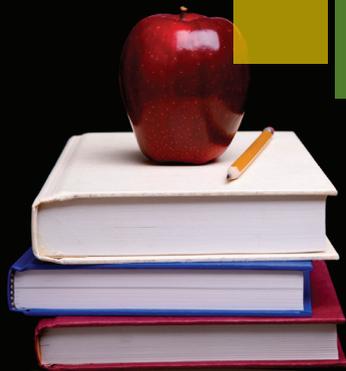


Registered Dietitians

in Windsor and Essex County



Registered Dietitians are food and nutrition experts.

Where can you find a Registered Dietitian in Windsor and Essex County?

Dietitians work in a number of different settings and organizations to address the needs of our community. Some dietitians work closely with individuals through one-on-one counselling, to help you adjust your dietary habits to match your personal health needs. Other dietitians target larger groups or populations by developing community programs, services, and policies that help improve the health of the community as a whole.

COMMUNITY HEALTH CENTRES

Windsor Essex Community Health Centre,

Sandwich Community Health

3325 College Avenue, Windsor

519-258-6002

Leamington Site

33 Princess Street, Leamington

519-997-2828

The Windsor-Essex Community Health Centre (WECHC) offers a broad range of services to the Windsor-Essex County (WEC) community. Their primary goal is to support the health and wellness of vulnerable populations, such as new immigrants, and those with low income. WECHC offers programs and services for teens, those who are homeless, or at risk of homelessness, those with diabetes, COPD, hepatitis C, and older adults.

City Centre Health Care (CCHC)

1400 Windsor Avenue, Windsor

519-971-0116

City Centre Health Care provides a holistic and multidisciplinary approach to health care. They offer a variety of services for individuals and groups, including dietary and nutrition services, primary care, foot care, smoking cessation, and mental health services.

DIABETES EDUCATION

Diabetes Wellness

2885 Lauzon Parkway, Windsor

519-997-2823

The Windsor-Essex Community Health Centre's *Diabetes Wellness* program provides support to individuals living with type 1 and type 2 diabetes, and to those diagnosed with pre-diabetes. Dietitians here offer individual and group counselling.

EATING DISORDER SERVICES

Bulimia Anorexia Nervosa Association (BANA)

1500 Ouellette Avenue, Suite 100, Windsor

519-969-2112

Intake line: 1-855-969-5530

For Adults: The *Bulimia Anorexia Nervosa Association* (BANA) is the primary source for the prevention and treatment of eating disorders in the Windsor-Essex region. They are a not-for-profit, community-based organization offering a variety of treatment programs for individuals and their families affected by disordered eating.

Teen Health Centre

1361 Ouellette Avenue, Suite 101, Windsor

519-253-8481

Intake line: 1-855-969-5530

For Teens: The *Teen Health Centre* is a part of the Windsor-Essex Community Health Centre. They offer a counselling for youth between 12 and 24 years old affected by disordered eating.



COMMUNITY HEALTH CENTRES FAMILY HEALTH TEAMS

Amherstburg Family Health Team

721 Front Road South, Unit 101, Amherstburg
519-736-7770

Harrow Family Health Team

1480 Erie Road South, Harrow
519-738-2000

Leamington Family Health Team

197 Talbot Street West, Leamington
519-322-1100

Windsor Family Health Team

2475 McDougall Avenue, Windsor
519-250-5656

Dietitians who work within Family Health Teams provide nutrition counselling to the patients of doctors connected to the Family Health Team. They typically offer individual and group counselling for a number of nutrition-related conditions and concerns. For a list of Family Health Teams in Ontario, visit the *Government of Ontario – Family Health Teams*.

HOME CARE

LHIN - Home and Community Care

1-888-447-4468

Dietitians working for the *Local Health Integration Network (LHIN)* provide individual nutrition counselling to people in their homes.



HOSPITALS

Hôtel-Dieu Grace Healthcare – Tayfour Campus

1453 Prince Road, Windsor
519-257-5111

Bariatric Assessment and Treatment Centre: 519-971-9206

Cardiac Wellness Program: 519-257-5111 ext. 72505

Hôtel-Dieu Grace Healthcare offers both inpatient and outpatient nutrition services. Windsor's *Regional Bariatric Assessment and Treatment Centre* is a weight loss outpatient service, which provides medical screening and assessment services for individuals (see below for more details). The *Cardiac Wellness Program*, also for outpatient clients, is a medically managed cardiac rehabilitation program. This six-month program assists those who have recently suffered a cardiac event. Both of these outpatient programs require physician referral.

