

# CLIENT RESOURCES

## **SELF-HELP/BOOKS**

Dr. Vera Tarman- Food Junkies (Book and Podcast)

Dr. Jen Unwin – Fork in the Road (Book)

Molly Carmel – Breaking Up With Sugar

## **PODCASTS:**

Food Junkies Podcast:

<https://open.spotify.com/show/4qjya92OCj2YdlmWjiez6r>

Unsweetened Sio:

<https://open.spotify.com/show/2CqWfj6YCoLGr70YsA1y8k>

Life After Sugar:

<https://open.spotify.com/show/4J0JySp6hdi9g2rhaKSR03>

Kick Sugar Coach Podcast:

<https://open.spotify.com/show/5JCAYCGTcxstpsWRrDCKrP>

## **MEETINGS:**

SMART Recovery <https://www.smartrecovery.org/>

SheRecovers <https://sherecovers.org/>

Women For Sobriety <https://womenforsobriety.org/>

Men For Sobriety

[https://www.centersite.net/poc/view\\_doc.php?type=grp&id=44&cn=14](https://www.centersite.net/poc/view_doc.php?type=grp&id=44&cn=14)

Recovery Dharma <https://recoverydharma.online/>

### **MONDAY**

Monday Sugar Freedom Support Group 6:30-7am ET (Rachel Murray)

<https://us02web.zoom.us/j/84226380541?pwd=Y05tVnF3bVVqREptYkR5R3ZBM2tNdz09>

Meeting ID: 842 2638 0541

Passcode: 999074

SHiFT Strong Mondays: Camera must be on

5:00 am – 6:00 am PST | 6:00 am – 7:00 am MST | 7:00 am – 8:00 am CST | 8:00 am – 9:00 am EST

<https://us02web.zoom.us/j/84587289326?pwd=TkpsbngrWno4aTRGYS9JQWx2MjRrQT09>

Meeting ID: 845 8728 9326

Passcode: 027665

Bariatric Food Addiction Peer Support Group with Pamela Mekuz

Mondays at 7 pm Eastern

<https://meet.google.com/obt-uhat-svp>

### **TUESDAY**

Sugar Sober Support with CJ

Tuesdays at 2 pm Eastern

<https://us06web.zoom.us/j/88509860019?pwd=eElwNTNrVFNIeUJtQStsWEtYcVZpQT09>

### **WEDNESDAY**

SHiFT Strong Wednesdays: Camera must be on

5:00 pm – 6:00 PST | 6:00 pm – 7:00 pm MST | 7:00 pm – 8:00 pm CST | 8:00 pm – 9:00 pm EST

<https://us02web.zoom.us/j/84587289326?pwd=TkpsbngrWno4aTRGYS9JQWx2MjRrQT09>

Meeting ID: 845 8728 9326

Passcode: 027665

### **FRIDAY**

Fridays Sugar Sober Support with Molly & Bethany:

1 pm ET / 6 pm UK

<https://us02web.zoom.us/j/85619727781>

### **SATURDAY**

SHiFT Strong Saturdays: Camera must be on

8:30 am – 9:30 am PST | 9:30 am – 10:30 am MST | 10:30 am – 11:30 am CST | 11:30 am – 12:30 pm EST

<https://us02web.zoom.us/j/84587289326?pwd=TkpsbngrWno4aTRGYS9JQWx2MjRrQT09>

Meeting ID: 845 8728 9326

Passcode: 027665

Saturday Food Support Group with Emily (Carnivoreminds)  
12pm EST / 5pm UK

Zoom Meeting ID: 491 463 2314

Meetings are recorded and put on YouTube – you may keep your camera off for anonymity

Saturdays with Marla:

7 pm EST

<https://us02web.zoom.us/j/85619727781>

### **SUNDAY**

Sugar Sober Support Sunday with Susie

1pm ET / 6pm UK

<https://us02web.zoom.us/j/85619727781>

SHiFT Strong Sundays (Formerly Nuts & Bolts): Camera must be on

4:00 pm – 5:00 pm PST | 5:00 pm – 6:00 pm MST | 6:00 pm – 7:00 pm CST | 7:00 pm – 8:00 pm EST

<https://us02web.zoom.us/j/84587289326?pwd=TkpsbngrWno4aTRGYS9JQWx2MjRrQT09>

Meeting ID: 845 8728 9326

Passcode: 027665

### **12 STEP MEETINGS:**

All Addict Anonymous <https://alladdictsanonymous.org/>

OA <https://oahowphonemeetings.com/>

SCAA <https://scaa.club/>

Celebrate Recovery <https://www.celebraterecovery.com/>

Greysheeters <https://www.greysheet.org/>

Compulsive Eaters Anonymous (CEA-HOW)

<https://www.ceahow.org/en/home/>

Food Addicts in Recovery (FA) <https://www.foodaddicts.org/>

Food Addicts Anonymous (FAA) [www.FAAcanhelp.org](http://www.FAAcanhelp.org)

Addictive Eaters Anonymous (AEA)

<https://www.addictiveeatersanonymous.org/>

Eating Disorders Anonymous (EDA)

<https://eatingdisordersanonymous.org/>

## **FEE BASED PEER SUPPORT**

Joan Ifland's ARC <https://www.foodaddictionreset.com/>

SUGARx Global (Circle groups) <https://www.sugarxglobal.com/>

## **FEE BASED TREATMENT and/or COACHING**

### **SERVICES:**

Sweet Sobriety [www.sweetsobriety.ca](http://www.sweetsobriety.ca)

Molly Painschab [www.unsugaredu.com](http://www.unsugaredu.com)

Clarissa Kennedy <https://foodaddictionhelp.ca/>

Leva Sockerfri <https://levasockerfri.se/en/home/>

David Wiss, RDN <https://www.nutritioninrecovery.com/>

Bethany Mazereeuw <https://symplicated.com/sugar-free>

Jennifer Trainor-Bradley <https://yourholisticrecovery.com>

Rachel Murray Holistic Nutrition

<https://www.rachelmurrayholisticnutrition.ca/>

Florence Christophers <https://www.florencechristophers.com/>

Mary Roberts <https://ketogeniclifestylecoaching.com/get-coaching/coaches/mary-roberts/>

Sandra Elia <https://www.sandraelia.com/program-services>

Mike Collins <https://sugaraddiction.com/>

Zippi Livneh <https://zippilivneh.com/>

Resolve Food Addiction <https://resolvefoodaddiction.com/>

Molly Carmel <https://mollycarmel.com/>

Bunmi Aboaba <https://www.foodaddictionacademy.com/>

Theresa Wright, RDN <https://sanefood.com/about/h-theresa-wright/>

SUGARx Global (Recovery Accelerator Program)

<https://www.sugarxglobal.com/>

Jan Katzen [www.nutritionforlearning.com](http://www.nutritionforlearning.com)

Jennifer Lindo Kranc <https://unhookedeating.com/>

Pamela Mekuz <https://lifeissweetcounseling.com/>

## **RESIDENTIAL DETOX PROGRAM**

FAR House <https://thefarhouse.com/>

## **TREATMENT PROGRAMS (INPATIENT):**

SunCloud Health (Dr. Kim Dennis): <https://suncloudhealth.com/>

Milestones in Recovery: <https://www.milestonesprogram.org/>

COR Retreat: <https://cormn.org/>

SHiFT Recovery by Acorn: <https://foodaddiction.com/>