

# NEDIC DONOR UPDATE

National Eating Disorder Information Centre | Fall 2019

## Donor News!

This fall, NEDIC was the successful recipient of a \$5,000 grant from the Arbonne Charitable Foundation. This grant will support NEDIC's Body Pride programming in expanding its reach by providing workshops to camps and recreation programs across Toronto and the GTA. Thank you for renewing your support of NEDIC!



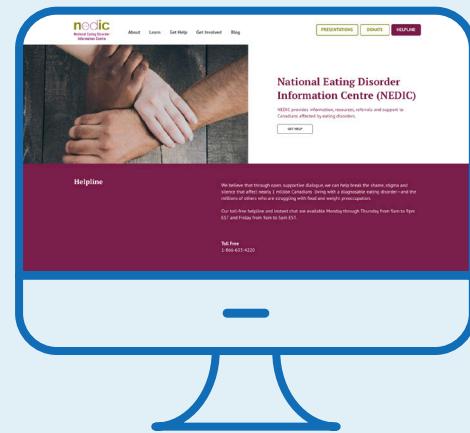
## 8th Annual Zest for Life event

NEDIC was pleased to host its 8<sup>th</sup> annual Zest for Life Fundraiser on October 16<sup>th</sup>, 2019.

We are thrilled to announce that we surpassed our fundraising goal for the event, raising over 20% more than last year. The event raised a total net profit of over \$60,000! These funds will be used to support NEDIC's national toll-free helpline and instant chat service. Special thank you to all our wonderful sponsors this year who made this event possible.



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## NEDIC'S New Website

The new NEDIC.ca went live over the summer. With accessibility in mind, the new site is mobile-friendly and written to meet the needs of NEDIC's varied audiences. The same trustworthy content is available for free online to all users, but has been organized to be more intuitive and less overwhelming. The service provider directory, now functional on mobile, also includes a guide to choosing a service provider so that clients can feel supported even if it is outside of our opening hours or they prefer not to chat with the helpline. With extensive input from parents and professionals, NEDIC has also published a page specifically for parents and caregivers who are looking for support in "Helping Their Child." We look forward to continuing to revise the site to ensure that NEDIC's resources are current, accessible, and user-friendly.

## NEDIC Summer Camps

The NEDIC outreach and education team has just completed their second summer of offering Body Pride workshops at summer camps. We were able to expand our programming to the outer areas of the Greater Toronto Area this year, providing children in Brampton and Scarborough the free opportunity to engage in fun body image-boosting activities, while continuing to run programming in Toronto, East York, and North York.

Due to increasing demand, the team enhanced our curriculum to meet the needs of specific groups and their unique challenges – including follow-up curriculums for ongoing camps, and our first sessions with campers ages 4 to 5 years old! This enabled us to educate 114 more campers over the summer, inoculating them with critical media literacy skills while building their capacity for self-care.

Our Body Pride workshops were also implemented in the City of Toronto's Counselors-In-Training camps. These campers were given further education, including warning signs that they may notice in younger campers in their future as camp leaders.

We are proud to provide interactive, tailored, and accessible programming to campers of various backgrounds and social statuses who may not have had the opportunity to learn about these topics otherwise. We're excited to continue this work on creating more body-inclusive camp environments!



**"It helped me like my body more!"**

– 9 years old, Grade 4

**"What I liked the most was learning not to compare myself to others"**

– 10 years old, Grade 5

**"The workshop helped me feel more accepting"**

– 6 years old, Grade 1

**"I liked that they taught us about Photoshop, and the inclusiveness in the workshop"**

– 13 years



## UPCOMING

Eating Disorder Awareness Week (EDAW)  
February 1-7

**Help  
Support  
NEDIC**

For more information please contact

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