Erie Shores Healthcare

194 Talbot Street West, Leamington
519-326-2373

Erie Shores Healthcare offers counselling for all nutrition-related disorders including, but not exclusive to, heart disease, diabetes, gastro-intestinal disorders, renal disease and liver disease. Group sessions are offered for those affected by diabetes and heart disease. A physician's referral is required to see a dietitian at this hospital.

Windsor Regional Hospital

Metropolitan Campus

1995 Lens Avenue
519-254-5577

Ouellette Campus

1030 Ouellette Avenue
519-973-4411

Windsor Regional Hospital Cancer Program

2220 Kildare Road
519-253-5253

Windsor Regional Hospital (WRH) offers inpatient dietetic services. A physician's referral is needed to access all nutrition services.

Windsor Regional Cancer Program offers outpatient counselling for those patients registered within the Cancer Program. Referrals are accepted for management of cancer and treatment related issues. Physician referral is not required.

INFANT, CHILD, AND YOUTH SERVICES

Windsor Regional Hospital - Metropolitan Campus

1995 Lens Avenue, Windsor

519-254-5577 ext. 52580 Fax: 519-985-2665

Windsor Regional Hospital (WRH) offers various Paediatric nutrition services for children 0 to 17 years old. Services are provided for those with cystic fibrosis, diabetes, eating disorders, failure to thrive, feeding issues, food allergies, nutrition support, overweight (only for patients up to 12 years of age), and special health care needs. A physician's referral is required.

Building Blocks for Better Babies (BBBB)

2996 Deziel Drive, Suite G, Windsor

519-977-6862

Building Blocks for Better Babies (BBBB) is a Canada Prenatal Nutrition Program that assists pregnant women have healthy babies through nutrition support and health information. Dietitians and nurses provide weekly community programs that aim to improve the health of mothers, infants, and families, encourage and support breastfeeding and support maternal and infant mental health.

Teen Health Centre

1361 Ouellette Avenue, Suite 101, Windsor

519-253-8481 Fax: 519-253-0891

The *Teen Health Centre* is a part of the Windsor-Essex Community Health Centre. They offer Primary Care and Mental Health counselling for youth between 12 and 24 years old.

NURSE PRACTITIONER-LED CLINICS

Essex County Nurse Practitioner

Essex Site

186 Talbot Street South, Unit 200, Essex

519-776-6856 Fax: 519-776-7904

Drouillard Road Outreach Site

1168 Drouillard Road, Windsor

519-946-0740 Fax: 519-946-0743

VON Belle River Nurse Practitioner

330 Notre Dame Street, Belle River

519-728-9116 Fax: 519-728-3352

Dietitians who work within Nurse Practitioner-Led Clinics provide nutrition counselling to patients already connected to the clinic. They typically offer individual and group counselling for a number of nutrition-related conditions and concerns. For a list of Nurse Practitioner-Led Clinics in Ontario, visit the *Government of Ontario – Nurse Practitioner-Led Clinic*.

LONG-TERM CARE

All residents in Long-Term Care homes in Ontario are monitored by a Registered Dietitian, who work with other health care providers to look after their nutritional well-being. To find a list of Long-Term Care Centres in Ontario, visit *Government of Ontario – Home, Community and Residential Care Services*

Seasons Care Dietitian Network

226-13300 Tecumseh Road East, Tecumseh

1-855-895-5609 Fax: 519-715-9556

carol@seasonscare.com

Canada's largest dietitian company specializing in seniors nutrition, provides services to long-term care and retirement homes including nutrition and culinary services, quality management and education. Private consulting services are available to residents in these settings and in their homes. Nutrition counselling, menu food service consultation, and education provided at all levels.

COMMUNITY PROGRAMS

Medical Weight Management Program & Windsor's Regional Bariatric Assessment and Treatment Centre Hôtel-Dieu Grace Healthcare

East Wing, Casgrain Building

1453 Prince Road, TR1500A, Windsor

519-971-9206

519-257-5111 ext. 79100

The Medical Weight Management Program at Hôtel-Dieu Grace Healthcare offers a 12-week Behaviour Modification program as well as a 24-week Behaviour Modification plus Meal Replacement (Optifast900[®]) program. Additionally, Windsor's Regional Bariatric Assessment and Treatment Centre offers surgical interventions for weight loss, preparation for weight loss surgery, as well as after-surgery follow-up care. Clients must be over 18 years of age, and referred by their Family Physician.

