



# Directory of Nutrition Services in Waterloo Region

## **This directory provides information on nutrition services available in Waterloo Region.**

It is designed to assist health professionals and community agencies in referring clients to appropriate services.

This resource includes a brief description of services offered by various organizations and how to connect with these services. Please contact the appropriate organization for further details.

For more information on the services provided by Region of Waterloo Public Health call 519-575-4400 (TTY 519-575-4608) or visit [www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph). Accessible formats of this document are available upon request.

## **Private Practice Dietitian Services**

Registered Dietitians in private practice offer a range of nutrition services including presentations, workshops and individual counselling. Clients can self-refer to see a dietitian in private practice.

These services are fee-for-service. However, Registered Dietitian services are covered by some health insurance plans.

Dietitians of Canada offers a searchable database of Registered Dietitians that offer counselling, presentations and other services at [www.dietitians.ca/find-a-dietitian.aspx](http://www.dietitians.ca/find-a-dietitian.aspx)

## **Sources of Nutrition Education Materials**

Registered Dietitians provide evidence-based nutrition information. Here are some services that provide reliable nutrition information to the public:

Call **Telehealth Ontario** at 1-866-797-0000 (TTY: 1-866-797-0007) to speak with a Registered Dietitian about nutrition and healthy eating for free.

### **Dietitians of Canada**

Visit the website at [www.dietitians.ca](http://www.dietitians.ca) to assess your current lifestyle and eating habits; [www.cookspiration.com](http://www.cookspiration.com) to get recipes, tips on cooking and meal planning; and [www.unlockfood.ca](http://www.unlockfood.ca) to find nutrition resources and more.

**Public Health Resource Library** loans out teaching kits, DVDs, posters, and books free of charge through their lending library. A large selection of pamphlets are also available. For more information, call 519-575-4400 ext. 2256 or email [phrl@regionofwaterloo.ca](mailto:phrl@regionofwaterloo.ca). To search the catalogue of resources, visit [www.regionofwaterloo.ca/phrl](http://www.regionofwaterloo.ca/phrl).

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Region of Waterloo Public Health assumes no liability for any errors or omissions in this listing, or for the services provided by the parties listed in the directory. Registered Dietitians in Ontario are required by the College of Dietitians of Ontario to provide safe, ethical, and competent service. To verify an individual's current registration status with the College of Dietitians of Ontario, phone: 1-800-668-4990 or visit the "find a dietitian" resource on the college website: [www.collegeofdietitians.org](http://www.collegeofdietitians.org).



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# Clinical Services

Registered Dietitians in hospitals provide nutrition services that are related to medical conditions. Access to hospital services usually requires a physician's referral. Most services are covered by OHIP. Call the number indicated for more information on referral criteria.

## Type of Program

I = Individual nutrition counselling (outpatient setting)

G = Group program and/or clinic

*\* In the case of group sessions at Grand River Hospital, individual appointments will be made for patients with a language barrier and/or physical/mental challenges.*

Area of Specialty	Location	Type of Program	Contact for Referral	Brief Description of Program/Clinic
Cardiology	St. Mary's	I, G	519-885-9517	Cardiac Rehabilitation Clinic, Hearts in Motion program for CVD. Doctor referral needed.
		I, G	519-749-6919	Cardiac Heart Function Clinic for clients diagnosed with CHF (Cardiologist referral only).
Diabetes <i>All referrals for diabetic education should be sent to the Waterloo-Wellington Diabetes Central Intake rather than to individual programs</i>	Waterloo-Wellington Diabetes Central Intake (WWDCI)		519-947-1000 ext. 372	Central intake for diabetic education referrals in Waterloo Region. Self referral form at <a href="http://waterloowellingtondiabetes.ca/professional-central-intake.htm">waterloowellingtondiabetes.ca/professional-central-intake.htm</a>
	Cambridge Memorial	I,G	519-621-2333 ext. 2345	All ages. Type I, Type II and gestational diabetes and children. Referrals through WWDCI.
	Grand River	I, G*	519-749-4300 ext. 2622	Adults with insulin resistance and diabetes (Diabetes Education Centre). Referrals through WWDCI.
		I, G*	519-749-4300 ext. 3714	Offered through the Outpatient Children's Unit for children diagnosed with Type I or II diabetes. Referrals through WWDCI.
Eating Disorders	Canadian Mental Health Association	I, G*	Call Here 24/7: 1-844-437-3247	Community Mental Health Clinic. Offered to individuals with eating disorders and their families. Treatment provided for both adolescents and adults. Doctor referral is not necessary.
Gastrointestinal Disease/ Disorder	Grand River	I	519-749-4300 ext. 2622	Adults with celiac disease, Crohn's Disease, ulcerative colitis and inflammatory bowel disease. Doctor referral required.
Geriatric Rehab	Grand River (Freeport)	I	519-749-4300 Day Hospital ext. 8340	Out-patient rehab clinics at Freeport Health Centre. Individual nutrition counselling available for patients referred to these clinics.
Oncology	Cambridge Memorial	I	519-621-2333 ext. 2347	Offered to active patients of the Outpatient Medical Day Clinic.
	Grand River	I, G*	519-749-4380	For patients followed by a physician at the Grand River Regional Cancer Centre.
Pediatrics	Grand River	I	519-749-4300 ext. 2207	Children/adolescents (at or under 18 yrs) are seen individually for hyperlipidemia, diagnosed food allergies, obesity, at risk for obesity and other nutrition concerns. Doctor referral required.
Prenatal	Grand River	I	519-749-4300 ext. 2207	At risk, pregnant women including low/excessive weight gain, vegetarian, poor diet, pregnant adolescents not receiving prenatal nutrition programs. Doctor referral preferred.
	Various locations provided by Public Health and Carizon	G	519-575-4400 Carizon: 519-743-6333 ext. 2383	Growing Healthy Two-gether: For pregnant women whose health or nutritional status may be compromised due to their economic or social situation
Pulmonary	Grand River (Freeport)	I,G	519-749-4300 ext. 7309	Eight week outpatient program through Pulmonary Rehab program at Freeport Health Centre. Individual nutrition counselling available to patients referred to this program.
Renal	Grand River	I	519-749-4300 ext. 2189	Patients with chronic kidney disease or kidney stones. Referral preferred.

