


2020 Annual Report



eating
disorders
Nova Scotia

Building together. Stronger together.



Eating Disorders Nova Scotia works from Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" with Mi'kmaq and Wolastoqiyik (Maliseet) Peoples. The Peace and Friendship Treaties did not involve First Nations surrendering rights to the lands and resources they had traditionally used and occupied. We are grateful to do our work on this land and thank the generations of people who have taken care of the land. We encourage everyone to consider how we are all treaty people and to undertake the suggestions put forward in 150 Acts of Reconciliation.

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"I support Eating Disorders Nova Scotia because I know what the dark days of an eating disorder look like and Eating Disorders Nova Scotia helped me move through more than one of them :) I'm glad I can give back a little."

– Aby PROGRAM PARTICIPANT, DONOR

"My daughter was just recently diagnosed with Anorexia. I was feeling scared and overwhelmed with what was ahead of us. [everyone] at the meetings were so helpful, empathic and supportive."

– FAMILY GROUP PARTICIPANT

"The online peer support programs allow me to connect with people in a safe and anonymous way. This allows for real, healing conversations to happen and helpful guidance from mentors who have lived experience with eating disorders. Eating disorders thrive in loneliness. The mentors in the programs share assurances and personal stories and suddenly the world isn't so lonely anymore. The battle against the eating disorder doesn't seem so big."

– ONLINE GROUP PARTICIPANT

"I love the anonymity and the ability to say what I'm feeling without judgement. Everyone is supportive of your situation no matter what you're going through. It's nice to have the facilitators there to lead the discussion and offer suggestions."

– ONLINE CHAT PARTICIPANT

"I saw a post on Facebook from Eating Disorders Nova Scotia, advertising about an online group they had coming up. If the sessions were only offered in person, I am not sure if I would have been so eager to attend - but being able to connect from the comfort of my apartment has been wonderful."

– Erin PROGRAM PARTICIPANT

"I was looking for an opportunity to volunteer and give back to my community. When I came across Eating Disorders Nova Scotia, their mission connected with me. They are helping so many people and their families find support that they cannot easily get anywhere else. I am currently helping by being a board member, taking on the role of treasurer, and making monthly donations. This is definitely an exciting time to be able to contribute to something that is growing so fast and helping so many people!"

– Mark Thibodeau BOARD MEMBER,
MONTHLY DONOR

"The peer mentoring is a free, no pressure program. They really take your lead on things and are a guiding hand to gently nudge you in the direction you want to go."

– MENTORING PARTICIPANT

No one
should
have to
face an
eating
disorder
alone.

Message from the **Board Chair**

Like a graceful swan gliding along the water's surface, there is a tremendous amount of effort taking place underwater by our staff, board members, volunteers, sponsors, collaborators and donors. Eating Disorders Nova Scotia has moved ahead by leaps and bounds this year and I want to take a moment to share with you some of the work that we've accomplished together.

Over the past year we had two focus areas: improving our capacity and sustainability and creating online peer support groups.

Fast forwarding to March 2020. Who would have guessed what a gigantic change was coming? In response to COVID-19, Eating Disorders Nova Scotia pivoted our focus to:

1. Rapidly redeploying all resources to online
2. Scaling up online support groups
3. Seeking out new partners to deliver workshops

Fortunately, our work earlier in the year that made the 'pandemic pivot' a little easier; successfully launching online peer support groups and a highly successful outreach campaign on social media.

After such an amazing year, where do we go from here?

For better or worse, world events have made it a little easier to set our course. We will expand our virtual support to all of our clients. That means providing virtual training for at least 30 more peer supporters to keep up with the demand for services that the pandemic has created. And actively seek out, listen to, and amplify the voices from the BIPOC and LGBTQIA2S+ communities we want to serve.



It's been an honour to serve on this board. Thank you to Shaleen and to all of the board members for their willingness to share their time and expertise and for their commitment to helping people with eating disorders. I am delighted to be leaving the board in the caring and capable hands of Cara Pfeffer, the new incoming chair.

Onwards and upwards,
Anne Marie Coolen





We're moving forward, together. Eating Disorders Nova Scotia has seen a **dramatic increase** in the amount of people seeking support. Your **generosity** ensures that no one living with an eating disorder must face it alone.

Message from the **Executive Director**

Twenty years ago, a group of women who had overcome an eating disorder and wanted to support others in their recovery joined forces and created Eating Disorders Action Group.

It has been my privilege to see this organization grow—though many ups and downs—and become the vibrant, innovative organization we are today—Eating Disorders Nova Scotia.

