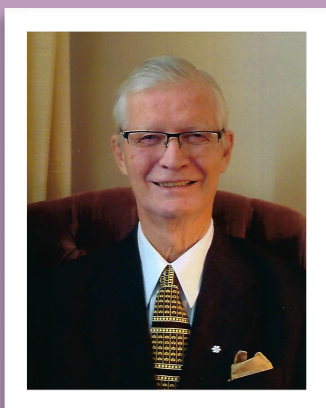


# Eating Disorder Foundation of Newfoundland and Labrador



## Community Report 2024

## Chairperson's Message of Hope for 2025



Let me start of this message on a very positive note by saying we now have very good Outpatient and Inpatient provincial Eating Disorder Intensive Care Treatment and Support Programs in Eastern Health for all age groups. These programs are successful and are responding to the recovery and treatment needs of our eating disorder families. It's very rewarding for our Foundation to know that large number of families are coming forward for treatment and support, and in particular, for their proactive participation in the Foundation's education and training programs. I want to reach out to caregivers, who as we know, are instrumental in ongoing recovery and caring activities. It's difficult being a caregiver, however, with the available supports from the Foundation and the Programs mentioned, we can remain optimistic that successful recovery outcomes are very achievable, the feedback from our families confirm this. Let's collectively and willingly put our best effort forward for 2025, it has to be a year of hope and progress if we are to continue making a real difference to those who depend on us. I know I speak for our caring Healthcare Stakeholders and Supporters

when I say our commitment to continuing our efforts is strong and steadfast, including a renewed obligation to start what I consider a new beginning.

Our Directional Goals and Themes for 2025 will reflect a modest effort to respond to the ever-changing demographics of eating disorders. It's important to understand and accept that in order to meet the challenges of tomorrow it will take time including a renewed commitment to challenge our caregivers to adopt a more comprehensive multi-disciplinary approach for longer term treatment and support solutions. I expect and need the Foundation's everyday activities to align with the need to continue and motivate our various stakeholders to recognize that substantially enhanced programming and support services must be given a higher priority than the status quo.

As we build on our understanding and knowledge about eating disorders, we must position our Foundation to respond to, and provide the leadership for, what I consider our most challenging work to date.

Let's remind ourselves that there are some 20,000 families in our province experiencing the symptoms of an eating disorder. As this is our most serious mental health disorder, we must face this challenge with understanding and compassion and that by working together we can be an effective caregiver for our families on their journey to recovery.

In this message I am appealing to families who are or will experience the symptoms of an eating disorder, to come forward, make that telephone call to a healthcare provider or the Foundation and I can assure you the next day will be a better day. I speak from considerable experience when I say recovery is happening and is very achievable, let's go for it, we are here to guide and support you on your journey. We are waiting for your phone call. Finally, we are grateful for the good work of our Healthcare Providers and Supporters this past year, we thank you all for your dedication and commitment to what we do for our families and for helping us contribute to achieving positive recovery and treatment results.

In summary, as we approach the Foundation's 20<sup>th</sup> year of operation we must recognize and accept the need for a renewed and more aggressive mandate if we are to address the rapidly changing demographics of eating disorders. I am confident that with the ongoing support of our many stakeholders we can and will be ready to respond to, what I consider, our most serious and more complex mental health challenge.

While much progress has been made, we must be mindful that more responsive treatment and support programs will be needed if we are to enhance and strengthen our caregiver responsibilities.

A handwritten signature in black ink that reads "Vince Withers". The signature is written in a cursive style.

Vince Withers,  
Chair, Eating Disorder Foundation of Newfoundland and Labrador

## Our Mission

The Eating Disorder Foundation of Newfoundland and Labrador (EDFNL) is a leadership advocacy group dedicated to promoting research and providing public support services and information about matters related to eating disorders, including information on available treatment services for individuals and families who experience disordered eating.

## Our Goals

- \* To conduct all of our actions necessary to support and create a better day for our clients and families on their journey to recovery
- \* To support persons who experience disordered eating by acting as a Resource Centre and a front door to a focused and coordinated treatment path.
- \* To promote a healthy body image and self-esteem by way of public education and awareness programs
- \* To advocate at various levels of government, health and community groups to ensure input and involvement in the decision making processes that affect eating disorder policies and treatments
- \* To educate individuals, professionals, government and families through the distribution of materials, an information line, regular awareness programs and website
- \* To advocate for and support ongoing research and related medical services

## Honorary Patrons

Her Honour, The Honourable Joan Marie J. Alyward, O.N.L.  
Lieutenant Governor of Newfoundland and Labrador  
& His Honour The Honourable Carl, R. Thompson, K.C.

