

Eating Disorder Foundation of Newfoundland and Labrador



Community Report 2025

Chairperson's Message of Hope for 2026



I want to start this message by noting what an important and exciting time it is for the Eating Disorder Foundation of Newfoundland and Labrador. This year, we celebrate 20 years of working with families to create positive outcomes for those dealing with eating disorders. We are very honoured and excited to reach that milestone. Throughout this year, we will be celebrating the individuals and families who have benefitted from our work and the outstanding health care professionals who have helped them navigate that journey. While there have been many positive outcomes, we recognize that there is still a lot of work ahead. However, we do believe that we continue to make a real difference for those who depend on us.

Our directional goals and themes for 2026 have been approved by our Board and we are working to achieve a number of objectives. Most importantly, we need to focus more of our resources on improving treatment and support services for binge eating disorder, long-standing eating disorders and avoidant/restrictive food intake disorder (ARFID). Through collaboration with the Government of Newfoundland and Labrador, we are pleased to report that we have formed a working group to focus on these issues. I would be extremely remiss if I did not recognize the long-standing support that we have received and continue to receive from the Government of Newfoundland and Labrador. We recently met with the Honourable Minister Lela Evans and her unwavering support and dedication to working with us was very evident. We thank you Minister Evans for everything that you are doing for our Foundation. In addition, in 2026, we are focused on continuing to build our corporate support model, developing a robust information and education hub within the Foundation and recognizing our 20 years of dedication to providing families with hope. As part of our 20th anniversary, we have increased our scholarship program funding, and we are appointing ambassadors who can act as beacons of light for those in need of support. Their stories of overcoming an eating disorder are inspiring to all.

The prevalence of eating disorders in our province is something that we cannot ignore. In our province alone, we estimate that over 20,000 individuals are affected by an eating disorder, and this number goes up significantly when you add in the impact on the family unit. We know that an eating disorder is a mental illness, so we have to provide support with understanding and compassion along the road to recovery. We will continue to work closely with our government, the healthcare system and the community in general to create awareness, reduce stigma and advocate for supports and services that will lead to better outcomes for those in our community who live with this serious long term mental illness.

In closing, there is no doubt that eating disorders are becoming more complex. I assure you that we are committed to continuing our work to make a difference. We want to express a heartfelt thank you for everything that you are doing to achieve the same results.

Steve Bragg, FCPA, CA, CBV

Our Mission

The Eating Disorder Foundation of Newfoundland and Labrador (EDFNL) is a leadership advocacy group dedicated to promoting research and providing public support services and information about matters related to eating disorders, including information on available treatment services for individuals and families who experience disordered eating.

Our Goals

- * To conduct all of our actions necessary to support and create a better day for our clients and families on their journey to recovery
- * To support persons who experience disordered eating by acting as a Resource Centre and a front door to a focused and coordinated treatment path.
- * To promote a healthy body image and self-esteem by way of public education and awareness programs
- * To advocate at various levels of government, health and community groups to ensure input and involvement in the decision making processes that affect eating disorder policies and treatments
- * To educate individuals, professionals, government and families through the distribution of materials, an information line, regular awareness programs and website
- * To advocate for and support ongoing research and related medical services

Honorary Patrons

Her Honour, The Honourable Joan Marie J. Alyward, O.N.L.
Lieutenant Governor of Newfoundland and Labrador
& His Honour The Honourable Carl, R. Thompson, K.C.

Board of Directors 2025

Steve Bragg - Chairperson	Padraig Mohan - St. John's	Tara Jackman— Pasadena
Vince Withers – Past Chairperson	Lorraine Poole - St. John's	Megan Burggraaf - Corner Brook
Wilf Curran – Vice Chairperson	Dr. Trevor Brown - St. John's	Kelly Miller - Happy Valley Goose Bay
Brian Kenny - Vice Chairperson	Nadine Vater - Massey Drive	Leighanne O'Neill - St. John's
Cathy Green - Treasurer	Dr. Bridget Picco - St. John's	

Staff 2025

Paul Thomey - Executive Director	Tina Martin - Executive Assistant
Cathy Skinner - Program Manager	Julia Gregersen - Student Marketing Assistant
Maureen Hammond - Counsellor/Navigator	Molly Nash - Student Social Media Assistant

Directional Goals and Objectives for 2026

Theme: "FAMILIES FIRST"

1. Priority Focus: Long-Standing Eating Disorders, Binge Eating Disorder, and ARFID

We will dedicate resources to improving treatment and support services for these specific areas and addressing gaps in existing programs.

