

St. Thomas and Elgin County: Nutrition Services by Registered Dietitians

Central Community Health Centre (CCHC)

Address: 359 Talbot St., St. Thomas

Phone: 519-633-7989 ext. 409

Email: eaillies@centralchc.com

Website: www.centralchc.com

- Individual nutrition support and advice
- Any age
- Do not have to be registered with CCHC
- Group classes may be available

Closing the Gap Healthcare Group – St. Thomas

Address: 10 Mondamin Street, Unit 116, St. Thomas

Phone: 519-631-9866

Website: www.closingthegap.ca

- In-home nutrition counselling
- Referral required through Ontario Health at Home

East Elgin Family Health Team – Aylmer

Address: 424 Talbot Street West, Suite 1, Aylmer

Phone: 519-773-3715 ext. 136

Website: www.eefht.ca

- Individual nutrition counselling (clinic patients)
- Group Lifestyle Balance program
- Managing Your Blood Sugars (in person or virtual)
- Must be a patient for individual counselling
- Group programs are open to the public

Health811 (Ontario-wide)

Address: Ontario (phone and online service)

Phone: Call 811 (TTY: 711)

Website: health811.ontario.ca

- Free nutrition counselling with a Registered Dietitian
- Available by phone or online chat to Ontario residents

Southwest Ontario Aboriginal Health Access Centre (SOAHAC)

Address: 77 Anishinaabeg Drive, Muncey

Phone: 519-289-0352

Website: <https://soahac.on.ca/service/diabetes/>

- Nutrition counselling: Individual support; Group classes available
- Any age; No need to be a patient at SOAHAC
- Support for diabetes, Type 2, prediabetes, at-risk individuals
- Service area: Indigenous (First Nation, Métis, Inuit) people on/off reserve in London & surrounding communities

St. Thomas Elgin General Hospital (STEGH)

Address: 189 Elm Street, St. Thomas

Phone: 519-631-2020 ext. 2408

Website: www.stegh.on.ca/hospital-services/diabetes-education

- Diabetes education and nutrition support
- Support for Type 1, Type 2, and gestational diabetes
- Pump therapy counselling
- Available to adults 18 years and older
- Referral required from a doctor

Thames Valley Family Health Team

Sites: Elmwood Family Health Centre - 111-417 Wellington St., St. Thomas

Windemere Family Medical Centre - 202 - 460 Wellington St., St. Thomas

Phone: 519-631-5670 ext. 2251 Reception ext. 2285

Website: thamesvalleyfht.ca/programregistration/

- Nutrition counselling: Must be a patient; Self-referrals welcome
- Online group programs open to public: Heart Health, Sweet Talk, Best Weight, Intuitive Eating

Unlock Food

Website: <https://www.unlockfood.ca/>

- Nutrition resources written and reviewed by Registered Dietitians
- Information on nutrition topics such as recipes, videos, interactive healthy eating tools

West Elgin Community Health Centre

Address: 153 Main St., West Lorne

Phone: 519-768-1715

Website: www.wechc.on.ca

- Individual nutrition support and advice; self referrals welcome; open to all ages

West Elgin Community Health Centre (Diabetes)

Address: 153 Main St., West Lorne

Phone: 519-768-1715 ext. 2301

Dutton Medical Centre: 156 Main St., Dutton

Phone: 519-768-1715 ext. 2301

Aylmer Diabetes Education Program: 424 Talbot St. W. Unit L9, Aylmer

Phone: 519-765-4797

- Individual nutrition support and advice for diabetes; self referrals welcome; open to all ages
- Support for Type 1 diabetes, Type 2 diabetes, gestational diabetes, prediabetes or at risk of developing diabetes
- Flexible hours at multiple locations in Elgin County

Looking for a private Dietitian?

Some Dietitians may charge a fee. To find a Registered Dietitian near you, visit Dietitians of Canada:

www.dietitians.ca/Find-a-Dietitian