## Board of Directors 2024

Vince Withers – Chairperson	Lorraine Poole - St. John’s	Tara Jackman– Pasadena
Wilf Curran – Vice Chairperson	Dr. Trevor Brown - St. John’s	Megan Burggraaf - Corner Brook
Brian Kenny - Vice Chairperson	Nadine Vater - Massey Drive	Kelly Miller - Happy Valley Goose Bay
Cathy Green - Treasurer	Leighanne O’Neill - St. John’s	

## Staff 2024

Paul Thomey - Executive Director	Tina Martin - Executive Assistant & Event Manager
Cathy Skinner - Program Manager	Patricia Nash - Counsellor/Navigator (Contractual)
Vacant - Counsellor/Navigator	Julia Gregersen - Student Marketing Assistant (Part-Time)
Molly Nash - Student Social Media Assistant (Part-Time)	

## Directional Goals and Themes for 2025

For 2025 we intend to maintain, enhance and strengthen our existing programs and resources. In addition to these challenges, we must recognize and address a number of developing eating disorder trends including most recent research on the need for more multidisciplinary treatment responses to those who are not responding to existing eating disorder programs. This means the Foundation will have to move beyond its traditional understanding of eating disorders and focus more of our efforts and resources on trying to understand how best to evolve our programs.

It's clear as we build on our everyday knowledge and understanding of eating disorders, reality tells us that eating disorders are more complex requiring more creative, intensive and comprehensive treatment protocols. The Foundation will have to provide the ongoing leadership required to ensure that our healthcare partners are on board with the need to be ready for the changing demographics of eating disorders.

The Directional Goals and Themes for 2025 attempts to outline the need to examine our mandate in the context of realizing that eating disorders are growing in numbers and complexity and we must position the Foundation to respond as realistically as possible.

1. Continue to advocate for the reinstatement of the Intensive Care Inpatient Program including its transfer to the new Mental Health facility.
2. Consult with the Autism Society in an effort to reach a collaborative understanding of the interrelated spectrum disorders between autism and eating disorders.
3. Provide the leadership required to respond to the growing number of Long-Standing eating disorders. Focusing on the need for new programming solutions that addresses the multi-disciplinary clinical needs of families who are not responding to our current treatment support programs.
4. Continue our lobbying efforts with Government for a longer term and more sustainable Grant in Aid program that would represent a fairer and more reasonable contribution needed to support our families.
5. Research and prepare a brief analysis of the demographics of eating disorders to include effectiveness of existing programs, relapse rates, long standing eating disorders and some comparative stats from other provinces.
6. Prepare a Marketing and Revenue Generation Plan to include existing programs and potential opportunities to increase revenue sources.
7. Continue our efforts to increase awareness amongst family physicians on the importance of early diagnosis for eating disorder families.
8. Expand our Board Governance to include at best one or two healthcare professionals experienced in broadly related eating disorder care and support services.
9. Establish an Advisory Panel of eating disorder program stakeholders to monitor and support opportunities to share knowledge and information ensuring continuity of our collective efforts.
10. Conduct some basic research and analysis on what new and innovative treatment and support programs are available in other jurisdictions across the country.
11. Develop a strategy to best assist men seeking help for eating disorders.
12. Reestablish our partnership with the education system to help develop curriculum that would include our participation in program development.

## Message from the Executive Director



It is our pleasure to present our 2024 Community Report. The Foundation has had another busy year delivering on our mandate to support the individuals and families in this province who continue to need our help. We continued to seek every opportunity to create awareness about eating disorders and hopefully help to break through the barriers to treatment and recovery. We are now into our 19<sup>th</sup> year and, before 2025 comes to an end we will begin our 20<sup>th</sup>. For me personally this represents 12 years of delivering this message of welcome. Every year brings new challenges and opportunities. Throughout the following pages I invite you to learn more about the Foundation and how we responded to the challenges and opportunities that came our way in 2024.

The focal point of our work is always the programs and support services we offer. During 2024, 121 new individuals, families and health and education professionals contacted us. This represents 8.5% of our total contacts. Participation in our programs continued on par with previous years, which include hundreds of individuals who interacted with us at public information booths and speaking engagements throughout the year. It does not include the 17,000 plus online interactions that we experienced during the year. Dedicated and consistent focus on social media campaigns certainly were instrumental in delivering our message of awareness to many, with 12,500 website hits and a 6.6% increase in followers on our social media channels.

Throughout the year we continued to interact regularly with the Department of Mental Health and Addictions as well as Newfoundland and Labrador Health Services. Our advocacy work is always guided by what we hear from the families and individuals who interact with us. We know there is always room for improvement and change, such as programs to support individuals suffering from Binge Eating Disorder and Long Term Eating Disorders. We believe that direct, respectful dialogue with those who can bring about change is the right approach. From a financial perspective, the Foundation had a successful year. We did incur a small deficit on operating costs, but the support we received from the provincial government through one-time funding mitigated what would have been a more serious issue. We continue to work to secure a longer-term model for funding support that will contribute to a more certain environment for long term planning.

