

NEDIC DONOR UPDATE

National Eating Disorder Information Centre | November 2016

2017 Eating Disorder Awareness Week

Eating Disorder Awareness Week (EDAW) is fast approaching, beginning on February 1-7. This year we are continuing our efforts to eliminate the stigma surrounding eating disorders by promoting the message that “Eating Disorders Are Not a Choice.” Eating disorder groups across Canada will be helping us bring awareness and education to their communities, spreading a message that brings hope to all those and their families who are affected.

Provinces, territories and municipalities will be proclaiming February 1-7 Eating Disorder Awareness Week. National landmarks, such as the Peace Bridge and CN Tower, will be lit purple in recognition of this week. NEDIC is excited to be hosting a variety of awareness activities during EDAW, including our 4th annual Spoken Word event, and our 3rd annual Twitter chat and our Community Panel.

We ask you to join in the conversation: help us to raise awareness and understanding of eating disorders in your community.

Outreach & Education

Fall is the busiest time of year for the Outreach and Education team of volunteers, placement students and staff. We have already reached over 1,000 students between the grades 7-12, and are on pace to reach over 3,000 people through workshops, presentations and health fairs.

As part of National Mental Illness Awareness Week, the team had the opportunity to participate at the University of Toronto's mental health fair Mindfest, an all-day mental health and wellness fair that aims to raise awareness about mental health, highlight the support systems available to those who need them, and erase mental health stigma. NEDIC tabled a booth that provided resources concerning eating disorders, dieting, and resources available to those seeking help.

6th Biennial Body-Image and Self-Esteem Conference



NEDIC's 6th Biennial Body Image and Self-Esteem Conference offers exciting learning opportunities for anyone with an interest in body image and related issues. Keynote speakers include Linda Bacon, Dianne Bondy, Niva Piran, and Jon Robison, who will help set the tone for the 20+ sessions available to all attendees. Presenters spanning multiple disciplines from across North America will share their research and expertise

on topics themed around acceptance, awareness and equality.

The two-day conference will again offer attendees the choice between a full-day workshop or two (of ten) half-day workshops on each day. As always, there will be a free community evening on Thursday. The full schedule is now available at nedic.ca/conference-2017.

Make sure to follow NEDIC on Twitter, Facebook and Instagram as we share more details regarding registration. Don't miss your chance for early bird registration – with prices starting at only \$115.00!

5th Annual A Taste For Life Benefit



NEDIC volunteers and placement students, from Left to Right: Danielle Perron, Chanel McKinnon, Alyssa Durbin, Amanda Buckingham, Delia Xenophontos, Lisa Street, Adva Cohen, and Darian Hang.

NEDIC was pleased to host its 5th annual A Taste For Life benefit on October 20, 2016. This high energy evening was truly a night to remember. NEDIC welcomed 200 guests to the Spoke Club's beautiful Portland room. The event was a great fundraising success, and the enthusiasm and positivity energy felt around the room truly helped to capture and mirror NEDIC's spirit and vision. Special thanks to our Presenting Sponsor Dove Self-Esteem Project, Platinum Sponsor Shire Pharma Canada, Gold Sponsor Dr. Dan Andraee, and Bronze Sponsor WaterStone Clinic. Thanks also to Hayley Findlay, Debbie Eyton and Paul Edmonds for their tremendous support.

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Support NEDIC this Holiday Season

At age 16, Candice began struggling with an eating disorder and food and weight obsessions. Five years later, Candice is in recovery and actively volunteering with NEDIC's Outreach and Education programs to help deliver workshops and presentations to different at-risk audiences.

Every day NEDIC staff and volunteers arrive at our office with full confidence that every person who reaches out to our Direct Client Support Team will get the confidential support, hope, and resource referrals to help them make informed decisions about their health. Please take a moment to read what NEDIC means to Candice.

What does NEDIC mean to me? It means going to volunteer each week with the most amazing and supportive team I've ever had the privilege to work with. It means an opportunity to contribute to an effort to reform public perception, and create a more accepting society. Through outreach and education, our toll free helpline, and campaigns such as National Eating Disorders Awareness Week and International No Diet Day, NEDIC's efforts work toward instilling media literacy in youth, awareness in all, and creating a society in which eating disorders are seen for what they truly are: severe mental illnesses that require treatment.

One of the most common misconceptions surrounding eating disorders is that they are lifestyle choices that only affect affluent white woman. The term "eating disorder" is often equated to anorexia or bulimia, while the lesser known disorders such as binge eating disorder, avoidant/restrictive food intake disorder, and otherwise specified feeding and eating disorder, are neglected. Eating disorders are as diverse as those they affect, and they can affect anyone--irrespective of age, gender, or ethnicity. Eating disorders are not a lifestyle choice; I did not

choose to have anorexia, nor would I if given the option. I would not trade my worst days in recovery for my best days in ED. Unfortunately, even when patients are ready to begin treatment, they often end up on a several month long waitlist due to a lack of sufficient resources; and by the time treatment becomes available, it may be too late.

NEDIC means hope for a better tomorrow, one in which there is widespread awareness surrounding eating disorders, and those come forward to ask for help are met with compassion and multiple treatment options rather than stigma. NEDIC's vision is a culture that promotes and supports individuals engaged in healthy lifestyles regardless of ascribed or inherent characteristics, physical appearance and social status.

-Candice

Candice's story is one of many thousands that continue to inspire and drive NEDIC staff and volunteers to grow our program reach across the country.

All of our work is only made possible because of people like you – our donors. Your continued support has had an immediate impact on the lives of our clients and helps to ensure that NEDIC programming remains accessible for all Canadians who need help and hope.

We ask you to consider making a gift today in support of NEDIC. We have no doubt that with your support we will continue to make an impact on the lives of individuals like Candice, across Canada.

Please visit nedic.ca/donate to learn more about giving to NEDIC.

All donations over \$20 are eligible for a tax receipt.

Beyond Images

Beyond Images, NEDIC's body image and self-esteem curriculum for grades 4-8, is re-launching in December with new tools to help students develop critical media literacy and resilience. Learn more at beyondimages.ca.

Upcoming

Eating Disorder Awareness Week:

February 1 – 7, 2017

2017 Body-Image and Self-Esteem Conference:

May 11 – 12, 2017

**Help
Support
NEDIC**

For more information please contact

Elizabeth Pottinger,

Development Officer

elizabeth.pottinger@uhn.ca

416.340.4800 ext. 4540

