

We run a continuous schedule of groups throughout the year.

Regular Scheduling

- Adult - All Eating Disorders
- Adult - Binge Eating Disorder
- Teen Group (offered online)

Intermittent Scheduling

- Adult - Art Therapy
- Adult - Yoga
- Adult - Body Image
- Parent & Caregiver - Meal Support

Peer Support Program

A no-cost program for anyone working towards eating disorder recovery.

This program offers tailored support to mentees from a recovered individual who has completed supervised mentorship training. Once matched both mentor and mentee will decide what support will look like—how often to connect, what format (phone, video, etc.) and what types of conversations are helpful. The peer support relationship is non-judgemental, empathetic and continues for as long as you need it. This program is free for anyone who needs it (age 15+).

Community Navigator & Consultation

Our Community Navigator is a registered nurse specialized in eating disorders. She has ample clinical experience and worked for the Calgary Eating Disorder Program. She is highly knowledgeable about available supports in the province and understand the referral process and related medical testing.

- Call and email support for any eating disorder related inquiry
- Speaking + Educational Presentations available upon request
- Program Brochures - materials to share with your patients

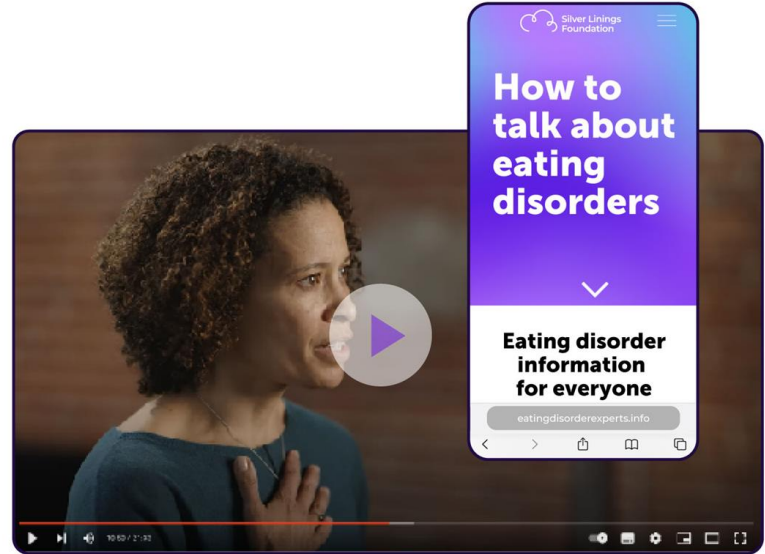
Online Resources

Video Resource Library

15 expert-led videos provide accurate, insightful and practical information about EDs for parents, clients and practitioners. The series is a deep-dive into everything from eating disorder causes to communication approaches and relapse strategies.

Book Recommendations

Over 100 eating disorder focused books read and verified for quality by clients, parents and clinicians.



“Knowing that others are out there struggling with similar things helped me feel less ashamed of my eating disorder and feel like I could be more open about my experience.”

- Support group participant

REFERRAL INFO

Contact

All of our programs can be registered for online. They do not require a referral; however individuals must be medically stable to participate in any of our programming as they are not a replacement for therapy.

Website: silverliningsfoundation.ca

Phone: (403) 536-4025

DID YOU KNOW?

Medical stability is not “well” or “recovered”

“Not sick enough” is what people hear when they don’t meet the medical criteria to be hospitalized, however they can still be incredibly unwell. For people who do meet hospitalization criteria, medical stability is all that’s required for discharge despite underlying issues not being treated. Hospital discharge is often the point where families feel ill-equipped to support their loved one. Recovery from eating disorders is absolutely possible but to someone who is struggling without proper care, that can feel like an impossibility.

Alberta does not currently have a live-in treatment centre for eating disorders.

It is estimated that 65% of people with ED can recover with self-management with therapists, dieticians and outpatient day program services. **Up to 30% of people need live-in treatment to recover** and up to 5% of people with severe illness need to be admitted to hospital for medical stabilization.

Out of province live-in treatment costs on average 1000\$/day

Out of province live-in treatment costs on average 1000\$/day and most treatment programs have an average stay of 90 days. This is prohibitive for most Albertan families. Silver Linings Foundation is working towards building a live-in treatment centre that would be free of charge for anyone in Alberta who needs it.

Bringing Live-In Treatment to Alberta

Establishing a Live-in Recovery Centre will be life changing news for the youth (and families) who suffer from the devastating effects of eating disorders.

You can help

- Spread the word about this missing piece in the continuum of care by following us and sharing on social. (We produce pretty great content).
- Donate! Our live-in treatment centre will be made possible by a community that understand how important the need is.
- Learn more - check out our website for our vast collection of resources

THANK YOU