I would like to thank our Board of Directors for their guidance throughout the year. I am particularly indebted to Vince Withers for his support during my 12 years with the Foundation. As Vince moves away from the Chair's role, we welcome Steve Bragg to the role to begin 2025. To Tina and Cathy, a heartfelt thank you for all that you do day in and day out. You are truly the heart and soul of the organization. To our intern students who worked with us on a part-time basis during 2024, thank you for the new ideas, perspective and energy you bring to the Foundation. We have a dedicated group of volunteers who always seem to be there to assist with our all-important fundraising efforts. We appreciate you so much! To our corporate donors, we could not do our day-to-day work without your support. The same goes to our friends in the provincial media for your respectful reporting and willingness to share our story. And finally, a big thank you to all the dedicated individuals working daily in the treatment of eating disorders in our province.

In conclusion, our promise is to continue to be here for the individuals and families who need us when they don't know where to turn.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Paul Thomey". The signature is written in a cursive style and is contained within a white rectangular box.

Paul Thomey, Executive Director

## Programs and Services

### Summary of Programs and Services - January 1 to December 31, 2024

Program/Service	# of Sessions January 1 to December 31, 2024	# of Participants January 1 to December 31, 2024	# of Participants January 1 to December 31, 2023
EFFT Workshop for Families	3	29	33
EFFT Workshop Refresher	0	0	0
EFFT Workshop for Professionals	3	29	30
Emotion Coaching Session	4	19	14
Bridge to Hope	16	263	114
Lunch & Learn	2	33	65
Family/Caregiver Information Session	1	5	0
Family/Caregiver Education Session	0	0	0
Professionals Information Session	1	12	2
Family & Caregiver Newsletter	1	178	273
Client Newsletter	0	0	75
Public Presentations			
Public Information Booths	7		
<b>TOTAL PROGRAM PARTICIPANTS</b>		<b>568</b>	<b>606</b>

Office Contacts	# Contacts	# Contacts January 1 to December 31, 2024	# Contacts January 1 to December 31, 2023
Clients Contacts		189	301
Family Contacts		866	1638
Professionals Contacts (Health & Schools)		375	713
		<b>121 Of 1430 New Contacts</b>	<b>227 Of 2652 New Contacts</b>
<b>TOTAL # OF Contacts</b>			

Social Media Contacts	
Facebook Followers	2752
Instagram Followers	696
Website Users	12500
Twitter Followers	1123
<b>TOTAL SOCIAL MEDIA CONTACTS</b>	<b>17071</b>

## Client Consultation Program

Clients who are concerned about possible symptoms of an eating disorder are welcome to make an appointment to chat about their struggle with our Counsellor. These clients can discuss what options are available to them to get help. If needed assistance will be given with a referral to the Eastern Health Eating Disorder Programs such as the Hope Outpatient Program, the Inpatient Program or the Transitional Psychologist and Dietitian. There can also be discussions around private therapists/psychologist/dietitian resources when needed.

At the Eating Disorder Foundation of NL, we try to offer the best possible support and direction to clients who contact us from anywhere in Newfoundland and Labrador. Clients will be listened to with hope and compassion and without judgement.

Our Counsellor will try to stay in touch with the client until they find the needed long-term help and support.

## Health Professionals Consultation Program

Health and Education professionals from any part of Newfoundland and Labrador are welcome to contact the foundation if they need support with a client/student struggling with an eating disorder. We will try to suggest resources for eating disorders or health professional contacts within the eating disorder community that might be of valuable help to you.

If you are a health professional or educator and you know a caregiver trying to help their loved one with an eating disorder, please contact EDFNL to learn about the services for caregivers that we offer.

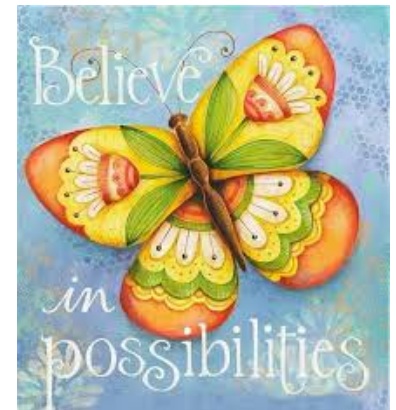
If you would like to attend the Emotion Focused Family Therapy training for professionals, please reach out to the foundation to be included on our mailing list for future workshops.

## Family Consultation Program

Research says that parents and caregivers are the best resource for recovery of a loved one with an eating disorder. At the Foundation we have a deep and unwavering belief in the healing power of families. The Foundation firmly believes, based on evidence-based research, that parents and caregivers do not cause eating disorders.

