

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

Last Updated: February 2025

Program	Description
<p>Central Community Health Centre (CCHC)</p> <p>359 Talbot St., St. Thomas 519-633-7989 ext. 409 eailles@centralchc.com www.centralchc.com</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Any age ▪ Do not have to be registered with CCHC ▪ Group classes may be available. Call for more information. <p>Service area: Southwold, St. Thomas, Central Elgin</p>
<p>Closing the Gap Healthcare Group</p> <p>10 Mondamin St, Unit 116, St. Thomas 519-631-9866 www.closingthegap.ca/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice in home ▪ Must be referred through Ontario Health at Home <p>Service area: St. Thomas and Elgin County</p>
<p>East Elgin Family Health Team</p> <p>424 Talbot St. W, Suite #1, Aylmer 519-773-3715 www.eefht.ca</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Any age ▪ Must be a patient of the clinic <p>Group programs</p> <ul style="list-style-type: none"> ▪ Open to the public ▪ Includes: Healthy Lifestyle Balance, Walking Group, Birth and Beyond Program ▪ To register for a program, visit: https://www.eefht.ca/programs/ <p>Service area: Elgin County & St. Thomas</p>
<p>Health811</p> <p>Call 811 (TTY: 1-866-797-0007)</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Free nutrition support and advice with Registered Dietitians ▪ Available over the phone or through chat ▪ Available for residents of Ontario ▪ Available: Mondays, Wednesdays, Fridays 9:00am-5:00pm. Tuesdays and Thursdays 9:00am-9:00pm.

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<p>Southwest Ontario Aboriginal Health Access Centre (SOAHAC)</p> <p>77 Anishinaabeg Drive, Muncey 519-289-0352 fax: 519-289-0355 https://soahac.on.ca/service/diabetes/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Group classes available ▪ Any age ▪ Do not have to be a patient at SOAHAC <p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age and older ▪ Support for Type 2 diabetes, prediabetes or at risk of developing diabetes ▪ Do not have to be a patient at SOAHAC <p>Service area: Services are provided to on and off-reserve Indigenous People (First Nation, Metis, Inuit) and their families, in London and surrounding First Nation communities.</p>
<p>St. Thomas Elgin General Hospital</p> <p>189 Elm St., St. Thomas 519-631-2020 ext. 2408 www.stegh.on.ca/hospital-services/diabetes-education</p>	<p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Must be 18 years of age or older ▪ Support for Type 1 diabetes, Type 2 diabetes, gestational diabetes ▪ Also provides counselling services for those who use pump therapy ▪ Must be referred through a doctor <p>Service area: St. Thomas and Elgin County</p>
<p>Thames Valley Family Health Team</p> <p>Sites: Elmwood Family Health Organization 111-417 Wellington St., St. Thomas</p> <p>Windemere Family Medical Centre 202 - 460 Wellington St., St. Thomas 519-631-5670 ext. 2251 Reception ext. 2285 thamesvalleyfht.ca/programregistration/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Must be a patient of the Family Health Team ▪ Self-referrals welcome <p>Group programs</p> <ul style="list-style-type: none"> ▪ Open to the public ▪ Includes: Heart Health, Sweet Talk: Managing Your Blood Sugars, and Prenatal Information Group ▪ To register for a program, visit: https://thamesvalleyfht.ca/programregistration/ <p>Service area: St. Thomas and Elgin County</p>

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<p>Unlock Food</p> <p>For expert nutrition information from Registered Dietitians visit: https://www.unlockfood.ca/</p>	<p>Nutrition resources</p> <ul style="list-style-type: none"> ▪ Nutrition website written and reviewed by dietitians ▪ Includes information on a variety of nutrition topics ▪ Includes recipes, videos, and interactive healthy eating tools
<p>West Elgin Community Health Centre</p> <p>153 Main St., West Lorne 519-768-1715 www.wechc.on.ca</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Any age (infants to seniors) ▪ Self-referrals welcome ▪ Services are free <p>Group programs</p> <ul style="list-style-type: none"> ▪ For information on group programs and events, visit: https://wechc.on.ca/ <p>Service area: No catchment area</p>
<p>West Elgin Community Health Centre</p> <p>Sites: West Elgin Community Health Centre 153 Main St., West Lorne 519-768-1715 ext. 2301</p> <p>Dutton Medical Centre 156 Main St., Dutton 519-768-1715 ext. 2301</p> <p>Aylmer Diabetes Education Program 424 Talbot St. W. Unit L9, Aylmer 519-765-4797</p> <p>http://wechc.on.ca/programs/diabetes/</p>	<p>Diabetes education program</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age or older ▪ 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 ▪ Open to anyone <p>Service area: No catchment area</p>
<p>There may be other dietitians in the area that offer services for a fee. To find a dietitian near you, visit Dietitians of Canada: https://www.dietitians.ca/Find-a-Dietitian</p>	