We offered one of the first peer support groups in Canada in the early 2000s and continued to develop creative, person-centered approaches to recovery. Being



recognized by our work in peer support, e-mental health and eating disorder recovery by the Mental Health Commission of Canada was “chef’s kiss”.

Special thanks to our committed, steadfast Board of Directors, led by Anne Marie Coolen, our talented volunteers, committed donors and of course, our compassionate and inspiring Peer Mentors.

I am forever grateful to each person who made a donation and allowed us to keep our peer support available. I am thankful for the support from the Community Health Boards across Nova Scotia, Bell and Telus, and the Mental Health Foundation of Nova Scotia who shared our vision.

At the end of the year, the Nova Scotia Department of Health and Wellness made a commitment to support our core programs, ensuring peer support will continue to be available for people across Nova Scotia.

It is my pleasure to work every day to further the mission. If you are living with an eating disorder—diagnosed or not—you are not alone, recovery is possible, and we are here to support you every step of the way.

Together, we are creating a community where no one has to face an eating disorder alone.

Thank you,
Shaleen Jones

Eating Disorders
Nova Scotia
is becoming
recognized
nationally for
its leadership in
peer support and
e-mental health
for eating
disorders.

More than
1000
hours of
support
provided

Trained
Peer Mentors
provided
250
hours of individual
support

353
people requested
access to the
online chat

So no one
has to face an
eating disorder alone,
there were
193
donations
made

300
people registered
for **Groups**

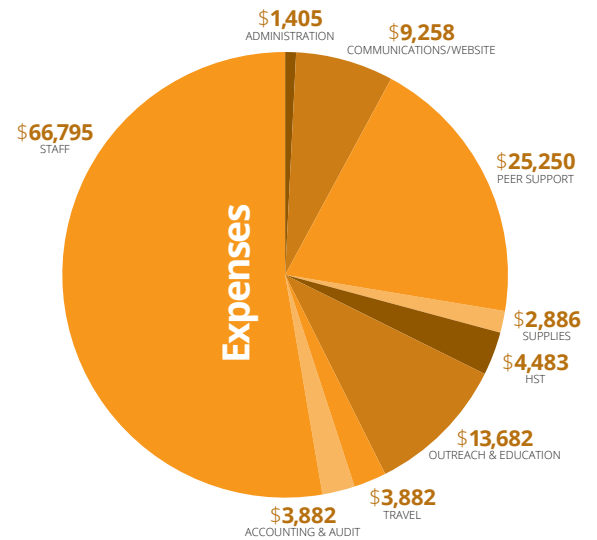
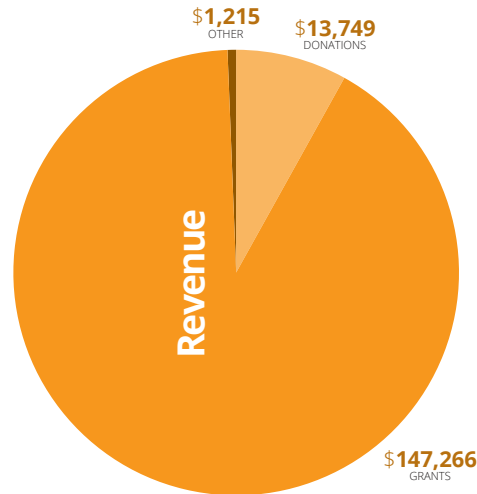
There was
\$**6302**
raised by
supporters

103
online chats
took place

We focused
on **increasing**
understanding,
sharing hope
for recovery
and **connecting**
people to
resources though
our workshops,
TV and Radio and
social media.

Revenue

	2019-2020	2018-2019
Grants	\$ 147,266	\$ 58,851
Donations	\$ 13,749	\$ 8,102
Other	\$ 1,215	\$ 8,144
Total	\$ 162,230	\$ 75,097



Expenses

	2019-2020	2018-2019
Administration	\$ 1,405	\$ 1,078
Audit/Accounting	\$ 3,882	\$ 2,345
Communications/Website	\$ 9,258	\$ 6,780
Harmonized Sales Tax	\$ 4,483	\$ 5,793
Outreach/Education	\$ 13,682	\$ 425
Peer Support	\$ 25,250	\$ 9,692
Staffing	\$ 66,795	\$ 52,111
Supplies	\$ 2,886	\$ 1,589
Travel	\$ 3,882	\$ 3,530
Total	\$ 131,523	\$ 83,343

Board of Directors

2020–2021

Cara Pfeffer **CHAIR**
Collette Deschenes **VICE CHAIR**
Mark Thibodeau **TREASURER**
Holly Dunn **SECRETARY**
Anne Marie Coolen **PAST CHAIR**
Breanne Hehir **MEMBER-AT-LARGE**
Kelly Peckham **MEMBER-AT-LARGE**
Ruth Shelton **MEMBER-AT-LARGE**