Key actions include:

- Engaging with NL Health Services to establish comprehensive treatment programs.
- Integrating "need-to-know" information into our daily communications and media.
- Preparing specialized literature to ensure a deep understanding of these disorders.
- Providing leadership within the Minister of Health's Working Group to deliver timely recommendations.

2. 20th Anniversary Celebration Program

Our anniversary will highlight the contributions of families, supporters, and volunteers. Initiatives include:

- Increasing scholarships to \$2,000.
- Conducting a branding review and refresh, including the integration of our 20th Anniversary logo across all materials.
- Appointing a Foundation Ambassador for high-profile events.
- Hosting a formal stakeholder roundtable and recognizing our anniversary at events throughout the province.

3. Business and Corporate Support Model

To strengthen our financial sustainability, we will:

- Develop a Marketing and Revenue Generation Plan.
- Create a visual presentation highlighting the Foundation's role in family supports.
- Explore new revenue stream opportunities.

4. Education Hub Expansion

We aim to be the primary source of education and research for individuals, families, and professionals by:

- Developing promotional materials that outline our available research, training and resource library.
- Conducting program reviews based on current research and environmental scans.
- Increasing the frequency of our webinars and workshops.
- Introduce the Whole Schools Approach to NL Schools.

Message from the Executive Director



It is our pleasure to present our 2025 Community Report. The Foundation experienced another busy year delivering on our mandate to support individuals and families in this province. We continued to seek every opportunity to create awareness about eating disorders and help break through the barriers to treatment and recovery. We are now in our 20th year. For me personally this represents 13 years of delivering this message of welcome. Every year brings new challenges and opportunities. Throughout the following pages I invite you to learn more about the Foundation and the challenges and opportunities that came our way in 2025.

The focal point of our work is always the programs and support services we offer. During 2025, 80 new individuals, families and health and education professionals contacted us. This represents 8.8% of our total contacts. Participation in our programs continued to be steady, and we continued to interact with many through public information booths and speaking engagements throughout the province. Dedicated and consistent focus on social media campaigns certainly were instrumental in delivering our message of awareness to many.

Throughout the year we continued to interact regularly with the Department of Mental Health and Addictions and Newfoundland and Labrador Health Services. Our advocacy work is always guided by what we hear from the families and individuals. We know there is always room for improvement and change within our healthcare system, but we also believe that direct, respectful dialogue with those who can bring about change is the right approach.

From a financial perspective, the Foundation had a successful year. With over a half million dollars in revenue we were able to expand support for families and health professionals. The Fall Workshops with Dr. Josie Geller was a major undertaking and the highlight of the year. Government support, fundraising events and corporate grants continue to be the main sources of revenue. We continue to explore new revenue streams and a more stable, multi year funding arrangement with the provincial government.

In conclusion, I would like to thank our Board of Directors for their guidance throughout the year. In particular I would like to commend Steve Bragg for his support and commitment during his first year in the Chair's role. To Tina and Cathy, a heartfelt thank you for all that you do day in and day out. To Julia and Molly who have continued working with us on a part time basis while pursuing their post secondary education, thank you for the new ideas, perspective and energy you bring. And a big welcome to Maureen who joined our team in September in the Counsellor role.

We have a dedicated group of volunteers who always seem to be there to assist with our all-important fundraising efforts. We appreciate you so much! To our corporate donors, we could not do our day-to-day work without your support. The same goes to our friends in the provincial media for your respectful reporting and willingness to hear our story. And finally, a big thank you to all the dedicated individuals working daily in the treatment of eating disorders in our province.