## Community-based Health and Support Services

Organization	Contact Info	Website	Email	Boundary
Waterloo Wellington Diabetes Central Intake (WWDCI)	Phone: 519-947-1000 ext. 372 Fax: 519-620-3114	<a href="http://www.waterloowellingtondiabetes.ca">www.waterloowellingtondiabetes.ca</a>	info@waterloowellingtondiabetes.ca	Waterloo-Wellington LHIN (Check website for details)
Waterloo Wellington Local Health Integration Network	Phone: 519-748-2222	<a href="http://www.healthcareathome.ca/ww/en">www.healthcareathome.ca/ww/en</a>		Waterloo Wellington LHIN
Saint Elizabeth Health	1-866-220-1640 Phone: 519-220-1640 Fax: 519-220-0797	<a href="http://www.saintelizabeth.com">www.saintelizabeth.com</a>	info@saintelizabeth.com	Cambridge
Langs Community Health Centre	Phone: 519-653-1470	<a href="http://www.langs.org">www.langs.org</a>	info@langs.org	Cambridge (call for information)
North Dumfries Community Health Centre (Satellite of Langs Community Health Centre)	Phone: 519-632-1229 Fax: 519-632-1253	<a href="http://www.langs.org">www.langs.org</a>	info@langs.org	North Dumfries (call for information)
Kitchener Downtown Community Health Centre	Phone: 519-745-4404 Fax: 519-745-3709	<a href="http://www.kdchc.org">www.kdchc.org</a>	mail@kdchc.org	Downtown Kitchener
Woolwich Community Health Centre	Phone: 519-664-3794 Fax: 519-664-2182	<a href="http://www.wchc.on.ca">www.wchc.on.ca</a>		Woolwich Township (check website for details)
Wellesley Township Community Health Centre (Satellite of Woolwich Community Health Centre)	Phone: 519-656-9025 Fax: 519-656-9027	<a href="http://www.wchc.on.ca">www.wchc.on.ca</a>		Wellesley Township (check website for details)

## Family Health Teams (FHT)

A Family Health Team is an approach to primary health care that brings together different health care providers to coordinate quality of care. They are designed to give doctors support from other health professionals. Rostered patients have access to the services of a Registered Dietitian free of charge.

<b>Centre for Family Medicine</b>	Phone: 519-578-2100	Fax: 519-578-2109	<a href="http://www.family-medicine.ca">www.family-medicine.ca</a>
<b>New Vision Family Health Team</b>	Phone: 519-578-3510	Fax: 519-578-6040	<a href="http://www.newvisionhealth.ca">www.newvisionhealth.ca</a>
<b>Grandview Medical Centre</b>	Phone: 519-623-4200	Fax: 519-623-2546	<a href="http://www.gmcfht.ca">www.gmcfht.ca</a>
<b>Two Rivers Family Health Team</b>	Phone: 519-629-4615	Fax: 519-629-4630	<a href="http://www.tworiversfht.ca">www.tworiversfht.ca</a>
<b>Mango Tree Family Health Team</b>	Phone: 519-224-0540	Fax: 519-224-0546	<a href="http://www.mangotreefht.com">www.mangotreefht.com</a>

For more information about Family Health Teams, call the Service Ontario Infoline: 1-866-532-3161

## Health Service Organization (HSO)

HSO's provide primary health care services to rostered members and encourage a multi-disciplinary approach to care with an emphasis on health promotion and illness prevention. The services of a Registered Dietitian are available to patients free of charge. HSO's in Waterloo Region include:

<b>Elmira Medical Centre</b>	Phone: 519-669-5493	Fax: 519-669-5901
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# Health Organization

The following are organizations that provide information, resources, and support services to help people with specific health issues and related dietary concerns.

