

Hope's Eating Disorders *Support*

In Partnership with Eating Disorders Foundation of Canada



Expanding HOPE:
A Campaign for Growth

Overview

An eating disorder is a complicated, isolating and confusing mental illness that can have a staggering effect on the life of an individual suffering with it, as well as on those who care for them. An eating disorder is often developed as a coping mechanism, falsely helping an individual deal with complex feelings of ineffectiveness, negative body image and low self worth.

The symptoms of an eating disorder are devastating, robbing individuals of their physical and mental health, happiness in relationships, educational and employment opportunities and financial security.

Disturbing Facts

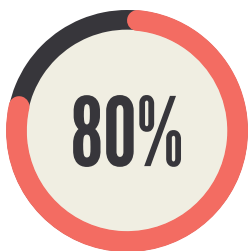
900k

Canadians

currently fit the
criteria for
having an eating
disorder



of those living with
anorexia will die within 10
years of the onset of the
disorder



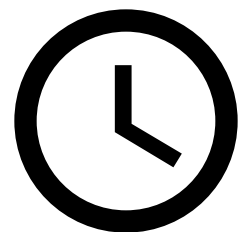
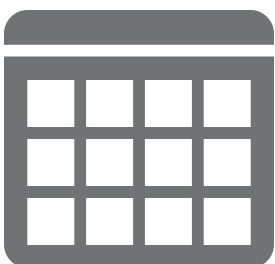
of 10 year olds are
afraid of being fat

Eating disorders are
now the third most
common chronic
illness in adolescent
girls.



ONLY 50% Recover

It takes between two and seven years to
“recover” from an eating disorder, but only
50% of individuals will fully recover.



Who We Are

Hope's Eating Disorders Support (Hope's EDS), (formerly Hope's Garden) is a not-for-profit organization that provides information, education, resource support, and group programs for individuals 16 years and older, along with their family and friends, who struggle with disordered eating or have been affected by an eating disorder.

What We Do

At Hope's EDS we are committed to helping individuals navigate through the health care system, in order to access many online resources, including links to online live chat support. Our website offers a one-stop directory of contact information for treatment programs, support programs and crisis phone lines, We provide extensive resource materials, readily available to everyone, as well as links to directories of professionals and programs.

We are committed to increasing awareness and dispelling stigma. Through educational workshops we help friends and families better understand this disease and to learn to better communicate and care for their loved one.

Our emphasis early intervention includes educational programming geared to younger ages, promoting healthy eating, healthy lifestyles and positive body image. These programs reach adolescents during their critical formative years, with content that promotes body confidence, the importance of social connection, media literacy and challenges the continuum of food and weight concerns.

We offer support through group support programs, which are ways for people to come together, and through sharing their experiences, begin to normalize their feelings and help each other deal with their difficulties.



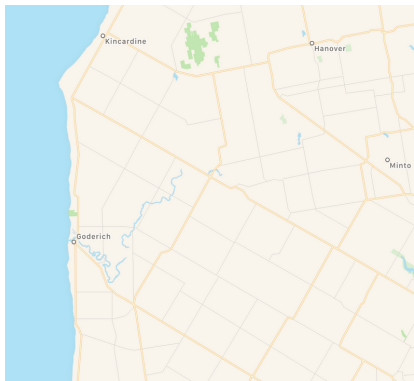
The Plan

Having recently restructured and using web-based resources in a more effective way, Hope's EDS now operates a lean, responsible and cost effective organization, with a proven track record of success.

We have recently launched Expanding HOPE – A Campaign for Growth, which is a fundraising campaign in support of our plan to expand our reach to more people than ever before, including rural areas where services are limited.

This expansion will see the creation of satellite regions throughout Ontario, operated collaboratively and virtually, from London. Our planned expansion includes Sudbury, Grey- Bruce-Owen Sound, Huron Perth, Sarnia-Lambton, Chatham-Kent, and an expanded existence in London-Middlesex, Elgin and Oxford counties.

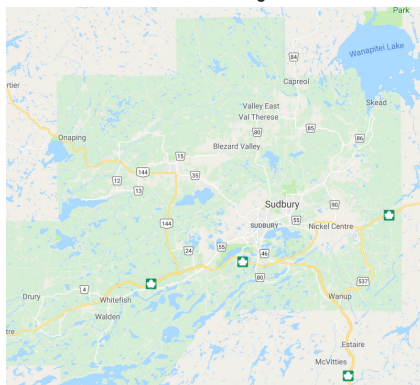
Huron-Perth



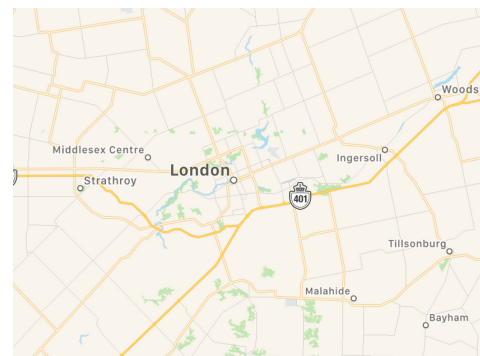
Chatham-Kent



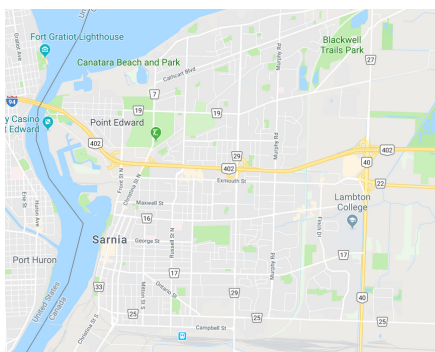
Sudbury



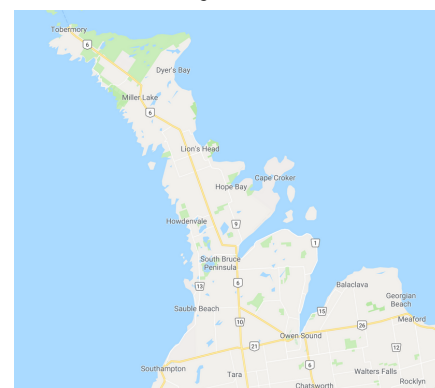
London-Middlesex/ Elgin/ Oxford



Sarnia-Lambton



Bruce-Grey Owen Sound



The Ask

Hope's EDS and the Expanding Hope – A Campaign for Growth, is seeking financial supporters whose donations will assist in reaching a goal of \$100,000. This 18 month campaign runs May 2018 to December 2019.

At Hope's Eating Disorders Support we have relied on the generosity of our community over the past 16 years and we continue to seek caring partners who support our work.

Your gift of will go a long way to ensuring we can meet our expansion goals and provide our programs and services to more people than ever before.

- The reality is that these disturbing facts continue:
- Almost 1 million Canadians currently fit the criteria for having an eating disorder
- 81% of 10 year olds are afraid of being fat
- 10% of those living with anorexia will die within 10 years of the onset of the disorder
- Eating disorders are now the third most common chronic illness in adolescent girls.



Donor Recognition

Please Give Your Support

5,000

2,500

1,500

1,000

Other amount



With permission from each donor, Hope's EDS will profile them as campaign champions on our website, social media and on various marketing and program materials.

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