

Testimonials

“Joining Adele’s group was a great experience for me and I would do it again. It felt scary at first, but hearing everyone’s stories and all the sharing between the group reminded me that I am not alone”

“Adele, you are such a strong, honest, charismatic woman, working with you and other women in group made me feel comfortable to express my thoughts and know that I’m not alone in this fight for myself! Thank you so much!”

“Group therapy is a useful tool in helping to erase the feelings of isolation and loneliness that are associated with eating disorders; you quickly learn that your thoughts and behaviors are shared by all those who suffer. The candid discussions and supportive environment leave members with reassurance and hope that recovery is absolutely within reach.”

“Group was a very positive experience for me. I entered with a lot of trepidation about the process. I am not a talker and was surprised I felt comfortable enough to open up about and share some things. I have great respect and admiration for all the women who shared their stories and allowed me to share mine. The greatest thing I will take away with me is I don’t have to be ashamed or isolate myself because of ED.”

“The group inspired me to use my recovery tools more often and I always left feeling positive and eager to work on a goal until the next group. I feel I am farther along my recovery than when I began. Thanks Adele for challenging us, giving us more tools for recovery and just for listening.”

Adele Fox is registered with the
College of Alberta Psychologists.
MyndCare services may be
covered under your extended
health care plan.

MYNDCARE

T: 403-809-7809 **F:** 403-931-3499

EATING DISORDER SUPPORT GROUP



A supportive, educational
experience where women in
recovery can share and learn
from each other to continue
on the path of health and
aliveness.



“It's not who you are that holds you back, it's who you think you're not.”

Adele Fox utilizes approaches to treatment that are aligned with the unique needs of her clients. She implements a combination of cognitive behavioral therapy, interpersonal psychotherapy, and coaching in her work with clients and their recovery from Bulimia Nervosa, Anorexia Nervosa, Binge Eating Disorder, or disordered eating/weight preoccupation.

ABOUT ADELE FOX

Adele is a Registered Psychologist, Imago Relationship Therapist, and Certified Mediator. She has worked in both the private and public sectors in Toronto and Calgary, providing coaching, psychotherapy, rehabilitative and mediation services for companies, couples and individuals.

Adele’s experience in working in the area of eating disorders began in 1998. She trained and worked in the Inpatient Eating Disorders Program at Toronto General Hospital. Over the last two decades, Toronto General Hospital has become a leader in eating disorder treatment, pioneering research, and a major training ground for specialized caregivers.

Adele then moved into outpatient work at Oakville Hospital, working with adolescents, adults and their families struggling with an eating disorder. Relocating back to her home province of Alberta, Adele provides individual treatment for adults within a private practice setting.

WHO

This group is for women 17 years and older that struggle with symptoms of bulimia. You must be currently in treatment or completed treatment and now active in your own recovery process.

Please contact Adele if you have any questions as to whether or not this group would be a good fit for you.

“When I started working with Adele I was bingeing and purging typically 2-3 times a week, and now it has been six months since my last lapse! Both my mind and body feel healthy and I feel so much more in control.
Thanks Adele!”

Client, Calgary Alberta

National Eating Disorder
Information Center:

www.nedic.ca



It is an opportunity for you to learn new skills and information in regards to recovery and day-to-day living, and to share and learn from each other.

Often in recovery you can feel as though you are all alone or that family/friends don't quite 'get it'. Being with others who are at different stages of the recovery process can be incredibly reassuring and beneficial.

WHEN

We will meet weekly for 2 hours over a 3-month period (12 meetings). A 3 month commitment is required in order that we create a cohesive and successful group experience.

Each meeting will cost \$75 and you will receive a receipt to submit if you have extended insurance benefits.

WHAT

www.myndcare.com