

ANNUAL REPORT 2024-2025

eating
disorders
Nova Scotia



MESSAGE FROM THE BOARD CHAIR



This year, the Board of Directors focused on setting a strong foundation for Eating Disorders Nova Scotia's next chapter. We developed a new strategic plan to guide the organization's priorities, including expanding access, building capacity, strengthening systems impact, and continuing to provide accessible, compassionate support.

As part of this work, we also remain committed to advocating for increased awareness of eating disorders, improvements within the health care system, and recognition of the essential role EDNS plays in recovery support.

Looking ahead, we're excited to take a major step forward in expanding access to community-based eating disorder support in Nova Scotia. We know this will complement the virtual peer support programming we continue to provide across the province and beyond.

On behalf of the Board, a huge thank you to our peer supporters and the dedicated EDNS staff who use their lived experience and compassion to remind those in recovery daily that they are not alone.

To our donors, your continued support makes this work possible and helps strengthen our organization's reach and impact. You are our heroes for hope.

Together, we'll continue working to ensure everyone can access the support they need for recovery.

MESSAGE FROM THE EXECUTIVE DIRECTOR



2024-2025 saw many changes at Eating Disorders Nova Scotia.

With support from the Public Health Agency of Canada, we had worked to increase access to peer support across Canada, demonstrating the impact of Peer Support, and our efficacy of our model. (You can read the journal articles [here](#) and [here](#).) While that project ended in 2024, our Peer Support programs continue to be available through Body Peace Canada, our national program.

Upcoming changes to access to mental health clinicians in Nova Scotia, coupled with high costs resulted in the difficult decision to close our clinical services. Since the program launched in 2022, over 700 people worked with the team, many of whom would not have been able to access care.

Thanks to the incredible generosity of the Walker Wood Foundation, we are working towards establishing a welcoming, healing physical space in Halifax in 2025.

I want to thank our community for trusting us to walk alongside you through your recovery process. Thank you to the board, our staff and mentors, our community partners and our donors.

We truly are building a vibrant recovery community and I am so grateful to be a part of this powerful work.

SUPPORTING RECOVERY

Eating disorders thrive in secrecy and shame, making reaching out for help that much more difficult. An estimated 3 in 4 people do not seek out or receive treatment.

We've created supports that are easy to access, validating, and help people move forward in their recovery.



I think I knew for a long time that I needed help but I had no idea where to go and felt so ashamed. Everything has been so helpful and **I actually feel hopeful.**



As a result of taking part in our programs, people reported feeling an increased sense of community and connection.



Participants reported feeling more hopeful about their own recovery process, and their ability to recover.



People reported feeling more motivated to make changes for their recovery.



People took part in a Workshop, increasing their knowledge and connecting with others.



People worked with a therapist or dietitian on their recovery - with subsidies ensuring access.



People found community and hope in a Peer Support Group - five different groups offered.



People were supported by a Peer Mentor through our Individual Mentoring Program.



People learned more about eating disorders, supporting someone, and resources available.



As someone who hasn't yet talked to his doctor about my eating disorder, it was really helpful being able to self-refer. That process is what finally helped me make an appointment to tell my doctor what is going on.

PEER SUPPORT GROUPS



Our Peer Support Programs are delivered under the Body Peace brand. Participants register once, then drop-in whenever support is needed. Five different groups meet each week for an hour, with two trained Peer Supporters facilitating each session.

