



NEDIC staff and volunteers with members of Bell Canada who presented NEDIC with a \$15,000 cheque in support of our instant chat service.

Instant Chat & Website Update



NEDIC has been quietly testing the instant chat expansion of our helpline, and our “soft launch” is now live! Visit nedic.ca to test it out! Trained helpline workers are available Monday through Thursday from 11am to 7pm, and from 9am to 5pm on Fridays. We will promote the expansion more intensively in 2018, when we also launch our new website.

NEDIC staff are working diligently with members of the advisory committee and the web development team at Tennis to launch our completely revised, mobile-optimized, and intuitive site in early 2018. At the heart of both of these improvements is NEDIC's belief that timely access to reliable information and referrals to appropriate resources can help set affected individuals and their loved ones on the path to recovery.

6th Annual Zest For Life Benefit

NEDIC was pleased to host 200 guests to its 6th annual Zest For Life benefit on October 19, 2017. We are pleased to announce that we surpassed our previous fundraiser by 30%, raising a total net profit of \$53,000! All proceeds raised from the evening will be used to support NEDIC's National Toll-Free Helpline and instant chat service. Special thanks to our Presenting Sponsor Shire Pharma Canada.

2018 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 “One Size Does Not Fit All” – a message that eating disorders affect a diverse range of individuals regardless of gender, sexuality, ethnicity, ability, body size, age, or class.

Provinces, territories and municipalities will be proclaiming February 1–7 Eating Disorder Awareness Week. National landmarks, such as the Peace Bridge and Calgary 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 5th annual VoicED Art Show, our 4th 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 by keeping up with our EDAW events through NEDIC's Facebook, Instagram, and Twitter.

**FACT:
EATING
DISORDERS
CAN AFFECT
ANYONE.**

nedic
National Eating Disorder Information Centre
www.nedic.ca

For information and support
call 1-866-NEDIC-20 or 416-340-4156
Talking saves lives.

Volunteer Spotlight – Janani

NEDIC relies on the support of our dedicated team of volunteers. With their input, passion and commitment, NEDIC is able to effectively reach more people every year. We sat down with Janani who is in her final year in the Kinesiology program at York University to learn more about why she volunteers at NEDIC:

Q: How did you first get involved with NEDIC?

A: I was searching online for volunteer opportunities in any health-related field. I came across NEDIC's website and was really attracted to its mission and mandate, particularly its belief in Health at Every Size®. I aspire to find a meaningful career that allows me to help people and make a difference, either with individuals or on a wider scale, so it seemed like a good fit. I have been volunteering with the outreach and education team for a year and a half.

Q: What do you wish other people knew about NEDIC and eating disorders?

A: I want the public to know that we do not just focus on educating about eating disorders, we also provide media literacy workshops and tools, and teach that health exists at every size. I myself had a limited understanding of eating disorders before volunteering with NEDIC. I know now that a person's biology and environment can greatly affect their chances of developing disordered eating habits. We need to approach eating disorders holistically.

Q: What do you hope will change about eating disorder awareness over the next five years?

A: More recently NEDIC has been working with marginalized populations, such as the LGBTQ+ community, to better understand the prevalence of eating disorders amongst these populations. By reaching out to diverse populations, I hope to keep awareness in the forefront for more groups while simultaneously shattering common assumptions regarding eating disorders.

Support NEDIC this Holiday Season

Did you know that NEDIC's helpline services are not limited to phone or instant chat?

NEDIC helpline staff exchanged a series of emails with a woman seeking support. Sharon's* emails revealed obvious signs of a problematic relationship with food and her body. Her emails came randomly and seemed to indicate distress. While she admitted to restricting and binging, she adamantly denied the possibility that she had an eating disorder. With this denial came resistance to help beyond these emails.

Despite her reluctance to seek further help, Sharon continued to reach out to NEDIC. Before long, Sharon made a large leap forward.

Sharon provided NEDIC with her postal code.

This may sound like a small step, but this was a breakthrough for her. Sharon was ready to learn more about treatment options available nearby. She was ready to admit that she needed help.

A few weeks ago, Sharon shared that she had started treatment. Her final email ended with "Thank you. Your help is life changing. I hope you know that."

Every step forward is a triumph. Sharon's story is one of many thousands that continue to inspire and drive NEDIC staff and volunteers to ensure that we are there to help – however long or short the conversation.

The tremendous work that we do is possible because of people like you. Your continued support has an immediate impact on the lives of our clients and ensures that NEDIC's helpline remains accessible for all Canadians who need help and hope.

Please consider donating today to ensure that NEDIC continues to make a difference for those like Sharon who are reaching out.

Donate by December 31 to receive a 2017 charitable tax receipt.

Please visit nedic.ca/donate to learn more.

From all of us at NEDIC, we wish you a safe and happy Holiday season.

*name has been changed

Upcoming

Eating Disorder Awareness Week
February 1–7, 2018

Help
Support
NEDIC

For more information please contact

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