

Topic	Resource	Location
General Information for Carers	Change Process and Recovery Support Tips <i>Centre for Clinical Intervention</i>	Eating Disorder: Information for Carers
	Family/Care Provider Educational Videos (Youth) www.canped.ca	Understanding Eating Disorders in Adolescence
	Family/Care Provider Resources www.canped.ca	Useful Links and Resources
	Resource Guide for Parents/Family <i>Written by parents with lived experience</i> <i>BCCH, Provincial Health Services Authority</i>	Parents Survive to Thrive Guide
	Parent Educational Toolkit <i>National Eating Disorder Association</i>	NEDA Toolkit for Parents
	List of Eating Disorder Resources <i>Kelty Eating Disorders</i>	Eating Disorders and Body Image Resources
	List of Resources Specifically for Males <i>Kelty Eating Disorders</i>	Eating Disorders – Resources for Males
Meal Support	Kelty Eating Disorder Meal Support: Chapters 1 - 6 (Videos) <i>Kelty Eating Disorders</i>	Chapter 1: Introduction Chapter 2: Meal Planning Chapter 3: Meal Preparation Chapter 4: Supported Eating Chapter 5: Post Meal Chapter 6: Conclusion
	Meal Support: Fact Sheet <i>Kelty Eating Disorders</i>	Meal Support at a Glance
Emotion-Focused Family Therapy	Prevention Parenting <i>Mental Health Foundations</i>	Advanced Caregiving for Prevention Parenting and Mental Health
	Caregiver Newsletter for Eating Disorders <i>Fraser Health Eating Disorders</i>	Emotion-Focused Family Therapy Newsletter (Newsletter subscription and archives at bottom of page)

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Websites	Kelty Eating Disorders	www.keltyeatingdisorders.ca
	Maudsley	www.maudsleyparents.org
	Nedic	www.nedic.ca
	Mental Health Foundations	www.mentalhealthfoundations.ca
Books	Book List for Families <i>Recommended by Interior BC clinicians and families</i>	Biography:
		<i>Unbearable Lightness</i> - Portia de Rossi (2011)
		<i>Shell: One Woman's Final Year After a Lifelong Struggle with Anorexia and Bulimia</i> - Michelle Stewart (2012)
		<i>Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life</i> - Jenni Schaefer (2009)
		<i>Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too</i> - Jenni Schaefer (2004)
		<i>Next to Nothing: A Firsthand Account of One Teenager's Experience with and Eating Disorder</i> – Carrie Arnold, Timothy Walsh (2007)
		<i>Brave Girl Eating: A Family's Struggle with Anorexia</i> - Harriet Brown (2011)
		Science/Research:
		<i>Decoding Anorexia: How breakthroughs in Science Offer Hope for Eating Disorders</i> - Carrie Arnold (2012)
		<i>Surviving an Eating Disorder: Strategies for Family and Friends</i> - Siegel, Brisman, & Weinschel (2009)
<i>Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting and Disordered Eating</i> - Carolyn Costin (2013)		
<i>Help Your Teenager Beat an Eating Disorder</i> - James Lock, Daniel Le Grange (2015)		
<i>Anorexia and other Eating Disorders: How to help your child eat well and be well. Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers</i> - Eva Musby (2014)		