196 Sessions provided

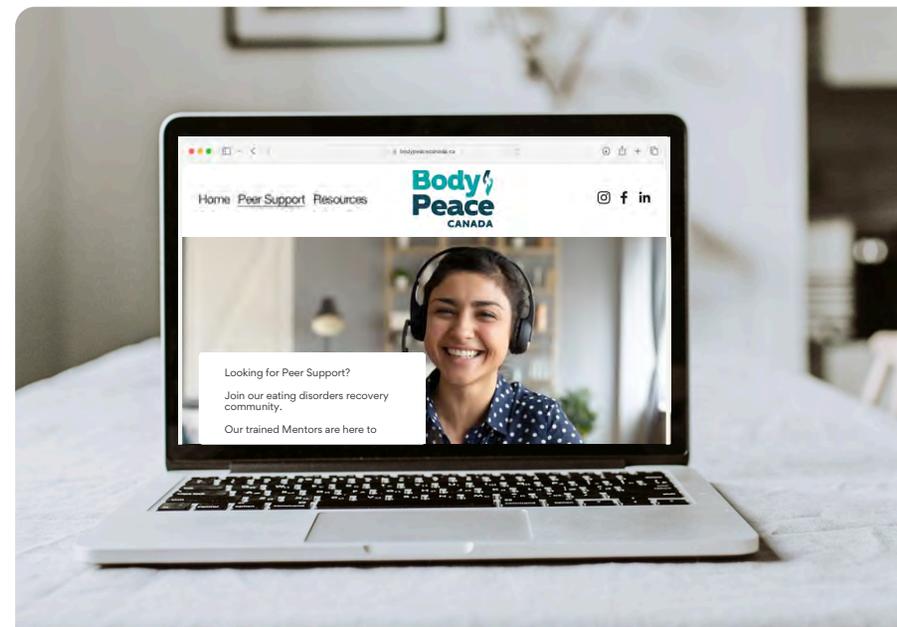
774 People impacted

“

The facilitators were very **compassionate**, and engaging, but it was hugely helpful that they are also eating disorder survivors. Their **true understanding** of what it's like to have an ED is what made this group stand out from other forms of ED care and treatment I have received.

“

I'll begin by telling you what an impact the groups are having on me!!! Seriously. I'm able to avoid symptoms — which is such a huge success (for me). It's like before it was unthinkable not to engage and now it's an option!!





“

Hearing other people's stories and their emotions really hit home for me... I don't think I realized just how **powerful** it would be to relate to others about this. I appreciated the encouraging words from the facilitators, and the reminder that BED is very much an illness, not laziness. The group offers something that I cannot find anywhere else: **group support, sharing, nonjudgmental, compassionate, and honest talk.**



“

The group was exactly what I needed – I can come as I am with no pressure. It is so uplifting to connect with people in my own age group. I now **feel less alone** in the struggle and was even inspired enough by last night's meeting to **reach out** to my local Mental Health and Addictions Patient Navigator this morning to see what might be possible.





TRANS+ GROUP



The Trans+ group is pure gold. I love the atmosphere. Everyone is **supportive, compassionate, and open-minded**. Everyone wants the others to succeed and celebrate the victories of fellow group members.

This was the first place I felt comfortable sharing about the **intersection between my gender identity and eating disorder** struggles. I appreciated having a space facilitated by people who not only accepted but **understood**.



ADULT GROUP



I just got out of inpatient treatment and was left with very little resources on my own and in a really bad place.

The group made me feel so, so much better and I appreciate it more than I can express. I love that **everyone is pulling for each other** with encouragement.

This group, the shares, the respectful back and forth, is **so incredibly helpful** and I am forever grateful.”



COLOURING THE CONVERSATION:
A PEER SUPPORT GROUP
Open to those from BIPOC communities



It’s amazing to be able to have conversations about how our ED experiences are **connected to our lived experiences**.

We have honest conversations about how we can meet the challenges of healing from our EDs, talk about family things and how we can **keep on track** with our recovery.

Thank you so much for this group.

INDIVIDUAL MENTORING

Connecting with someone who has been through recovery can be invaluable. Our trained Peer Mentors are matched with someone looking for support, providing a non-judgemental approach, listening ear, encouragement, and hope.

1086 Sessions provided

87 People impacted

“

I feel like this relationship has saved my life. I am so grateful for the authentic and caring nature my mentor has. I feel so much **more empowered.** In tough moments I know I have someone who will genuinely listen and give me feedback I can use.