In conclusion, our promise is to continue to be here for the individuals and families who need us when they don't know where to turn.

Respectfully,
Paul Thomey, Executive Director

Programs and Services

Summary of Programs and Services - January 1 to December 31, 2025

Program/Service	# of Sessions January 1 to December 31, 2025	# of Participants January 1 to December 31, 2025	# of Participants January 1 to December 31, 2024
EFFT Workshop for Families	3	18	29
EFFT Workshop Refresher	0	0	0
EFFT Workshop for Professionals	3	26	29
Emotion Coaching Session	2	11	19
Bridge to Hope	6	59	259
Lunch & Learn	1	9	33
Family/Caregiver Information Session	0	0	5
Family/Caregiver Education Session	1	8	0
Professionals Information Session	1	28	12
Family & Caregiver Newsletter	0	0	0
Client Newsletter	0	0	0
Public Information Booths	6		

TOTAL PROGRAM PARTICIPANTS		159	386
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Office Contacts	# Contacts	# Contacts January 1 to December 31, 2025	# Contacts January 1 to December 31, 2024
Clients Contacts		178	189
Family Contacts		559	866
Professionals Contacts (Health & Schools)		172	375
		80 of 909 New Contacts	121 of 1430 New Contacts
TOTAL # OF Contacts			

Social Media Contacts	
Facebook Followers	2957
Instagram Followers	823
TOTAL SOCIAL MEDIA CONTACTS	3780

Client Consultation Program

Clients who are concerned about possible symptoms of an eating disorder are welcome to make an appointment to chat about their struggle with our Counsellor. These clients can discuss what options are available to them to get help. If needed assistance will be given with a referral to the NL Health Services Eating Disorder Programs such as the Hope Outpatient Program, the Inpatient Program or the Transitional Psychologist and Dietitian. There can also be discussions around private therapists/psychologist/dietitian resources when needed.

At the Eating Disorder Foundation of NL we try to offer the best possible support and direction to clients who contact us from anywhere in Newfoundland and Labrador. Clients will be listened to with hope and compassion and without judgement.

Our Counsellor will try to stay in touch with the client until they find the needed long-term help and support.

Health Professionals Consultation Program

Health and Education professionals from any part of Newfoundland and Labrador are welcome to contact the foundation if they need support with a client/student struggling with an eating disorder. We will try to suggest resources for eating disorders or health professional contacts within the eating disorder community that might be of valuable help to you.

If you are a health professional or educator and you know a caregiver trying to help their loved one with an eating disorder, please contact EDFNL to learn about the services for caregivers that we offer.

If you would like to attend the Emotion Focused Family Therapy training for professionals, please reach out to the foundation to be included on our mailing list for future workshops.

Family Consultation Program

Research says that parents and caregivers are the best resource for recovery of a loved one with an eating disorder. At the Foundation we have a deep and unwavering belief in the healing power of families. The Foundation firmly believes, based on evidence-based research, that parents and caregivers do not cause eating disorders.

We offer many services to families and carers that will greatly assist them.



- One of these key services is a consultation with our Counsellor. This is a one-on-one discussion about how caregivers/families can assist their loved one no matter what stage their loved one is on the journey with the eating disorder. Sometimes families connect to chat when they simply suspect there may be a problem while others have loved ones asking for assistance or are already receiving treatment.
- Families will be told about EDFNL programs available.
- Families also do email/phone/zoom follow-up with our Counsellor at times when their loved one is struggling and they need some extra support or information.

Emotion Coaching Session

This session was developed to provide some of the Emotion Focused Family Workshop (EFFT) training to families and caregivers while they wait for the next Emotion Focused Family Therapy Workshop. This 4-hour program has been met with a very positive response, and viewed by families as a wonderful introduction to the full Emotion Focused Family Therapy Workshop.