Organization	National/Provincial Contact Info	Local Contact Info	Website
Canadian Cancer Society	National 1-888-939-3333 Ontario 1-800-268-8874 connect@cancer.ca	519-249-0074 waterloo-wellington@ontario.cancer.ca	<a href="http://www.cancer.ca">www.cancer.ca</a>
Canadian Celiac Association	1-800-363-7296 info@celiac.ca	kwceliac@sympatico.ca	<a href="http://www.celiac.ca">www.celiac.ca</a>
Canadian Liver Foundation	1-800-563-5483 clf@liver.ca	416-491-3353	<a href="http://www.liver.ca">www.liver.ca</a>
Canadian Lung Association	National 1-888-566-5864 info@lung.ca Ontario 1-888-344-5864 info@lungontario.ca		<a href="http://www.lung.ca">www.lung.ca</a>
Canadian Mental Health Association	1-416-977-5580 info@ontario.cmha.ca	519-821-8089	<a href="http://www.cmha.ca">www.cmha.ca</a>
Canadian Pediatric Society	1-613-526-9397 info@cps.ca		<a href="http://www.cps.ca">www.cps.ca</a>
Crohn's & Colitis Canada	1-800-387-1479 support@crohnsandcolitis.ca	waterlooregion@ crohnsandcolitis.ca	<a href="http://www.crohnsandcolitis.ca">www.crohnsandcolitis.ca</a>
Diabetes Canada	1-800-226-8464 info@diabetes.ca	519-742-1481 kitcheneroffice@diabetes.ca	<a href="http://www.diabetes.ca">www.diabetes.ca</a>
Heart and Stroke Foundation of Canada	National 1-613-727-5060 Ontario 416-489-7111	519-571-9600 (Kitchener office)	<a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
The Kidney Foundation of Canada	National 1-800-361-7494 Ontario 1-800-387-4474 kidney@kidney.on.ca	1-800-387-4474 ext. 4862	<a href="http://www.kidney.ca">www.kidney.ca</a>
National Eating Disorder Information Centre	1-866-633-4220 medic@uhn.ca		<a href="http://www.nedic.ca">www.nedic.ca</a>
Osteoporosis Canada	1-800-463-6842 info@osteoporosis.ca		<a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a>
Ostomy Canada Society	1-888-969-9698 info1@ostomycanada.ca		<a href="http://www.ostomycanada.ca">www.ostomycanada.ca</a>

Community Based Food Skill Programs	Description
<b>Community Nutrition Workers and Peer Health Workers</b> <a href="http://www.regionofwaterloo.ca/en/health-and-wellness/peer-program.aspx">www.regionofwaterloo.ca/en/health-and-wellness/peer-program.aspx</a> Phone: 519-575-4400 Email: peer@regionofwaterloo.ca	A peer program that offers cooking groups, workshops, and other food-related activities in various community locations. There is usually no charge to participants

# Grocery Store Dietitian Services

<p><b>Loblaws Registered Dietitian Services</b> <a href="http://www.zehrs.ca/dietitians">www.zehrs.ca/dietitians</a></p>	<p>A resource to compliment services provided by other health care providers. Multiple programs and informational sessions including:</p> <ul style="list-style-type: none"><li>• Cooking classes</li><li>• Group workshops on a variety of topics, such as diabetes, heart health, and weight management</li><li>• Nutrition consultations (fee applies - may be covered by insurance)</li><li>• Private grocery store tours (fee applies - may be covered by insurance)</li></ul> <p>Find a dietitian at a Zehrs near you at: <a href="http://www.zehrs.ca/dietitians">www.zehrs.ca/dietitians</a></p>
<p><b>Sobeys Registered Dietitian Services</b> <a href="http://www.sobeyspharmacy.com/pharmacy-services/dietitians">www.sobeyspharmacy.com/pharmacy-services/dietitians</a></p>	<p>A resource to compliment services provided by other health care providers. Multiple programs and informational sessions including:</p> <ul style="list-style-type: none"><li>• Cooking classes</li><li>• Classes on blood sugar and heart health</li><li>• Weight management programs</li><li>• Nutrition consultations (fee applies - may be covered by insurance)</li></ul> <p>Find a dietitian at a Sobeys near you at: <a href="http://www.sobeyspharmacy.com/pharmacy-services/dietitians">www.sobeyspharmacy.com/pharmacy-services/dietitians</a></p>

For more information call 519-575-4400 (TTY 519-575-4608) or visit [www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph).

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