

NARSF Programs Ltd.

Incepted in 1990, NARSF Programs is a private agency committed to delivering a variety of clinical services to families, children and the community. Our goal is to support personal growth through awareness of process, choice and self responsibility.

NARSF Programs Ltd. is funded by The Ministry of Children and Family Development & The Central Vancouver Island Health Authority.

Other services that also fall under the NARSF Programs umbrella are:

~**Family Therapy:** clinical counseling services to children and families referred by MCFD.

~**LIFT** (Living in Families with Teens): a program for parents & youth who are experiencing relationship difficulties

~**MHO** (Youth Mental Health Outreach): a program for school aged children and their families experiencing mental health issues.

~**SAIP** (Sexual Abuse Intervention Program): is a program for children and their families in which the child or youth who have disclosed sexual abuse or sexual exploitation.

~**Harris House Health Clinic, Duncan Mobile Needle Exchange & CVI:**

harm reduction services.

RESOURCES IN NANAIMO

EMERGENCY NUMBERS

Children's Help line.....310-1234
RCMP • Ambulance • Fire.....911
Crisis Line.....1-888-494-3888
Poison Control1-800-567-8911

NON-EMERGENCY NUMBERS

MCFD Child Protection	250-741-5444
Child & Youth Mental Health	250-741-5444
MCFD (Youth Team)	250-741-3600
Aboriginal Child, Family & Community Services (Protection)	250-741-5701
Aboriginal Child & Youth Mental Health	250-741-5734
Discovery Youth & Family Substance Use Services	250-739-5790
Walk In Crisis Counselling Clinic	
Brooks Landing	250-739-5710
Friendship Lelum Youth Safe House	250-753-8266
Haven House	250-756-2452
Harris House Health Clinic	250-753-6759
Kw'umut Lelum Child & Family Services	250-591-0933
NRGH (Hospital)	250-755-7691
Nanaimo Family Life	250-754-3331
Nanaimo Youth Services Assoc.	250-754-1989
Options for Sexual Health	250-753-9511
Parents Together	250-754-9661
Tillicum Lelum	250-753-6578
Youth Services & Probation	250-741-3600



"Helping families achieve their potential"

NARSF Programs Ltd.

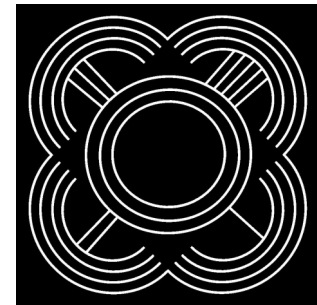
#201-170 Wallace Street, Nanaimo, BC V9R 5B1

Phone (250) 754-2773 x 213

Fax (250) 754-1605

Email: admin@narsf.org

This Program is funded by The Ministry of Children & Family Development



NARSF PROGRAMS LTD.

EATING DISORDERS PROGRAM

#202-190 Wallace Street, Nanaimo, BC
V9R 5B1

Phone (250) 754-2773 ext. 213

Fax (250) 754-1605

Email: admin@narsf.org

www.narsf.org

Welcome to The Eating Disorders Program

The Eating Disorders Program is funded by the Ministry of Children and Family Development and provides a range of clinical services free of charge to the public.

The Eating Disorders Program provides a complementary pairing of prevention and treatment services to lessen the impact of harm associated with persistent and serious eating patterns for referred youth and families in the Nanaimo/Ladysmith area. Our approach is strengths-based and collaborative when working with referred clients, caregivers and service providers.

Clinical services provide for full screening and assessment and the implementation of cognitive and behavioral interventions to optimize client functioning in the home, school and community setting.

Who is eligible for services?

- Children, youth and their families where the Children or Youth have experienced Eating Disorders
- Child and Youth and their families with Eating Disorders without diagnosis

The Eating Disorders Program con't.....

What Services are provided?

- A complete screening and assessment of the client
- A person-centered plan designed to achieve individual and program goals
- Weekly/bi-weekly individual and family sessions
- Health education and referral to community resources
- Meeting space and facilitation for case management situations
- Transition reports for youth and caregivers
- Outreach education for schools, interested groups and other service providers
- Support groups for family and friends of eating disorders clients
- Group therapy for eating disorders clients
- Eating disorders educational literature and resources

Desired Client Outcomes:

- Re-establishment of client's healthy eating patterns
- Improvement of the client's self-esteem and body image.
- Improvement of the client's familial relationships
- Decrease in hospital admission for the client
- Decrease in mortality risks for the client
- Decrease in the risk of occurrence through community education.

The Eating Disorders Program con't.....

Contact:

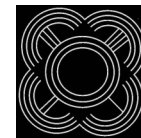
The Eating Disorders Program

Tuesday or Thursday
from 9:00am-5:00pm.

at:

#754-2773 Ext. 213

We believe that our clients have the inherent strengths, resources and wisdom to recover from Eating Disorders, to develop healthy relationships with food and constructive ways of coping with life and its challenges.



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