We offer many services to families and carers that will greatly assist them.

- One of these key services is a consultation with our Counsellor. This is a one-on-one discussion about how caregivers/families can assist their loved one no matter what stage their loved one is on the journey with the eating disorder. Sometimes families connect to chat when they simply suspect there may be a problem while others have loved ones asking for assistance or are already receiving treatment.
- Families will be told about EDFNL programs available.



## Emotion Focused Family Therapy Workshop Refresher Group

The Emotion Focused Family Therapy (EFFT) Refresher Group is available to Families and Caregivers that have completed the Emotion Focused Family Therapy Workshop.

This group was the result of feedback from 2 sources:

- Research indicates Families and Caregivers will benefit from review of the tools learned in the Emotion Focused Family Therapy Workshop after they have had some time to practice the new skills
- Families and Caregivers that completed the Workshop requested a refresher group



During the refresher some of the tools learned in the workshop are reviewed and participants are able to ask questions and share successes and struggles they may be having using the tools.

## Emotion Coaching Session

This session was developed to provide some of the Emotion Focused Family Workshop (EFFT) training to families and caregivers while they wait for the next Emotion Focused Family Therapy Workshop. This 4-hour program has been met with a very positive response, and viewed by families as a wonderful introduction to the full Emotion Focused Family Therapy Workshop.

## Bridge to Hope: Family Education and Support Group

This 8-week group is available to Families and Caregivers who are supporting a loved one with an eating disorder. Research has shown that this type of group support is essential for anyone supporting a loved one with an eating disorder.

The Bridge to Hope group has 2 components; education and support:

### Education.

During weeks 2 to 6 professionals who are experts in the area of eating disorders attend to give a presentation and answer questions. These professionals include:

- Medical Doctor
- Psychiatrist
- Social Worker
- Psychologist
- Dietitian

During one of the weeks some experienced caregivers are invited to tell their story around the struggles they had and wisdom and knowledge they gained around eating disorders.



## **Support.**

Families and Caregivers receive much needed support from each other and the facilitators. The group is unique in that the facilitators have lived experience with an eating disorder in their own families. Participants find it hopeful and comforting to hear the struggles and lessons learned by the co-facilitators.

## **Feedback from Participants**

“Dealing with an eating disorder in your family is so isolating. This program allowed me to connect to other families who understand what we’re going through.”

“The group laid the groundwork to understand who is involved in the recovery journey. It gave structure to a very chaotic time. Facilitators were so organized and made sure that each family was supported while attending the program.”

“I was very apprehensive initially but I so appreciated the gentle and thoughtful approach of the facilitators. Their language and kindness allowed for me to feel more relaxed and willing to return.”

## **Family Information Session**

The Family Information Session is held on an as needed basis. Families and caregivers attending will receive basic information about eating disorders and a review of the various programs that the Eating Disorder Foundation of NL offers. If Families and caregivers have a concern but are not sure if there is an eating disorder issue they can come and will learn the signs to watch for with their loved one.

This group can be a transition for families and caregivers considering attending some of our other groups; Bridge to Hope, Siblings of Hope, Emotion Coaching Session and Emotion Focused Family Therapy Workshop.

## **Professionals Information Session**

Professionals attending will receive information about eating disorders; types, causes, complications and how to help. We also review the various programs that the Eating Disorder Foundation of NL offers. The information will be helpful to health professionals, educators and community groups.

## **Family Education Session**

During the Family Education Session, we invite professionals who have expertise in the area of eating disorders to speak to families and caregivers around their role in care. Professionals include Psychologists, Occupational Therapists, Physiotherapists and other Professionals.

The word "Hope" is written in a large, elegant, purple cursive font. The letters are fluid and connected, with a soft, handwritten feel. The color is a vibrant purple.

## **Education and Awareness Outreach Program**

Education and Awareness of Eating Disorders is extremely important. Eating Disorders exist in all age, gender, racial and ethnic groups so it is important to reach out to a wide-reaching population. We are happy to provide Presentations and Public Information Sessions, there is no cost for our services.

## Lunch & Learn

The Lunch and Learn sessions are held several times during the year. Families, caregivers, professionals and community partners are welcome, they will receive basic information about eating disorders and a review of the various programs that the Eating Disorder Foundation of NL offers.

## Newsletters

We provide 2 Newsletters periodically during the year, one for family and caregivers and the other for clients. The newsletters include helpful articles and information around virtual training that is available.

## Resource Centre

One of the most important actions you can take when you are supporting a love one who has been diagnosed with an eating disorder is to educate yourself. The more educated and informed you are about the illness, the easier it will be for you to cope, understand and communicate with your love one. Because of the importance of education, the Foundation has developed an extensive library of books and brochures. In collaboration with the NL Public Libraries, we now have an eLibrary collection of Eating Disorders Resources available through the NL Public Libraries website. All titles are also available in print.



