Eating Disorders of York Region's

Riverwalk Eating Disorders and Wellness Centres

905-886-6632

Winter Newsletter 2014 For information about support groups please visit **www.edoyr.com** or email info@edoyr.com

Season's Greetings!

The office will be closed December 22nd to December 26th and December 31st to January 1st.

Wishing everyone warm and safe holidays and a Happy New Year! See below for upcoming programs in 2015.

Thank you for your support!

Dear friends,

Thank you for your support and helping to raise awareness! Please visit www.edoyr.com/fall-fundraising-campaign to view the slideshow and video from "Annie".

Together we can raise awareness and lessen stigma to encourage those who are struggling, and their families, to reach for support!

Eating Disorders Awareness Week Events (EDAW) February 1st to 7th, 2015

The CN Tower will be lit purple on February 1st for Eating Disorders Awareness Week to honour those affected by an eating disorder.

February 3rd, 7:00-8:30 p.m.: Stouffville Leisure Center
February 5th, 7:00-8:30 p.m.: Richmond Hill Public Library

Join us for a circle of conversation with members of the Faces of Recovery campaign. We'll share support and resources in a safe and understanding environment as well as discuss how to create a "Circle of Care". Faces of Recovery members will share their strategies for maintaining recovery and will open the floor for questions and conversation.

For more details, please visit www.edoyr.com/edaw
Events are free, but registration is required. Email info@edoyr.com to register now!

Save the Date!

March 14, 2015, 1:00-4:30 p.m.
3rd Annual Songs to Recovery Concert
Aurora Cultural Centre

Celebrate spring, renewal, and recovery with friends, family, and supporters.
Enjoy a musical concert and art show.
Check back on www.edoyr.com, details will be posted soon!

Give the gift that keeps on giving!

If you would like to honour someone or, a special occasion, please consider making a donation. We would be pleased to add their name and/or special date to our "Tree of Life".

During the holidays or any time during the year, celebrate an occasion or honour someone with your donation and we will be pleased to send them a special card acknowledging our gratitude with a message of your choice.

Donate online at www.edoyr.com and a tax receipt will be automatically issued!

Thank you to the Ontario Trillium Foundation and our sponsors!

Ontario Trillium Foundation / Fondation Trillium de l'Ontario

WINNERS

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Thank you to our donors! Your one time or monthly donation makes a difference.

Contact us for more information regarding how you can be a supporter of this important cause.

For information about support groups and a location nearest you, please visit **www.edoyr.com**
call 905-886-6632, or email info@edoyr.com

Join us on:
Facebook: E.D.O.Y.R.
Twitter: @EDOYR
Art blog: hopefulandinspired

Support Groups and Workshops

Registration is required.
Please visit www.edoyr.com/support-programs
for more programs, information and to register online.

Vaughan 901 Rutherford Road

Teen Support Group – Open Group
With Flora Svinarenko, BSW, MSW, RSW
6 Tuesdays, starting January 13th, 6:00-7:00 p.m.
$120.00 (total for 6 weeks)

On the Road to Recovery Support Group – Open Group
With Flora Svinarenko, BSW, MSW, RSW
6 Tuesdays, starting January 13th, 7:00-8:00 p.m.
$120.00 (total for 6 weeks)

Aurora 15213 Yonge Street, Suite 15 (on the second floor, accessed by the staircase at the front of the building)

Conscious Parenting
with Ellen Bradley, Therapist, BA Psych
5 Mondays, starting January 5th, 6:30-7:30 p.m.
$75.00 (total for 5 weeks)

Family Peer Support
Not facilitated
4 Fridays, starting January 9th, 6:30-7:30 p.m.
Free

Wellness Recovery Action Plan (WRAP) Peer Group
with Michelle Scott, Peer Recovery Facilitator
4 Saturdays, starting January 10th, 11:00 a.m. – 1:00 p.m.
Free.
Followed immediately by a gentle yoga class, 1:15-2:15 p.m.
Yoga is $40.00 (total for 4 weeks)

Art Programs
Visit the Arts page on our website for details and how to register with referral from ASYR or EDOYR.
Zentangle®
With Susan Stortini, Certified Zentangle® Teacher, Adult Art Educator
3 Monday workshops, January 26th, February 9th and 23rd, 6:00-8:00 p.m.
Enjoy this mindfulness activity.

TeleStory
With Michelle Scott
5 Saturdays, starting February 28th, 11:00 a.m. – 1:00 p.m.

Riverwalk Eating Disorders and Wellness Centres:

A grassroots, registered non-profit organization providing support to individuals and families for over ten years.
To support us visit **www.edoyr.com** and click on the "Donate Now" button or visit the Circle of Friends page. Tax receipts will be issued automatically.
You may call (905) 886-6632 to make a donation over the phone.

"Every dollar makes a difference!"
Registered Charity No. 86313 2775 RR0001