Talking to someone who has felt the same as I do has been **so healing.**

“

My Mentor understood what I was going through but was several steps ahead of me, so it was incredibly inspiring to be reminded that **there's more to my journey** than where I was at right then. **I can't recommend this program enough** for people who are struggling.

“

These programs have literally **changed my life.** The peer support, education, workshops, knowledgeable and nonjudgmental staff and mentors are all incredibly needed and helpful.

SUPPORT FOR FAMILIES

Families connect with a trained Family Peer Supporter for personalized guidance and resources, and join our Monthly Virtual Support Groups to share struggles, strategies, and hope.

This year, we launched an online resource specifically for parents with children battling anorexia. Organized in bite-sized, searchable topics, the learning materials and videos empower parents with the knowledge to support their child or teen.

10 Groups provided

44 People impacted



Your kindness will go a long way to support our daughter's recovery. Your organization was the first resource we reached out to when navigating this journey since May and every interaction we have had with EDNS staff, however small, has **helped our family.**



Having a newly diagnosed child with an ED has left us with so many questions as parents.

This group has been able to help with so much, from conversations, to access to videos/supports, they have been a tremendous resource for us.

I've been able to learn practical information and receive resources but also have been able to connect with people who truly understand what we are going through.



We are grateful to parents who have supported their loved one through an eating disorder and are now Heroes for Hope for Eating Disorders NS.



Heroes for Hope support this critical work by becoming monthly donors. Learn more at www.eatingdisordersns.ca/donate



SKILLS FOR RECOVERY GROUPS

Our support groups are designed to support recovery with deep dives into specific topics, offering participants an opportunity to learn, connect with others, and develop skills and tools.

CLINICAL SERVICES

Working with a therapist or dietitian is often out of reach financially. Our clinical program helped people access the professional services needed to move forward in their recovery.

While we were unable to sustain this program, hundreds of people benefited from it. We continue to connect folks to clinicians through our Skills for Recovery Groups.

1047 Sessions provided

148 People impacted

4 Groups delivered

32 People impacted

“

I was struggling to stay in recovery – for the past while I have just wanted to give up.

After attending this group I have more hope for a more **joy-filled future**. I felt my own self-criticism being challenged. We often treat ourselves as the "exception" and deserving of self hatred but I am now learning that this doesn't have to be the way.

This is my first time attending something like this and **it has changed me.**



WORKSHOPS

Our virtual workshops are open to anyone in Canada and provide an easy way to connect with others, learn, and explore recovery in a casual and welcoming environment.

32

Workshops held

941

People impacted

“

At the workshop on exploring self-compassion, I realized that while I could extend compassion to others, I also had the capacity to be kind to myself too. **A real aha moment!**

“

The host was so knowledgeable and passionate about the topic. **It felt very welcoming.** I learned a lot and felt like I could be my whole self and relate with the others.

TREATMENT
Everything you wanted to know about eating disorders treatment (for those 18+ in Nova Scotia)
With Dr. Scattolon, NS Health's Eating Disorders Program
eating disorders
Nova Scotia

RECOVERY CONVERSATIONS
An open discussion about eating disorders recovery from diverse perspectives
Featuring Myla, Estelle, and Chloe