Bridge to Hope: Family Education and Support Group

This 8-week group is available to Families and Caregivers who are supporting a loved one with an eating disorder. Research has shown that this type of group support is essential for anyone supporting a loved one with an eating disorder.

The Bridge to Hope group has 2 components; education and support:

Education

During weeks 2 to 6 professionals who are experts in the area of eating disorders attend to give a presentation and answer questions. These professionals include:

- Medical Doctor
- Occupational Therapist
- Social Worker
- Psychologist
- Dietitian

During one of the weeks some experienced caregivers are invited to tell their story around the struggles they had and wisdom and knowledge they gained around eating disorders.

Support

Families and Caregivers receive much needed support from each other and the facilitators. The group is unique in that the facilitators have lived experience with an eating disorder in their own families. Participants find it hopeful and comforting to hear the struggles and lessons learned by the co-facilitators.

Feedback from Participants

“Feeling like we were not alone! Feeling like there is hope our daughter will get better”

“It was informative, new insights and hopefully guides to help my daughter”

“Support, information, caring moderators- just a wonderful experience got help with a difficult journey”

“I was very apprehensive initially but I so appreciated the gentle and thoughtful approach of the facilitators. Their language and kindness allowed for me to feel more relaxed and willing to return.”

Family Information Session

The Family Information Session is held on an as needed basis. Families and caregivers attending will receive basic information about eating disorders and a review of the various programs that the Eating Disorder Foundation of NL offers.

This group can be a transition for families and caregivers considering attending some of our other groups; Bridge to Hope, Siblings of Hope, Emotion Coaching Session and Emotion Focused Family Therapy Workshop.

Professionals Information Session

Professionals attending will receive information about eating disorders; types, causes, complications and how to help. We also review the various programs that the Eating Disorder Foundation of NL offers. The information will be helpful to health professionals, educators and community groups.



Family Education Session

During the Family Education Session, we invite professionals who have expertise in the area of eating disorders to speak to families and caregivers around their role in care. Professionals include Psychologists, Occupational Therapists, Physiotherapists and other Professionals.

Education and Awareness Outreach Program

Education and Awareness of Eating Disorders is extremely important. Eating Disorders exist in all age, gender, racial and ethnic groups so it is important to reach out to a wide-reaching population. We are happy to provide Presentations and Public Information Sessions, there is no cost for our services.

Lunch & Learn

The Lunch and Learn sessions are held several times during the year. Families, caregivers, professionals and community partners are welcome, they will receive basic information about eating disorders and a review of the various programs that the Eating Disorder Foundation of NL offers.

Resource Centre

One of the most important actions you can take when you are supporting a love one who has been diagnosed with an eating disorder is to educate yourself. The more educated and informed you are about the illness, the easier it will be for you to cope, understand and communicate with your love one. Because of the importance of education, the Foundation has developed an extensive library of books and brochures.

In collaboration with the NL Public Libraries, we now have an eLibrary collection of Eating Disorders Resources available through the NL Public Libraries website. All titles are also available in print.



Newfoundland & Labrador
Public Libraries

Emotion Focused Family Therapy Workshop

Emotion-Focused Family Therapy is an incredible resource for parents and caregivers of individuals struggling with an eating disorder. The essence of this program is to afford families a significant role in their loved one's recovery from an eating disorder, and to empower families and caregivers with specific skills to be effective in this role.

The Facilitator's role is to empower and support caregivers in four domains:

1) Becoming their loved one's Emotion Coach

Supporting loved one to approach, process and manage stress, emotions and emotional pain, making symptoms unnecessary to cope

2) Becoming their loved one's Behaviour Coach

Assisting loved one in the interruption of symptoms and meal support

3) Support loved one to Heal Old Wounds

Healing wounds from loved one's past to help loved one let go of old injuries via Relationship Repair

4) Processing Caregiver Blocks

Working through and resolving the fears that surface in the carer during the process of recovery

Feedback from Participants

"This Workshop far far exceeded my expectations, provided fabulous tools to help my loved one"