Advisors

Dr. Hali Bauld
Dr. Marriam Abou el haj

Mentors

2020–2021

Anna Sadofsky
Collette Deschenes
Hayley Lowry
Jenna Shaw
Kathryn Reeves
Katie Scallion
Laura Mofina
Raquel Poley
Robin Jackman
Samantha Spencer

Other Volunteers & Supporters

Dr. Aaron Keshen
Andrea LeMarre
Andrea Lussing
Becca Bishop
Bell Let's Talk Community Fund
Beth McDougall

Brianna Hess
Brooke Rudolph
Canadian Progress Club
Halifax Citadel
Charitable Foundation
Cara Quigley
Chasity St Louis
Cheryl Jeffers
Collette Deschenes
Courtenay Vickers
Dalhousie University:
Faculty of Medicine -
Department of
Psychiatry
Dr. Dayna Lee Murphy
Derek Cowie
Emily Stevens
Fiends Collective
Jennifer Grant Moore
Jenny Kierstead
Jessica Basta
Jessica Inkpen
Lee Thomas
Meghan Hubley
Mental Health
Foundation of
Nova Scotia
Mina Atia
Modo Yoga
Nova Scotia Community
Health Board
Nova Scotia Department
of Health and Wellness
Outlaw Country Tattoo
Phillip Joy
Prasanna Kariyawansa
Rachel Waugh
Rory Pritchard
Seven Bays Bouldering
Shanti Yoga
Sonia Sequin
Sotiria Tsirigotis
Sydney Patterson
Telus Community Fund
The Fitness Room
The Floatation Centre

With support,
recovery is
possible. Too many
people impacted by
an eating disorder
don't get help –
only an estimated
1 in 10 receive
treatment.



Donors

Dr. Aaron Keshen
Abraham Rudnick
Allan Abbass
Anastasia McCarvill
Anna Sadofsky
Anne Marie Coolen
Anthony Pianosi
Beth Baker
Bridget Shanks
Candice Crocker
Cara Pfeffer
Carolyn Sisley
Catherine Moleski
Christopher Murphy
Cinera States
David Miller
Emily Fraser
Evangelia Tastsoglou
Dr. Hali Bauld
Heather Shead
Igor Yakovenko
Janet Bardon
Jason Morrison
Jennifer Brown
Jessica Inkpen
Jim Armour
Joanne Gusella
Kaitlyn Chippett
Kara Dempster
Kathleen Thompson
Kelly Peckham
Kulli Poder
Kyle Godden
Lara Hazelton
Laura Downing
Lauren Chan
Lauren Ross
Lee Ann Calabrese
Lori Harrop
Lucy MacLeod
Manuel Mattheisen
Marissa LeBlanc
Mark Thibodeau
Mary-Ann Hudec
Melissa Davis

Melissa Lahti
Michael Teehan
Michelle LeBlanc
Nina Woulff
Noah Jones
Pat Harnish
Patricia Evans
Robyn Starkey
Sara Densmore
Scott Theriault
Shaleen Jones
Sonia Kumar
Tracy Fraser MacIsaac

We've had
an amazing
year, but
all of the
programs
and services
couldn't
happen
without
funding and
the support
of the
community.

Thank you to everyone
who has made a
difference in the lives
of people living with
an eating disorder.
Every dollar counts.
Thank you.

Aby

For Aby, her eating disorder felt easy. But after years of living with it, she realized recovery would not be the same. She describes recovery like being lost in the woods, lonely and confusing.

"I realized that a crucial part to my recovery would be seeking out support networks...The online peer support programs allow me to connect with people in a safe and anonymous way. This allows for real, healing conversations to happen and helpful guidance from mentors who have lived experience with eating disorders."

It wasn't until she found Eating Disorder Nova Scotia's online groups and chats that she started to feel hope for her continued recovery. It was here that she found understanding and others who knew what she was going through.

With support and encouragement from Eating Disorders Nova Scotia's Peer Mentors, Aby is on her way to recovery.

Elliot

Different people need different things during their recovery. This was something Elliott learned as they worked on their recovery.

"The group [at Eating Disorders Nova Scotia] was everything I could have hoped for: a pro-recovery atmosphere, free of judgment or blame, where people in all stages of recovery can share and support one another. The trained facilitators are especially helpful in how they can relate to the group members, having lived experience of eating disorders recovery themselves.

The weekly online support-groups continue to be an important resource in my maintaining my recovery. I only wish I had found Eating Disorders Nova Scotia sooner!"

