

# NEDIC DONOR UPDATE

National Eating Disorder Information Centre | March 2018



## Instant Chat – Operations Expansion Update

This past December NEDIC launched the instant chat expansion of our helpline. The need was even higher than anticipated, and NEDIC determined that extending its hours of operation was vital. As with our helpline, we discovered that evening clients tend to be in more distress and represent an especially vulnerable segment of our client base.

**“I’m still very nervous to talk to you, even anonymously, but thank you (for chatting). This is definitely helping me to think clearer about my behaviour. I am still going back and forth about what to do, but I am thinking now is the time. I wish I had found this help years ago.”**

– Alex, *Instant Chat user*

## Community Support

In February, Dr. Dan Andreae, Honorary Chair of NEDIC’s Advisory Committee, made an unprecedented **\$250,000 gift** – the largest philanthropic contribution to NEDIC in its history – to support the helpline and instant chat’s extended hours.

In March, NEDIC learned it is the successful recipient of two \$15,000 grants from the Echo Foundation and the TELUS GTA Community Board in support of Instant Chat’s extended hours.

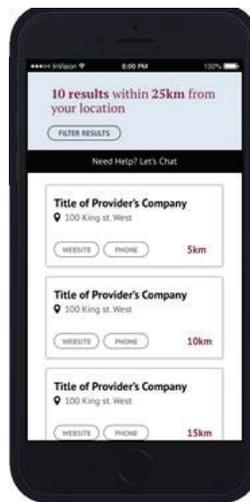


With this generous support, NEDIC will be launching its extended hours program on April 3. You can chat with us online from 9am to 9pm Monday through Thursday, and Friday 9am to 5pm.



**“It is so important to make as many services available to people as possible and I know that this gift will help achieve that goal,”** says **Dr. Andreae**. NEDIC is grateful for Dr. Andreae’s ongoing volunteer leadership and generous commitment to NEDIC and its national helplines.

## Website Update



We are so excited to launch our new website this summer, and to unveil the exciting changes we have been working on for the past four months.

In the meantime, here is a sneak preview of our new search feature for the service provider directory! The search function has been overhauled to create an intuitive, user-friendly experience. Like the rest of the site, it will be optimized for mobile as well as desktop use. Users will be able to call or chat with the NEDIC helpline at every stage of their search!

NEDIC.ca search page for the service provider directory (mobile version)

## SAVE THE DATE! *Zest for Life* – NEDIC’s 7<sup>th</sup> Annual Fundraiser

Join NEDIC on **Wednesday, October 17, 2018** as we host our 7th annual *Zest for Life* fundraising event located at the Spoke Club (600 King St. W, Toronto). The event will feature a thrilling silent auction and luxury raffle, with entertainment consisting of both live music and DJ performances. All proceeds raised from the evening will benefit NEDIC’s educational programs and national toll-free and instant chat helpline services. Stay tuned for ticket sale announcements!



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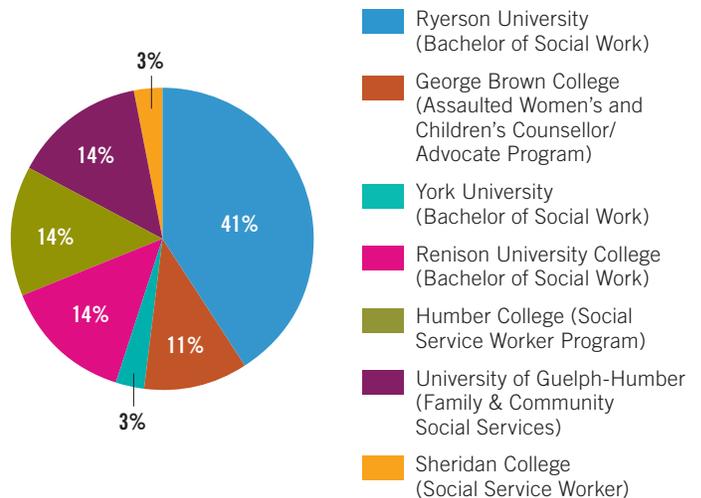
## SPOTLIGHT – NEDIC’s Student Program

NEDIC offers practicum opportunities for post-secondary students in health and allied health programs. Students earn valuable experience working in the mental health and eating disorder field. Students receive hands-on experience providing services to those affected by eating disorders. The practicum helps students to determine their appropriate career path – whether it is supporting individuals affected by eating disorders directly, or as mental health or health practitioners who will benefit from a more thorough understanding of eating disorders.

**“Participating in the student program has ignited a passion in me for working within the mental health field, all while empowering me to grow as a practitioner. It has helped me to gain concrete skills and knowledge that I feel confident will assist me in providing the utmost respect, compassion and care for future clients.”**

– Alicia, Bachelor of Social Work, York University

### Post Secondary Students at NEDIC since 2007



## Eating Disorder Awareness Week • February 1–7, 2018

NEDIC raised an incredible amount of awareness and recognition during the 2018 Eating Disorder Awareness Week (EDAW). Nationally, NEDIC and community partners secured 6 provincial and territorial proclamations and 89 municipal proclamations of EDAW. We saw 69 landmarks lit purple, including the CN Tower, Vancouver City Hall, Calgary Tower, and the Peace Bridge.

### NEDIC also hosted several awareness campaigns, including:

- An informative webinar, “Too Fat to Fit: Examining Fat, Fear, and the Role of Size Acceptance” presented by May Friedman, Associate Professor, School of Social Work, Ryerson University and Sabrina Friedman, Social Worker
- A community panel night co-hosted by Sheena’s Place and NIED entitled “Extending the Conversation”
- Our 5th annual VoicED event, featuring 27 talented artists and performers whose lives have been affected by eating disorders. Brave performers shared poignant, powerful and creative performances through art, music, comedy and spoken word.



NEDIC is committed to spreading the word that eating disorders are as diverse as the people they affect. We are grateful for the organizations we collaborated with and the provincial and municipal governments that proclaimed EDAW.

## UPCOMING

International No Diet Day  
May 6, 2018

World Eating Disorders Day  
June 2, 2018

7<sup>th</sup> Annual Zest for Life  
October 17, 2018

Help  
Support  
NEDIC

For more information please contact

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