



*"For the first time, I feel  
that there are others  
that truly understand  
what I'm going through."*

– Support Group Participant



## NEED MORE INFORMATION?

If you are looking for additional information or have questions, please visit our website or get in touch with us. We look forward to connecting with you!



Eating Disorder Support  
Network of Alberta

## Contact



[www.edsna.ca](http://www.edsna.ca)



[info@edsna.ca](mailto:info@edsna.ca)



[@eatingdsna](https://www.instagram.com/eatingdsna)

Eating Disorder  
Support Network  
of Alberta

## Who We Are

The Eating Disorder Support Network of Alberta (EDSNA) is a nonprofit organization and registered charity that serves people directly, and indirectly, affected by eating disorders or disordered eating.

## Our Support Groups

EDSNA offers professionally facilitated support groups, workshops and webinars for individuals living with an eating disorder, caregivers and community members. Our groups offer a safe space that fosters a sense of empowerment, hope and skill-building for participants.

No formal diagnosis is required to register. Our groups are low-cost or free.

Sessions are offered in multiweek or single session formats (group-specific) on a variety of days and times to accommodate different schedules. Our groups are limited to a small number of participants.

Visit our website [edsna.ca](https://edsna.ca) to learn more and register!

## Our Vision

Earlier Intervention.  
Accessible Recovery.  
Social Change

## Our Mission

We educate, connect, and support Albertans to reduce the impact and incidence of eating disorders and disordered eating.

## Workshops and Webinars

Looking to increase your knowledge around eating disorders or disordered eating? EDSNA offers workshops, presentations and webinars in the community.

Get in touch with us at [info@edsna.ca](mailto:info@edsna.ca) to learn more.

## Looking for More Resources?

Our website has lots of information on ways to find support, including navigating the public healthcare system in Alberta, as well as lists of treatment providers who have experience working with eating disorders.

We have informational handouts on how to talk to your doctor, stats on eating disorders, book recommendations, worksheets, downloadable PDFs, videos and more.

EDSNA also provides links to other community organizations offering eating disorder support across Canada.