The supports offered by Eating Disorders Nova Scotia are critical. Only an estimated 1 in 10 people receiving help for their Eating Disorder. Your support ensures that people like Elliott are able to access the resources that they need for their recovery.

A banner for an online chat session. It features a top-down view of a laptop, a small potted plant, and a cup of coffee on a bright yellow surface.

Online Chat

Sundays & Wednesdays
7-8:15pm Atlantic

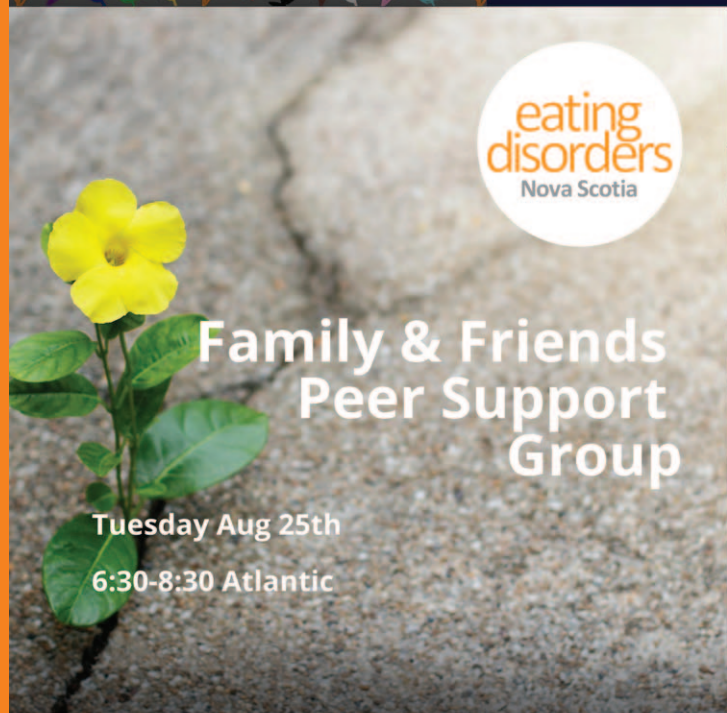

A banner for a virtual panel discussion. It has a dark grey background with a row of colorful, stylized leaves at the bottom.

Eating Disorders: Queer Perspectives on Recovery

A VIRTUAL PANEL DISCUSSION
July 20, 7pm Atlantic

Eating Disorder Recovery in a Pandemic

An Online Peer Support Group
Free | Safe + Secure | Pro-recovery

A banner for a family and friends peer support group. It features a close-up of a single yellow flower growing from a crack in a grey stone surface.

Family & Friends Peer Support Group

Tuesday Aug 25th
6:30-8:30 Atlantic

A banner for a peer support group. It has a blue sky background with white clouds. On the right is a cardboard box robot with a red heart on its chest.

Working Through Shame

An Online Peer Support Group
Free | Safe + Secure | Pro-recovery



Exploring the Binge-Restrict Cycle

Online Peer Support Group
Aug 13th & 20th | 7-8:15pm AST

eating
disorders
Nova Scotia



EATING DISORDERS TREATMENT IN NS

Everything you wanted to know but were afraid to ask



Relapses and Recovery

An Online Peer Support Group
Free | Safe + Secure | Pro-recovery



**LIFE AFTER ED
What's Next?**

An Online Peer Support Group
Saturday, Nov 23 & 30
11am to 12:15pm AST

Message from the **Incoming Chair**

The vision of Eating Disorders Nova Scotia is that no one should have to fight an eating disorder alone. Thanks to the generosity of individuals and community partners, we are getting closer to that being a reality, for everyone living with an eating disorder.

As we look to the future, with your support, we will continue to break down barriers and create new opportunities.

The shift to virtual programming will ensure that our outreach has no boundaries, that we can be there for anyone living with an eating disorder. And judging by the number of people who reached out last year, the need for support is greater than ever.



Eating disorders are an issue I feel very passionately about. Having recently moved to Halifax I was thrilled to share my financial expertise as Treasurer with Eating Disorders Nova Scotia, and to now be the Chair of such an important organization.

I am so excited as we move forward, together, in the upcoming year to continue to be proactive and ready to serve the community.

Cara Pfeffer

Thank you to the generosity of the community and our partners.

Eating Disorders Nova Scotia created targeted campaigns—some of which are shown here—encouraging people impacted by an eating disorder to reach out.

Hope. Understanding. Encouragement.

Thank you for being
a part of the journey.

eating
disorders
Nova Scotia

EatingDisordersNS.ca

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 [nsedrecovery](https://twitter.com/nsedrecovery)

 [eatingdisordersns](https://www.instagram.com/eatingdisordersns)