"The safe space that was created, the personal stories of the facilitators were so helpful, and discussion around blocks"

"The facilitators presented the information in an easy to comprehend way. The Workshop divided into 4 sessions was ideal not to be overwhelming information load at once"

"So very helpful, the evidence-based tools that were clearly presented and practiced: emotional coaching, identifying carer styles, therapeutic apologizing. Very practical / useful"

Emotion Focused Family Therapy Workshop for Professionals

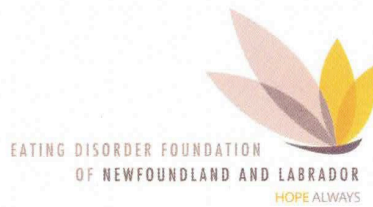
This Workshop for Professionals covers the key concepts of Emotion Focused Family Therapy. This workshop provides training for professionals so they can start to use Emotion Focused Family Therapy in their daily work, it also provides information on the workshop for families and caregivers so professionals are comfortable recommending it to family members the encounter.

The Workshop is open to Physicians, Psychologists, Social Workers, Dietitians, Nurses, Guidance Counselors, Teachers, First Responders, Community Partners and Graduate Students (in a related field)

Feedback from Participants

"The facilitators exceptional knowledge of eating disorders, they are skilled and engaging presenters and their personal stories added so much."

"I will have so much more empathy and compassion for families after this training. Will definitely use emotion coaching and the apology."



Proclamation

Eating Disorders Awareness Week

February 1st – 7th, 2025

Whereas: An Eating Disorder is a serious mental illness with often devastating physical implications;

Whereas: Eating Disorders affect many individuals and families in the Province of Newfoundland and Labrador;

Whereas: Recovery from an eating disorder is a journey that includes support from families and caregivers;

Whereas: The Eating Disorder Foundation of Newfoundland and Labrador is a leadership advocacy group dedicated to promoting awareness, treatment services and providing family support services and information about matters related to eating disorders;

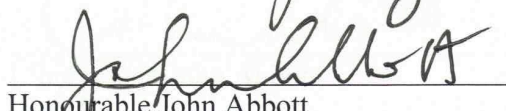
Whereas: Eating Disorders Awareness Week is a time dedicated to raising awareness, promoting understanding, and providing support to individuals affected by this illness.

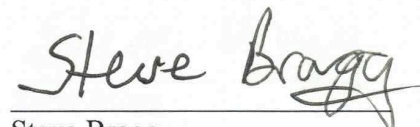
Whereas: February 1-7, 2025 is dedicated across Newfoundland and Labrador and the entire country as a special time when many educational and awareness activities take place to help raise the level of understanding of Eating Disorder Prevention, Treatment and Recovery;

Whereas: The theme for Eating Disorder Awareness Week 2025 is “**Embracing Possibilities**”;

Therefore: I, John Abbott, Minister of Mental Health and Addictions, do hereby proclaim February 1 to February 7, 2025 be observed as Eating Disorders Awareness Week in the province of Newfoundland and Labrador.

Dated this 31 day of January 2025.


Honourable John Abbott
Minister of Mental Health & Addictions


Steve Bragg,
Board Chair, EDFNL

**Proclamation Signing Declaring
February 1-7, 2025
as Eating Disorders Awareness Week in Newfoundland and Labrador**



On January 31st, Honourable John Abbott, Minister of Mental Health and Addictions, along with Mr. Steve Bragg, Chair of the Board, signed a Proclamation declaring February 1 - 7 , 2025 as Eating Disorders Awareness Week in Newfoundland and Labrador.

2025 Dolores & Renata Withers Memorial Scholarship Winner



Lauren Goldsworthy is from St. John's. She is currently a third-year Bachelor of Science in Nursing student at Memorial's Centre for Nursing Studies. Prior to entering this program Lauren completed the Practical Nursing Program at the Centre for Nursing Studies. Her journey into the healthcare field began at the College of the North Atlantic where she completed the Personal Care Attendant Program.

