

EATING DISORDER RESOURCES
WATERLOO / KITCHENER



RESOURCE	SERVICES	COST	NOTES
Transformation Counselling	<ul style="list-style-type: none"> • EMDR therapy • Cognitive Behavioural therapy • Dialectical Behaviour therapy • Acceptance and Commitment therapy • Internal Family Systems therapy • Psychodynamic therapy • Narrative therapy • Solution-focused brief therapy 	<p>often covered by student insurance</p> <p>sliding scale options, but waitlist</p> <p>free for <u>qualifying individuals</u></p>	trauma informed, gender/sexuality as an area of focus
KW Counselling	<ul style="list-style-type: none"> • subsidized/no cost-counselling for queer folks and their partners/parents/etc • Group therapy for domestic abuse survivors • Quick-access counselling • Individual/couples/family therapy 	<p>LGBTQ2IA+ folks can receive subsidized or no-cost counselling</p> <p>no one turned down for lack of funds - funding/sliding scale available</p>	New appointments by phone only, 519-884-0000 gender/sexuality as an area of focus
UW Campus Wellness	<ul style="list-style-type: none"> • One-on-one counselling • Group therapy • Workshops, seminars 	free for UWaterloo students	difficult to work with avoid Dr. Lynda Benedet appointments by phone only 519-888-4096. Monday to Friday, 8:30 a.m. - 4:30 p.m. EST
Canadian Mental Health Association	<ul style="list-style-type: none"> • 2 group therapy sessions once a month 	free	self referral form required requirements to qualify for free services can be found here
Delton Glebe Counselling Centre	<ul style="list-style-type: none"> • Counselling, Registered Therapists, and Masters Student Therapists 	<p>sliding scale rates for therapists</p> <p>low rates for graduate student therapists (20-40\$)</p>	walk-in counselling clinic is currently closed gender/sexuality as an area of focus