



Nutrition Counselling in Your Community

Organization name and contact information	What this organization offers
<p>Central East-Home and Community Care Support Services</p> <p>Website: Healthcareathome.ca/centraleast. Click “getting care” then “care at home”.</p> <p>Phone: 1-800-263-3877</p>	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need a referral from your healthcare team. • OHIP covers this service if you are eligible.
<p>Registered Dietitians in Private Practice</p> <p>Website: dietitians.ca/find.</p> <p>Search this website to find a registered dietitian in private practice closest to where you live.</p>	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need to pay a fee for this service. Your private insurance may cover it. • You do not need a referral from a doctor. Your private insurance may require you to have a referral for this.
<p>Community Advantage Rehabilitation</p> <p>Website: car-rehab.com</p> <p>Phone: 905-666-2540</p>	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need to pay a fee for this service.
<p>Lakeridge Health Ajax Pickering – Outpatient Registered Dietitian Counseling</p> <p>Phone: 905-683-2320 extension 15506</p>	<ul style="list-style-type: none"> • Offers individual counseling with a registered dietitian. • You need a referral from a doctor. • OHIP covers this service.
<p>Diabetes Education Programs</p> <p>Website: Healthcareathome.ca/centraleast</p> <p>Click “getting care” then “care in the community”.</p> <p>Phone: 1-888-997-9996</p>	<ul style="list-style-type: none"> • You do not need a referral from a doctor.

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<p>Carea Community Health Centre Phone: 905-723-0036 (Oshawa location) Phone: 905-420-0333 (Pickering location)</p>	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian for nutritional counselling. This includes nutritional counselling for high cholesterol, high blood pressure, celiac disease, irritable bowel syndrome, weight management etc. • You do not need a referral from a doctor unless you have diabetes. • OHIP covers this service.
<p>Real Canadian Superstore/Loblaws Website: dietitianservices.ca Call a store closest to where you live.</p>	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian. • You need to pay a fee for this service. The first 15 minutes is free.
<p>Shoppers Drug Mart Website: shoppersdrugmart.ca Search for 'dietitian'. Phone: 1-844-668-6012</p>	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian. • You need to pay a fee for this service. The first 15 minutes is free.
<p>Telehealth Ontario/Health Connect Ontario Website: healthconnectontario.health.gov.on.ca Phone: 1-866-797-0007</p>	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian. • You do not need to pay a fee for this service.
<p>Well.ca Website: well.ca Search under nutrition and fitness.</p>	<ul style="list-style-type: none"> • Offers individual counselling with a registered dietitian services by phone or video appointment. • You need to pay a fee for this service. The first 15 minutes is free.

Last reviewed: September 2022