

Eating Disorders Virtual Meal Support Group



Feel empowered in an inclusive & supportive community





PROGRAM DETAILS

Little Spuds Nutrition offers a weekly virtual drop-in meal support group facilitated by a dietitian specializing in eating disorders and intuitive eating. This is a pilot program with hopes to offer meal support multiple times per week if popular in view of lack of adult day treatment and adult based meal supports in British Columbia.

BENEFITS OF THE GROUP

-  Complete a meal in a safe environment and improve relationships by decreasing fear around eating
-  Connect with like-minded individuals working on a shared goal to improve nutrition and eating skills
-  Foster positive outcomes and improve accountability with your recovery
-  Increase accessibility to ED dietitian support at a reduced cost
-  Includes self-directed goal setting + reflection for communication with treatment team and as an accountability tool

WHO IS THE GROUP FOR?

-  Individuals with eating disorders or disordered eating working towards 3 meals/day
-  Residents of British Columbia
-  Age: 18+ Years old
-  Individuals connected with a therapist and receiving regular medical monitoring

ABOUT US

Little Spuds Nutrition is committed to providing affirming nutrition care that treats everyone with dignity and respect. Our clinicians are aligned with Health at Every Size and provide trauma-informed, size-inclusive, anti-oppressive, gender-affirming and neuroaffirming nutrition care.

What's included:

Offered **Tuesdays @ 1:00 PM – 2:00 PM** via Zoom + 10 min Office Hours after the session for 1:1 questions as needed

To participate, you must attend a mandatory info session offered once per month to review group guidelines and frequently asked questions.

WHAT IS MEAL SUPPORT?

Meal Support offers a supportive setting to share a meal together and work on nutrition goals. During these sessions, participants start with a pre-meal check-in, enjoy their own meals, and engage in various activities after the meal. This holistic support, encompassing the period before, during, and after the meal, enhances the likelihood of successful meal completion, encourages normalized eating habits, helps with tolerating fullness, and assists in addressing behaviors that may obstruct progress towards healthy eating and recovery.



Next Steps: Info Session

- 1 Get started by signing up for the mandatory info session [here](#).



- 2 After attending the info session, sign up for meal support [here](#).



Clients & Clinicians are invited to join
Bring your questions to our monthly info session to learn more at the link above.