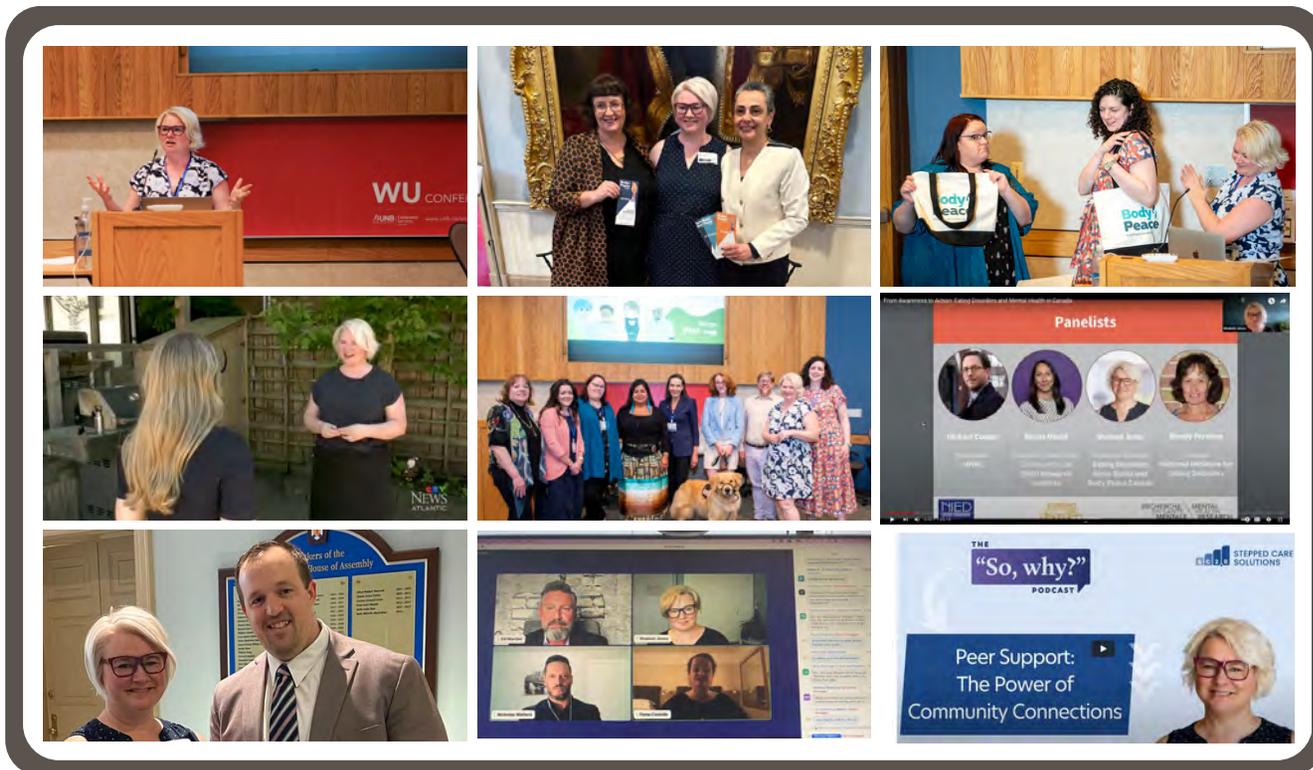
INTUITIVE EATING: MAKING PEACE WITH FOOD
A Virtual Workshop
KATHRYN FRASER, RD
Monday, April 15, 7 PM Atlantic

A Virtual Workshop
CULTIVATING SELF-COMPASSION
Monday, March 31st, 7pm Atlantic
eating disorders
Nova Scotia

ADVOCACY & PARTNERSHIPS

We continued to work with our partners across Canada to advocate for awareness, education, early identification, and effective interventions.

Mental Health Research Canada produced a report that found that 1 in 3 Canadians are at risk for, or living with an eating disorder. Eating disorders are so prevalent and complex; a whole systems approach is needed.



EDUCATION

Customized workshops and presentations increase knowledge and understanding of eating disorders and resources available, better equipping others to be “eating disorders informed.”