Newfoundland & Labrador  
**Public Libraries**

**Proclamation Signing Declaring  
February 1-7, 2024  
as Eating Disorders Awareness Week in Newfoundland and Labrador**



## **Proclamation**

### **Eating Disorders Awareness Week**

**February 1<sup>st</sup> – 7<sup>th</sup>, 2024**

**Whereas:** An Eating Disorder is a serious mental illness with often devastating physical implications;

**Whereas:** Eating Disorders affect many individuals and families in the Province of Newfoundland and Labrador;

**Whereas:** Recovery from an eating disorder is a journey that includes support from families and caregivers;

**Whereas:** The Eating Disorder Foundation of Newfoundland and Labrador is a leadership advocacy group dedicated to promoting awareness, treatment services and providing family support services and information about matters related to eating disorders;

**Whereas:** Eating Disorders Awareness Week is a time dedicated to raising awareness, promoting understanding, and providing support to individuals affected by this illness.

**Whereas:** February 1-7, 2024 is dedicated across Newfoundland and Labrador and the entire country as a special time when many educational and awareness activities take place to help raise the level of understanding of Eating Disorder Prevention, Treatment and Recovery;

**Therefore:** I, Tom Osborne, Minister of Health and Community Services, do hereby proclaim February 1 to February 7, 2024 be observed as Eating Disorders Awareness Week in the province of Newfoundland and Labrador.

Dated this 21<sup>st</sup> day of January 2024.

  
\_\_\_\_\_  
Honourable Tom Osborne

Minister of Health & Community Services

  
\_\_\_\_\_  
Vince Withers

Board Chair, EDFNL



On January 31st, Honourable Tom Osborne, Minister of Health and Community Services, along with Vince Withers, Chair of the Board, signed a Proclamation declaring February 1 - 7 , 2024 as Eating Disorders Awareness Week in Newfoundland and Labrador.

## 2024 Renata Elizabeth Withers Memorial Scholarship Winners



Brianna Power is from Gander. In 2023 Brianna graduated from Memorial University St. John's Campus with a Bachelor of Science in Biochemistry/ Nutrition. She is currently in her second year of a Bachelor of Science in Nutrition/Dietetics program that is offered jointly by Memorial and Acadia University.

Brianna strongly believes in the importance of creating and supporting healthy relationships with food, either as a preventative measure or as part of a treatment plan. Brianna believes in a holistic approach to healthcare where a team of professionals work together to address all components of an illness such as eating disorders.

Brianna's long-term goal is to become a registered dietitian in Newfoundland and Labrador and work within multidisciplinary team such as the Renata Elizabeth Withers Centre for Hope.

Kaley Burry is from Corner Brook and a fourth-year psychology (Honours) student at the Grenfell Campus of Memorial University. Pending completion of her undergraduate degree in the Spring of 2024 Kaley has applied to continue her education towards either the Master of Public Health or the Master of Community Health that is offered at Memorial's St. John's Campus.

Kaley has had an interest in mental health issues since she was in high school. She is currently a member of the executive of the Psychology Society and the Grenfell Campus Representative to the Canadian Psychological Association.

When Kaley completes her educational objectives, she wants to continue to apply her skills in the areas of mental health and eating disorder awareness and resources. She is particularly interested in researching the impact of eating disorders in young women in rural Newfoundland and Labrador.



## Our Fundraising Successes in 2024

A lot of hard work from staff and many volunteers goes into planning and co-ordinating our internal fundraising efforts. These events provide much of the revenue that allows us to continue to offer programs and services to the many individuals and families throughout the province who reach out to us every year. In the next few paragraphs we will highlight our successes from 2024.

### Drive In Bingo

The last Wednesday of May, June, July and August we hosted our monthly Drive In Bingo, in partnership with Jack Byrne Regional Sport and Entertainment Centre. Thanks to our very supportive and returning bingo-goers and corporate sponsors, our fundraising evenings were a great success. We will once again offer Drive In Bingo in 2025 on the last Wednesday of the summer months beginning on May 28th.

We can always use a few more volunteers! If you're interested in volunteering at our Drive In Bingo, please reach out to us via email [info@edfnl.ca](mailto:info@edfnl.ca).

We would love to fill the Jack Byrne parking lot so spread the word about May 28th!

### 15th Annual Remembering Renata Hope Always Walk

Many thanks to the support of our volunteers and Board members in a number of communities, with the support of EDFNL staff, the month of September saw individuals and families join us in St. John's, St. Anthony and Corner Brook to help create awareness and raise funds to support our province wide programs. Our goal in 2025 is to expand our Walk program even further. If you would like to help organize a Walk in your area, please reach out to us to discuss.