In the fall of 2024 Lauren was introduced to the Eating Disorder Foundation of Newfoundland and Labrador. Through her course of studies, Lauren was part of a small group that completed a project for the Foundation, creating an information guide supporting the 2SLGBTQIA+ Community. As a result of this project, Lauren now sees herself continuing to work in the area of eating disorder care when she completes her nursing studies. She plans to pursue additional training in this specialized area.

Congratulations Lauren!

Our Fundraising Successes in 2025

A significant amount of hard work from our staff and volunteers goes into planning and coordinating our internal fundraising efforts. These events provide the essential revenue that allows us to continue offering programs and services to the many individuals and families throughout the province who reach out to us each year.

The following sections highlight our successes from 2025.

Drive In Bingo

The last Wednesday of May, June, July and August we hosted our monthly Drive In Bingo, in partnership with Jack Byrne Regional Sport and Entertainment Centre. Thanks to our very supportive and returning bingo-goers and corporate sponsors, our fundraising evenings were a great success. We will once again offer Drive In Bingo in 2025 on the last Wednesday of the summer months beginning on May 27th.

We can always use a few more volunteers! If you're interested in volunteering at our Drive In Bingo, please reach out to us via email info@edfnl.ca.

We would love to fill the Jack Byrne parking lot so spread the word about May 27th!

16th Annual Remembering Renata Hope Always Walk

Many thanks to the support of our volunteers and Board members in a number of communities, with the support of EDFNL staff, the month of September saw individuals and families join us in St. John's, St. Anthony and Corner Brook to help create awareness and raise funds to support our province wide programs. Our goal in 2026 is to expand our Walk program even further. If you would like to help organize a Walk in your area, please reach out to us to discuss.

St. John's



Corner Brook



Annual Remembering RENATA Golf Tournament

The 18th Annual Remembering Renata Golf Tournament presented by Bell Let's Talk was a great success with a record-breaking 31 teams!

Thank you to everyone who participated in the event whether you played, volunteered, or sponsored. None of this would be possible without all of you. Congratulations to our winning team "BMO"!

We would like to extend a special thanks to Keith Bradbury and NAPE for their sponsorship support to the event.

And finally a special thanks goes to Ted Cantwell and Steve Bragg who between them have chaired every single tournament, raising funds that allow the Foundation to continue its family education and support programs.



EDFNL Volunteer Chris Withers presents the Renata Elizabeth Withers Memorial Golf Tournament trophy to winning team BMO.

Concert of Hope

The Annual Concert of Hope was held Saturday October 18 and was once again a great success.

Many thanks to Greg Smith of VOCM for hosting the show and special thanks to the amazingly talented bands The Masterless Men and Black Gold who entertained us with their great music and humour.

Of course this major fundraising event certainly would not be successful without the fabulous support of the many wonderful friends of the Foundation. We thank each and every one of you for your continued support and kindness.

Special thanks to our amazing and reliable volunteers for helping set up and selling the 50/50 tickets.

Hope to see you all again at our upcoming Concert of Hope on Saturday October 17, 2026 at The Arts and Culture Centre, St. John's.



Remembering LANA CURRAN Butterfly Gala

Our Remembering LANA CURRAN Butterfly Gala has become our signature event of the year. The 7th Annual Gala, presented by Pyramid Construction Limited, saw 160 individuals sit down at 16 tables for an evening of fine food and entertainment mixed in with plenty of chances to take home some great items through auctions and raffles. By the end of the night as the musical entertainment by the Masterless Men concluded, almost \$65,000 had been raised. A big thanks to all those who attended, donated to the auctions or contributed in any other way to the success of this event.



Paint Night

This year, we hosted a very successful Paint Night. The evening was filled with fun and laughter as participants came together to enjoy a creative experience.

We would like to extend our heartfelt thanks to everyone who participated and supported our event. Your enthusiasm and presence made the night memorable.

A special thank you goes to our instructor, Diana, for generously donating her time. Her patience and guidance were greatly appreciated.



