Newsletter
Winter 2012

Eating Disorders of York Region

Circle of Friends

The following is an excerpt from an article published in the Liberal written by one of EDOYR's volunteers and friends, Leviana Coccia.

"Janice Morgante, executive director of Eating Disorders of York Region, says the organization hopes to build on the idea behind "friend-raising" to encompass a concept of "A Circle of Friends". A circle of friends would see an individual and a circle of his or her own friends supporting the organization and eating disorder awareness. "For instance, if one person supports us with… a sustaining gift of $10 per month online and encourages five friends to do like-wise, the level of support is increased to $60 per month," Ms. Morgante said.
JANUARY 26, 2012 ---The Richmond Hill Liberal

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

Rock for Charity Fundraiser – A Huge Success! Over $2,800 Raised!

Rock for Charity was a huge success! Keep a lookout for our next Friend-Raising event!

The El Mocambo was pumping with music, laughter and fun on January 19th, 2012, all in the spirit of raising money for Eating Disorders of York Region (EDOYR)! $1,407 was raised for the agency. The day of the event, a new friend called to say she would match whatever sum was raised, so in total, the organization raised $2,814!

Thank you to all our friends!

Eating Disorders of York Region would like to thank everyone who supported and attended the event.

For details about this event and how you can support EDOYR with your own Friend-Raising event, please visit http://www.edoyr.com/friend.html.

Upcoming Awareness and Information Events

No registration required

"Understanding and Treating Anorexia, Bulimia, BED, and Emotional Eating"
With Marilyn Strauch, M.A. (C) OACCPP Psychotherapist
Thursday, February 23rd
6:30-8:30 p.m.
Richmond Hill Public Library
1 Atkinson Street, Richmond Hill, L4C 0H5

Are you concerned that you or some one you care about may have eating issues or an eating disorder? This workshop is aimed at understanding and learning how to treat a wide range of unhealthy eating issues and patterns. Using cognitive and experiential techniques this hands-on informative workshop is useful for those beginning to seek treatment and recover and the individuals in their lives who are there to help them in this process.

Free of charge.
For information please call 905-886-6632 or email info@edoyr.com

Newsletter
Winter 2012

Eating Disorders of York Region

Help and Hope

EDOYR hosted two information and awareness sessions for Eating Disorders Awareness Week. Our sincere thank you to presenters Dr. Tiffany Rush-Wilson , Psychologist and member of EDOYR's Advisory Council and Jane Alway, M.A. Psychotherapist.

Our head office has relocated to 15213 Yonge St., # 15, Aurora (in the historic post office with the landmark clock tower).

Please be sure to call in advance, as we are often out in the community.
Thank you!

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:

Check our blog for more interesting articles! To submit a blog entry, email info@edoyr.com!

Upcoming Workshops and Support Groups

Registration required

To register please call 905-886-6632 or email info@edoyr.com

Stages of Change

With Flora Svinarenko, BSW, MSW, RSW
Tuesday, March 20th, 6:30-8:00 p.m.
Eating Disorders of York Region central office
15213 Yonge St., Ste. 15, Aurora, L4G 1L8

Are you ready to explore the possibility of change? If so, discover where you are in your Journey of Recovery. "Stages of Change" will help you explore the changes that you are seeking. In a safe and confidential setting, the costs and benefits of changing eating disorder behaviors will be presented. We will also try to identify barriers and explore healthy coping strategies.

Guidance and Assistance for Family and Friends of Those Striving to Overcome an Eating Disorder

Workshop with Stephanie Griver, BSW, MSW
Wednesday, March 21st, 7:00-8:30 p.m.
Eating Disorders of York Region central office
15213 Yonge St., Ste. 15, Aurora, L4G 1L8

Support for family and friends is vital in the recovery of a loved one. A family member or a friend needs to be a strong, safe and consistent source of support and needs to take care of themselves in order to do so. It is good to know that you are not alone when you experience stress, frustration or anger: an eating disorder affects the whole family.

Healing Emotional Eating

Support group with Marilyn Strauch, M.A. (C) OACCPP Psychotherapist
Wednesdays, starting March 21st for 6 weeks
6:30-7:30 p.m.
160 Cidermill Ave., #24, 2nd floor, Vaughan
(Jane St. just south of Langstaff Rd.)

This support group is suitable for individuals with eating disorders who may overeat or emotionally eat in order to numb out or not deal with uncomfortable negative emotions, or to reinforce a positive mood. Unfortunately, after each episode, there is generally increased self-criticism around weight, body image and lack of control; in addition to long term negative physical conditions. This group will help provide insight and guidance with the potential for new outcomes.

Eating Disorders of York Region is a grassroots, registered non-profit organization providing support to individuals and families affected by eating disorders. To support us visit **www.edoyr.com** and click on the **"Donate Now"** button. Tax receipts will be issued automatically. "Every dollar makes a difference!"