St. John's



St. Anthony



## Annual Remembering RENATA Golf Tournament

The 17th Annual Remembering Renata Golf Tournament, presented by Bell Let's Talk, took place on Thursday September 19th at Bally Haly Golf Club.

With 20 teams registered, the heavy rains didn't dampen player spirits. It was another fun-filled day and a great success for the Foundation. The team representing Bell Let's Talk came away with the Remembering Renata Championship title.

We certainly want to thank all of our team sponsors, hole sponsors and prize sponsors for helping us raise over \$29,315 in revenue this year.

We also want to thank our volunteers who came out to help make this event everything that it is.

And finally a special thanks goes to Ted Cantwell and Steve Bragg who between them have chaired every single tournament, raising funds that allow the Foundation to continue its family education and support programs.



EDFNL Volunteer Chris Withers along with presenting sponsor Bell Let's Talk representatives Susan Byrne and Marlene Redmond presents the Renata Elizabeth Withers Memorial Golf Tournament trophy to winners Ted Cooke, Karl Sorensen, Keith O'Brien, Chad Davis, and Charlie Peddle.

## Concert of Hope

The Annual Concert of Hope was held Saturday October 26 and was once again a great success. Many thanks to Greg Smith of VOXM for hosting the show and special thanks to the amazingly talented bands The Masterless Men and KitchinParti who entertained us with their great music and humour.



Of course this major fundraising event would certainly not be successful without the fabulous support of the many wonderful friends of the Foundation. We thank each and every one of you for your continued support and kindness. Special thanks to our amazing and reliable volunteers for helping set up and selling the 50/50 tickets. Hope to see you all again at our upcoming Concert of Hope on Saturday October 25, 2025 at The Arts and Culture Centre, St. John's.

## Remembering LANA CURRAN Butterfly Gala

In June the Foundation hosted, what has become our signature event of the year. The 6th Annual Lana Curran Butterfly Gala, presented by Pyramid Construction Limited, saw 150 individuals sit down at 15 tables for an evening of fine food and entertainment mixed in with plenty of chances to take home some great items through auctions and raffles. By the end of the night as the musical entertainment by the Masterless Men concluded, almost \$65,000 had been raised. A big thanks to all those who attended, donated to the auctions or contributed in any other way to the success of this event.



## Students from Centre for Nursing Studies provide valuable support to Foundation

Once again this year we were thrilled to have 2 new groups of 3rd year nursing students complete their community engagements with us as part of their required curriculum.

We would like to thank both groups for providing us with two very useful manuals: "Information Guide for Supporting the 2SLGBTQIA+ Community" and "Understanding the Connection: Feeding and Eating Disorders in the Autism Population."

Many thanks to both groups for the great work!

We wish them many successes in their future studies and careers.





## NL Health Services & Eating Disorder Treatment Programs

There are 3 eating disorder programs located within the Eastern Zone - Urban of NL Health Services;

- Adolescent Medicine Program
- The Renata Elizabeth Withers Centre for Hope
- The Eating Disorder In-Patient Unit

The Foundation is proud to have a good partnership with these programs and the Mental Health and Addictions programs in the 5 Zones that make up NL Health Services.

Because of these 3 programs, residents of our province have access to treatment services that meet the needs of most.

We continue to work with NL Health Services to identify gaps in services, and to identify treatment paths that meet the needs of individuals who are dealing with more serious, long term eating disorders.

## United Way Day of Caring

We were very pleased to be able to renew our long standing partnership with United Way NL Day of Caring and begin a new partnership with HR Project Partners to undertake a cleanup project at the Hope Centre Garden of Hope on Major's Path. The volunteers from HR Project Partners put their heart and soul into making the garden an inviting and relaxing space for both clients and staff at the Renata Elizabeth Withers Center for Hope.



**United Way**  
**Newfoundland**  
**and Labrador**

**Change starts here.**

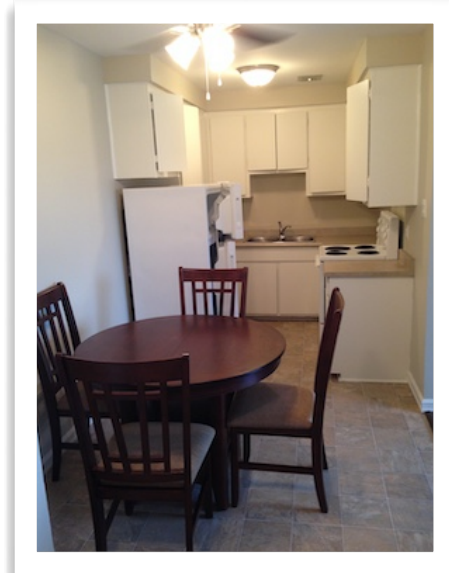
[nl.unitedway.ca](http://nl.unitedway.ca)



## Apartment Available

The Eating Disorder Foundation of NL is very proud to have a fully furnished apartment available to individuals and families from outside the metro area who need the support of either the Hope Program or the Eating Disorder Inpatient Program to help them on their recovery journey. While the Foundation handles the administration, the decisions as to who uses the apartment is left in the hands of the health professionals who know best.

