

Eating Disorder Foundation of Newfoundland & Labrador Program Overview

Presenter: Cathy Skinner

HOPE ALWAYS

EATING DISORDER FOUNDATION OF NEWFOUNDLAND AND LABRADOR



Eating Disorder Foundation of Newfoundland & Labrador

- Only leadership advocacy group in Newfoundland & Labrador dedicated to promoting research and providing public support for those with an Eating Disorder
- Provides education and support for individuals and families who are affected by disordered eating
- Charitable, non for profit organization

EDFNL Support and Educational Services Province Wide

- Bridge to Hope (8 week program)
- Family Supporting Families Info Session
- Sibling Support Group
- Client Consultation
- Family Consultation

EDFNL Support and Educational Services Province Wide (cont)

- Emotion Focused Family Therapy (2 day workshop)
- Emotion Focused Family Therapy Refresher Group
- School Presentations to Teachers
- General Presentations on Request
- Body Project (Prevention – launching second half of 2016)
- Parents of Hope (Eastern Health Program)

Bridge to Hope

- 8 week education and support group
- Group is run 3 to 4 times a year depending on need
- Offered by the Eating Disorder Foundation since 2012
- Over 250 Carers have attended
- Carers outside of St. John's able to join by teleconference
- Launching video conferencing Spring 2016 for Carers outside St. John's



Bridge to Hope (cont)

Structure of Group:

- Week One: Parents - Share Their Stories
- Week Two: Pediatrician/Medical Doctor: Dr. Dominic/Dr. Picco
- Week Three: Psychologists: Sarah Pegrum/Jennifer Vickery
- Week Four: Psychiatrist: Dr. Hofner
- Week Five: Dietitian: Tanya Martin/Nancy Rogers
- Week Six: Social Worker: Nancy White
- Week Seven: Experienced Parents of Hope
- Week Eight: Parents – Review and Share Feedback

Bridge to Hope (cont)

Comments from Carers that have attended the Bridge to Hope

“This is an essential starting point for anyone who wants to help a loved one with an Eating Disorder”

“Please keep up the passion and know what a difference you are making in the lives of families”

“All the research in the world can not replace or compare with the knowledge, support and hope this program has given us”

Families Supporting Families

An “as needed” support and information session



- Facilitators share their personal journey in the world of Eating Disorders
- Provides a safe environment for Carers to share their stories
- Carers receive information on Eating Disorders; Causes, Types, Impacts and Affects
- Discuss services available through the Eating Disorder Foundation and Eastern Health

