

EATING DISORDERS

A Better Way Counseling Center

503-226-9061 818 NW 17th Ave. Portland, OR 97209
and 811 NW 20th Ave. Suite #103C Portland, OR 97209

Outpatient eating disorder program. Team approach utilizing doctors, dietitians, and art therapists. Focus on the root of the compulsion. Free support groups, family therapy is encouraged.

Fee: \$40-\$110 (some sliding scale)

Website: www.abwcounseling.com

Columbia Counseling Associates

503-492-4492 1450 NE Village St. Fairview, OR 97024

Ask for Mary Jane, she is a registered counselor specializing in eating and emotional issues.

Overeaters Anonymous

503-254-5658 Leave Message

503-626-0427 Meeting Info

Self-help groups for compulsive eating. Call for meeting times and locations. Volunteer donations.

Website: www.oregon-oa.org

Weight Watchers

1-800-651-6000

Weigh in, orientation, explanation of the program, program materials and presentation of the weekly topic. Topics will be tailored to meet the unique weight challenges of working people. Four way approach: Weight Watchers winning points program, individualized lifestyle changes and ways to learn new eating habits.

Website: www.WeightWatchers.com

National Eating Disorders Association

Promotes treatment.

Website: www.nationaleatingdisorders.org

Something Fishy

Offers information about anorexia, bulimia, overeating and binge eating.

Website: www.something-fishy.org

(Can be viewed in English, Spanish or French.)

American Anorexia/Bulimia Association

1-800-522-2230

Provides support groups and referrals for sufferers of eating disorders.

Website: www.ochd.org

Anorexia Nervosa and Related Eating Disorders

503-344-1444 PO Box 5102 Eugene, OR 97405

Information and a list of support groups; also sponsors workshops and seminars.

Website: www.anred.com

EATING DISORDERS (CONT.)

National Association of Anorexia Nervosa & Associated Disorders

1-847-831-3438 Mon—Fri 9am-5pm (Central Time)

Educational material and support groups.

Website: www.anad.org

Stanford University School of Medicine

415-723-2242

Information about eating disorder clinics.

Website: <http://med.stanford.edu/departments>