There is a very minimal charge to clients to use the apartment and the only requirement of residency is that you must be fully participating in your eating disorder recovery program.



## Annual Family Medicine Conference

We were delighted to be invited to participate in the Annual Family Medicine Conference at MUN Medical School as an exhibitor. The Conference, sponsored by the NL College of Family Physicians was attended by over 100 family doctors from across the province. Joining us and presenting were Kelly Maloney; Program Lead HOPE Program and Dr. Anna Dominic; Adolescent Medicine Specialist.



**Annual General Meeting  
February 27th, 2025  
11:00 AM**

- Call to Order and Welcome by the Chair Steve Bragg
- Minutes – Approval of Annual General Meeting Minutes from March 5<sup>th</sup>, 2024
- Chairperson’s Remarks
- Executive Directors Report
- Treasurer’s Report and Financial Statements for 2024
- Appointment of Auditors for 2025
- Ratification of Board of Directors Actions for 2024
- Ratification of Board of Directors for 2025
- Presentations
  - o Dolores & Renata Withers Memorial Scholarship(s)
  - o Eating Disorders from a National Perspective – NEDIC
- Adjournment



## **Annual General Meeting Minutes March 6<sup>th</sup>, 2024**

### **Call to Order and Welcome by the Chair**

Chair Vince Withers called the meeting to order at 11:02 am and welcomed all those present and all attending virtually by Zoom. A total of 18 people participated in the meeting.

### **Approval of the Annual General Meeting Minutes 2023**

Chair Vince asked if there were any errors or omissions to the Minutes of the Annual General Meeting held on March 30<sup>th</sup>, 2023 (Minutes included in the Community Report 2023). Hearing none he called for a motion to adopt the Minutes as presented. It was moved by Chris Withers, seconded by Cathy Green. The motion was carried.

### **Chairpersons Remarks**

Chair Vince Withers opened his remarks by saying that 2023 was a relatively successful year for the Foundation. It was the first year in the history of the Foundation that revenues exceeded \$400,000. Many families are still contacting us and participating in our programs. He spoke to our 2024 objectives and the issues that still need to be addressed. He made particular mention of longstanding eating disorders that bring new issues that will require different approaches so that individuals and families get the help they need to improve the potential for recovery. In conclusion Vince thanked the staff of the Foundation, the Board, volunteers and the professionals in the treatment programs for the work they do day in and day out.

Jaspen Barker, Program Manager Adult Eating Disorder Program at NL Health Services spoke to the Chair's remarks outlining their current initiatives to improve services, and that they are aware of longstanding eating disorders and have set up a committee to review the matter.

### **Executive Director's Report**

Executive Director Paul Thomey spoke to his written report which is included as part of the 2023 Community Report. He spoke specifically to our program highlights which included 226 new contacts during the year and the fact that 730 individuals availed of our programs and services. He spoke to activities in the areas of awareness and advocacy and touched briefly on our strong financial performance. He concluded by thanking the Board and staff for their support throughout the year.

### **Treasurer's Report and Financial Statements for 2023**

Treasurer Cathy Green presented her report on the financial results of the Foundation for 2023. She spoke to our record revenues and the fact that it was the result of the return of two major fundraisers and a significant onetime grant from the Department of Health and Community Services. She touched on the Foundation's ability to hold the line on expenses and strong cashflow position to start 2024. She thanked Coombs and Associates for the timely delivery of a clean audit.

The Chair called for a motion to approve the 2023 financial statements as presented. It was moved by Cathy Green, seconded by Brian Kenny. The motion was carried.

### **Appointment of Auditors for 2024**

The Chair called for a motion. It was moved by Cathy Green, seconded by Chris Withers that Coombs and Associates be reappointed as our auditor for 2024. The motion was carried.

### **Ratification of the Board of Directors Actions for 2023**

The Chair called for a motion to ratify the actions of the Board of Directors during 2023. It was moved by the Brian Kenny, seconded by Patricia Nash. The motion was carried.

**Ratification of Board of Directors 2024-2025**

The Chair called for a motion to ratify the election of the Board of Directors for 2024-2025. It was moved by Patricia Nash, seconded by Brian Kenny, that the following 12 individuals be approved to serve on the Board of Directors for two years.

- Vince Withers
- Wilf Curran
- Brian Kenny
- Dr. Heidi Carew
- Lorraine Poole
- Tara Jackman
- Nadine Vater
- Kelly Miller
- LeighAnne O’Neill
- Dr. Travor Brown
- Cathy Green
- Megan Burggraaf

The motion was carried.

