

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 & Island Health.

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

~**CVI Harm Reduction Services** is a program designed to reduce drug-related harm by promoting safe use, healthier choices and informed decision making.

~**DVRP** (Domestic Violence Response Program) is designed to provide service directly to the male partner of a parenting couple involved in an incident of domestic violence.

~**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 have disclosed sexual abuse or sexual exploitation.

~**Transitions** is designed to help youth with problematic drugs and alcohol use achieve their goal of abstinence or the reduction of harmful consequences of substance use.

~**YSP** (Youth Services Program) is an outreach program that will work with children, youth and their families upon referral from MCFD Nanaimo.

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.

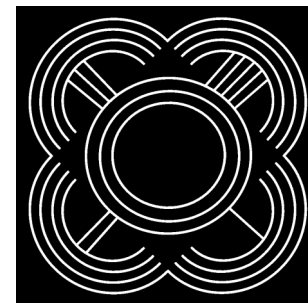
#201-170 Wallace Street, Nanaimo, BC V9R 5B1

Phone (250) 754-2773

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

About the Eating Disorders Program at NARSF

NARSF offers a specialized community-based program for children, youth, and families coping with the challenges of disordered eating.

The Eating Disorders Program delivers a range of services including prevention, screening and assessment, individual and family therapies and coordination with community services, physicians and mental health service providers.

Positive behavioral and cognitive interventions are used within the program to increase self-awareness and acceptance and enhance skills and strategies for living life well.

The program is funded by the Ministry of Children and Family Development and is provided free of charge to families in the Nanaimo/Ladysmith area.

Eating Disorders Program Information

Who is eligible for service?

Children, and youth 18 years and under and their family/caregiver for whom there is concern about an eating disorder.

What Services are provided?

- A person centered approach designed to build on strengths and capacities of the child/youth and family
- Screening, assessment and intervention
- Weekly/bi-weekly individual and/or family sessions
- Health education on disordered eating and referral to community resources as relevant
- Participation and collaboration in case management teams where indicated
- Education for schools and interested groups by arrangement
- Referral to resources about eating disorders

Desired Outcomes:

- Healthy eating patterns
- Improved self-esteem and body image
- Improvement in the family relationship system
- Improvement of health and well-being for clients and their families
- Decrease in hospital admissions, mortality and recurrence risks

We believe clients have the inherent strengths, resources and wisdom to recover from disordered eating to develop healthy relationships with food and build constructive ways of coping with life challenges.

For more information Contact Bridgit Bretherton-Jones

The Eating Disorders Program
Tuesday and Thursday
from 9:00am-5:00pm.
250 754-2773 Ext. 213



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