

Programs, Groups and Services

at The Renfrew Center



Day Treatment Program

This program offers a higher level of care to adolescents and women who require more treatment than outpatient treatment and the Intensive Outpatient Program can provide. Women participate in psychoeducation, process and experiential group therapy, meals, and sessions with their therapist, psychiatrist and nutritionist.

Intensive Outpatient Program

The Intensive Outpatient Program takes place three evenings a week and provides a structured, safe community for women and adolescents. It offers an opportunity for them to continue their recovery, while still permitting them to pursue their normal daytime activities.

Outpatient Groups

Group therapy, both short- and long-term, covers a wide variety of issues including anorexia, bulimia, emotional eating, binge eating, substance abuse, depression, sexuality, sexual abuse, relationships, family, careers and life changes.

Individual, Family and Couples Therapy

Experienced psychologists and social workers are available for sessions to address eating disorders, depression, anxiety, body image and self-esteem issues in addition to the effects of physical, emotional or sexual trauma.

Nutrition Consultation

Individuals struggling to take control of their eating habits may benefit from meeting with a registered dietitian who specializes in treating eating disorders.

Psychiatric Consultation

Psychiatric consultation is available for medication management.