**Renata Elizabeth Withers Memorial Scholarship**

Chair Vince called on Board member Brian Kenny to announce the winners. After reading a short bio he called Chris Withers to present virtual cheque and congratulate Kaley Burry and Brianna Power. Both scholarship winners expressed their gratitude to the Foundation for their selection. Both received \$1000 to continue their pursuits.

**Emotion Focused Family Therapy Workshop – Cathy Skinner & Patricia Nash**

The Chair introduced our guest speakers Cathy Skinner and Patricia Nash. Cathy and Patricia used a PowerPoint presentation to outline our Emotion Focused Family Therapy Program taking the audience through the history, the philosophy, the components and the feedback from families and professionals.

**Concluding Remarks from the Chair**

Prior to adjournment the Chair thanked all those who had participated in the AGM. He advised those present that this would be his last meeting as Board Chair. He has informed the Board to proceed with the development and implementation of a succession plan.

**Adjournment**

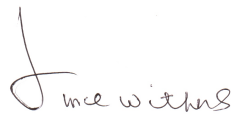
The Chair called for a motion to adjourn the 2023 Annual General Meeting. It was moved by Megan Mugford, seconded by Brian Kenny. The motion was carried.

Recording Secretary



Paul Thomey

Chairperson



Vince Withers

## Fundraising Events for 2025

The Eating Disorder Foundation of NL in partnership with Jack Byrne Regional presents



**BINGO GO GO**

**DRIVE IN BINGO**

Jack Byrne Regional  
Doors open 5:30 pm - Bingo Starts 7:00 pm  
\$1000 Nightly Jackpot  
Food truck onsite

MAY 28 ♦ JUNE 25 ♦ JULY 9 ♦ JULY 23 ♦ AUGUST 27

Presenting Sponsor  
Ocean Choice International

PYRAMID CONSTRUCTION LIMITED  
PRESENTS

LANA CURRAN  
BUTTERFLY GALA

**SAVE THE DATE**

FRIDAY  
**JUNE 6TH 2025**

Glendenning Golf  
Champagne Reception 6 pm  
Dinner 7 pm  
Live & Silent Auctions  
Live Entertainment

17TH ANNUAL REMEMBERING RENATA

**Hope Always Walk**

SEPTEMBER  
Dates and Locations to be announced on [www.edfnl.ca](http://www.edfnl.ca)

Bring your friends, family, kids, and pets and show your support for the Eating Disorder Foundation of Newfoundland and Labrador!



Please email [info@edfnl.ca](mailto:info@edfnl.ca) for a Brochure, Sheet or for more details.



OCEAN CHOICE INTERNATIONAL

Fishing means the world to us.

PRESENTS

**14TH ANNUAL CONCERT OF HOPE**

SATURDAY, OCTOBER 25th, 2025  
Arts & Culture Centre, St. John's

IN AID OF THE EATING DISORDER FOUNDATION OF NEWFOUNDLAND AND LABRADOR

**SAVE THE DATE**

Bell Let's Talk presents

**18TH ANNUAL REMEMBERING RENATA GOLF TOURNAMENT**

Thursday, September 18, 2025  
Bally Haly Country Club, St. John's, NL

Shot Gun Start 8:00 AM - Continental Breakfast - Fish & Chips Lunch

For more information please contact [tina@edfnl.ca](mailto:tina@edfnl.ca) - 709-722-0500

IN AID OF  
THE EATING DISORDER FOUNDATION OF NEWFOUNDLAND AND LABRADOR

## NOTE OF THANKS

The Eating Disorder Foundation has been very fortunate over the past 19 years to work with so many community partners and friends in its efforts to support families throughout Newfoundland and Labrador. Their journey to recovery is a long and difficult one, however, by working together a significant degree of success has been achieved. With your help we have been able to support this journey to recovery, thanks to the amazing support we receive from a caring community.

Speaking for our families, we want to express our sincere appreciation for helping us reach out and help those who must respond to the challenges of an eating disorder.

The Board of Directors and Staff need you to know that your support has and will continue to result in more recoveries. The increase in eating disorders is alarming, however, with your ongoing interest we will continue to work with and care for family caregivers and hopefully in time mitigate the impact that eating disorders are having on our province.

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The Eating Disorder Foundation of NL is here to support family members, friends and clients across Newfoundland and Labrador who are battling eating disorders.

Connect with the Eating Disorder Foundation of NL today to access information, resources, educational programs and support services.

Eating Disorder Foundation of Newfoundland and Labrador  
13 Pippy Place  
St. John's, NL  
A1B 3X2  
(Telephone) 709-722-0500  
info@edfnl.ca  
www.edfnl.ca

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