

THIS IS SANDSTONE

EHN Sandstone Recovery Centre in Calgary, Alberta offers evidence-based treatment for those struggling with eating disorders.



Dedicated to the treatment of eating disorders in adolescents and young adults, EHN Sandstone Recovery Centre provides a safe place to work toward recovery. We offer around-the-clock support from our experienced and compassionate staff, including physicians, nurses, counsellors, support staff, and a registered dietitian. Individualized care plans guide patients through each step of the recovery process, and younger patients have the opportunity to keep up on their school work.

TREATMENT AT SANDSTONE IS DESIGNED FOR PATIENTS WHO ARE:

- 12-24 years of age
- Diagnosed with an eating disorder
- Medically stable
- Willing to attend and participate in treatment
- Committed to treatment, along with the participation of family

THE SANDSTONE APPROACH

- Treatment with a multidisciplinary team of eating disorder professionals including doctors and nurse practitioners, registered dietitians, nursing, counseling, and support staff
- Weekly individual and family therapy, plus daily group therapy

- Nutritional rehabilitation and structured meal support therapy
- Self-care and wellness activities
- Meals prepared by Red Seal Chefs
- Academic support available to assist younger patients with their continued education while in treatment.



Silver Linings Foundation is an important partner of EHN Sandstone Recovery Centre. Silver Linings works to bridge gaps in accessibility and care of eating disorders in Alberta.

POWERFUL TREATMENT THAT WORKS



Built in 1967, the Sandstone house was once home to the Sister Servants of Mary immaculate convent. Today, the intimate setting offers patients a safe space for recovery, with a high level of one-on-one attention from caring and compassionate clinicians.

TREATMENT COMPONENTS INCLUDE:

- Family-based care and family empowerment
- Nutritional rehabilitation
- Learning skills to manage distress
- Managing eating disorder behaviours
- Community reintegration
- Care transitions
- Individual therapy
- Family work
- Meal support
- Group treatment

PARTICIPANTS LEARN VALUABLE SKILLS INCLUDING:

- Mindfulness
- Emotional Regulation
- Interpersonal Effectiveness
- Distress Tolerance
- Communication
- Coping Strategies
- Nutritional Education & Eating Skills



To learn more about the Sandstone Recovery Centre or to request a referral form, please email sandstoneadmissions@ehncanada.com. If you have any questions, contact us at 1-587-350-6818.