Windsor-Essex County Health Unit

519-258-2146 ext. 3100

wechu.org

Eat4Life is a unique, research-based healthy lifestyle program consisting of three courses: Healthy Living, Weight Management and Mindful Eating. The length of each course ranges from five to nine weeks, and courses are offered at various dates/locations from several partnering organizations.

Eat4Life is brought to you by the Public Health and Community Governed Primary Care Group.



PRIVATE PRACTICE

Dietitians working in private practice typically see people one-on-one about various nutrition concerns. The cost of these services usually starts at \$100 per hour. The cost is not covered by OHIP, and may or may not be included in extended health care benefits packages (e.g., Green Shield, Manulife, etc.)

Shelley Amato, RD 519-968-3687

INTEGRATIVE NUTRITION

2296 Richmond Street, Windsor
dietitian@shelleyRD.com
www.shelleyRD.com

- Individual and group nutrition counselling on healthy eating including cooking classes, presentations and workshops, corporate/company services.

Expertise: Heart disease prevention and management, diabetes/prediabetes/metabolic syndrome, weight management (weight loss/weight gain), digestive issues (diarrhea/constipation/GERD/diverticulosis), improvement of health indicators (blood pressure, cholesterol, blood glucose), whole food plant-based diet for disease prevention and regression, improvement of energy and overall health.

Andrea Docherty, RD 519-532-5481

568 Chatham Street E., Ste. 4, Windsor
andreadocherty.rd@gmail.com
www.andreadochertyrd.com

- Individual, couples, and family nutrition counselling, cooking classes, meal planning, sports nutrition and workplace wellness presentations.

Expertise: Weight management, sports nutrition, PCOS, vegan and vegetarian diets, diabetes and heart health, food allergies and intolerances, digestive concerns.

Angela Dodge, RD 226-448-8806
and

Noelle Martin, RD 519-615-3438
NOURISHED BEGINNINGS

389 Hyde Park Road, London
info@nourishedbeginnings.ca
nourishedbeginnings.ca

- Nutrition counselling for women and children in person (in London only), by phone or video conferencing.

Expertise: Nutrition counselling for women and children in areas including: iron deficiency, allergies, pregnancy, lactation, solid food introduction, picky eating, weight management, eating disorders, etc.
Contact WECHU for referral form:
519-258-2146 ext. 3100
nutrition@wechu.org

Lauren Fleming, RD 519-903-3940

www.savouredRD.com
Expertise: plant based (vegan/vegetarian) diets for adults and families, food allergies, GI concerns (celiac, irritable bowel syndrome/FODMAPS diet, inflammatory bowel disease), non alcoholic fatty liver disease, picky eating, intuitive/mindful eating.

Victoria D. Mikhail, RD 226-363-0936

v.mikhail@aol.com

- Individual and group nutrition counselling including cooking classes, presentations and workshops, corporate/company services.

Expertise: Weight management, cholesterol management, diabetes, diverticulosis, eating disorders, food allergies, irritable bowel syndrome, long-term care, paediatric/adolescent nutrition, prenatal nutrition, sports nutrition, and general healthy eating.
Will travel to county, but additional fee required.

Michelle Watkins, RD 519-978-1368

Cell: 519-257-6096

Fax: 519-978-1368

watkinsnutrition@gmail.com

- Available for group presentations and individual nutrition consultation
- Expertise: bariatric surgery, weight management, diabetes management, wellness nutrition, pediatric care, and holds a certificate in paediatric & adolescent weight management & completed board certification for paediatric nutrition specialty.

LOBLAWS IN-STORE DIETITIANS

Select stores in Windsor-Essex have an in-store Registered Dietitian service available to support the health and shopping needs of their customers. Services provided include grocery store tours on a variety of topics, cooking classes, and health education events. Some of the services offered are free of charge.

Zehrs In-Store Dietitians

St. Clair Beach/Parkway Mall

Cindy Dodsworth, RD 519-551-4493

LaSalle/Kingsville

Chantal Hayes, RD 519-562-9183

Real Canadian Superstore

In-Store Dietitians

Dougall/Walker

Erin Meloche, RD 226 787-5473