23 Sessions delivered

484 People impacted

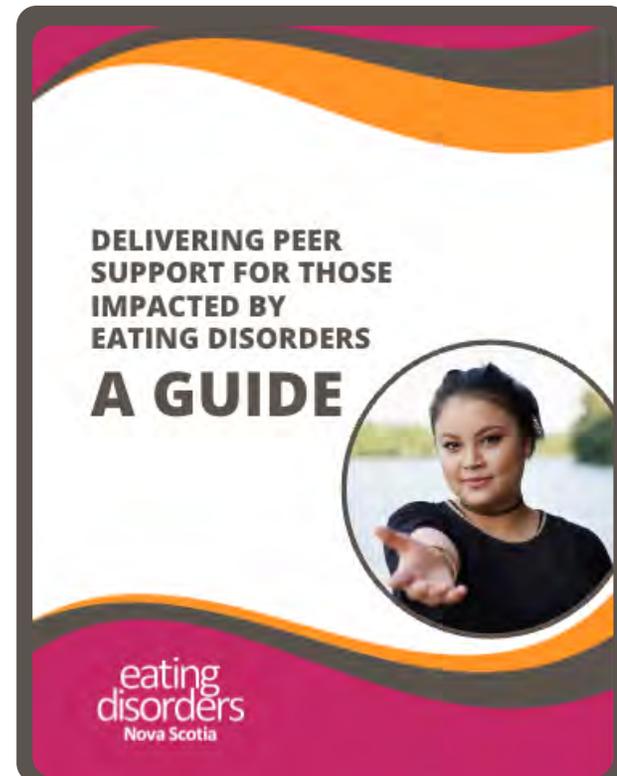


The presenter’s **empathy and experience** surrounding this topic made her discussion informative as well as enjoyable. **We learned so much!**



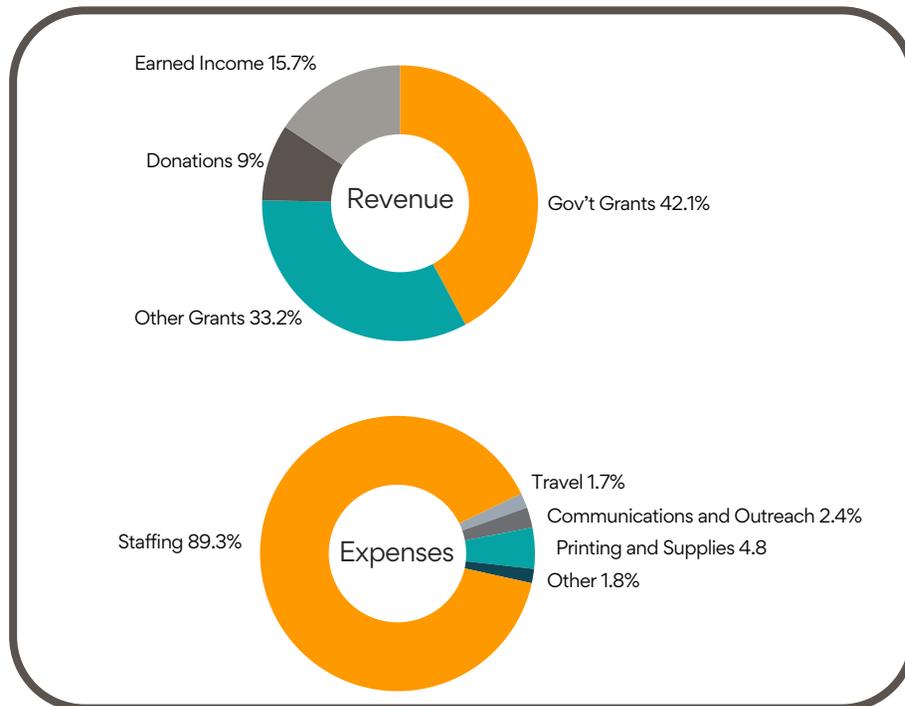
To support increased availability of Peer Support, we created a guide for developing and delivering peer support specifically for those with eating disorders.

We also provide virtual Peer Support Training to organizations across Canada, and adapted our training for a general mental health setting.



2024-25 FINANCIAL STATEMENTS

Revenue	\$508,816	Assets	\$202,382
Expenses	\$498,124	Liabilities	\$201,679
Balance	\$10,692	Balance	\$685



THANK YOU!

This work would not be possible without the support of our community. Thank you to our board, staff and mentors, our community partners and our donors.

We truly are building a world where no-one has to struggle with an eating disorder alone.

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Sarrah
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Victoria
Will



Thank you to all our donors who have walked beside us over the years, and to our new donors who have joined our community this year.



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