Students from Centre for Nursing Studies and MUN School of Social Work provide valuable support to the Foundation

This year we were thrilled to have 3 new groups of nursing and social work students complete their community engagements with us as part of their required curriculum.

We would like to thank them for providing us with three very useful manuals: “Cultural Humility Education Session for Indigenous People’s with Eating Disorders”, “A Facilitators Guide for Peer Support for Siblings of Individuals with Eating Disorders” and “Report for Community-Based Organization: Avoidant Restrictive Food Intake Disorder”

Many thanks to all groups for their great work.

We wish them many successes in their future studies and careers.



United Way Day of Caring

We were very pleased to be able to renew our long standing partnership with United Way NL Day of Caring and partner once again with HR Project Partners to undertake a cleanup project at the Hope Centre Garden of Hope on Major’s Path. The volunteers from HR Project Partners put their heart and soul into making the garden an inviting and relaxing space for both clients and staff at the Renata Elizabeth Withers Center for Hope.



Community and Volunteer Support Awards



(Pictured Back row...Alick Tsui, Paul Follet (Hickman Automotive Group), Dr. Anna Dominic
Front Row... Her Honour, The Honourable Joan Marie J. Aylward, O.N.L. Lieutenant Governor of Newfoundland and Labrador and the Honourable Carl Thompson)

The Eating Disorder Foundation of Newfoundland and Labrador announced its Community Support Awards on Friday March 21st at a ceremony at Government House.

We were absolutely thrilled that Her Honour Joan Marie Aylward, is continuing a tradition that started eight years ago and host this prestigious event again this year.

The Foundation has been honouring individuals and corporations who have shown dedicated support to the work of the Foundation since 2009. During that period Awards have been presented to some 42 individuals or companies. This is the 8th year that the award ceremony has been held at Government House.

The 3 winners have all made valuable contributions to the Foundation over multiple years in support of our fundraising activities and our support programs. This year's honourees are Alick Tsui, Dr. Anna Dominic and Hickman Automotive Group.

Alick Tsui has had a passion for photography for over 25 years according to his Facebook page. Since his retirement from the healthcare system, he has continued to be a well-known face around numerous events, festivals and weddings in the St. John's area and other parts of this wonderful province. For many of those years Alick has been a fixture at many events in support of the Foundation. From this annual event at Government House to our annual Hope Always Walk and other events too numerous to mention, Alick has been our "go to" pictorial historian for as long as we can remember.

In recognition of Alick's generous giving of his time and his talent the Foundation is pleased to present the Gerry Angel Jr. Community Support Award to Alick Tsui.

Dr. Anna Dominic has been a part of the Foundation from the beginning. According to our past chair, Vince Withers, Anna was at the inaugural public meeting that led to the creation of the Foundation. Anna's matter of fact presentation made it clear to the hundred or more people in the room that an eating disorder was indeed a

serious mental illness and the individuals and families dealing with it deserved a high level of treatment and support. From serving on the founding Board of Directors, to treating countless young people dealing with this illness, to supporting the Foundation's efforts to create awareness and advocacy for improved services, Dr. Anna Dominic has been more than a friend of the Foundation.

In recognition of Dr. Dominic's long-time dedication to her profession, and her support of the work of the Foundation we are thrilled to recognize Dr. Anna Dominic with the Renata Elizabeth Withers Community Support Award.

Like many non-profit charities in this province, the Foundation has always counted on the generous support of the business community to help it raise the necessary funds required to carry out its mission. The Hickman Automotive Group is certainly one of those organizations that steps up day in and day out. This 120-year-old family business has been there for the Foundation for much of our 19 year history. From being a staple at our annual Remembering Renata Golf Tournament for many years, to having a table at the first six Remembering Lana Curran Butterfly Gala's, Bert Hickman and the Hickman Automotive Group have always answered our call. In recognition of their continuing support of the Foundation we are pleased to present the Hickman Automotive Group with the Lana G. Curran Community Support Award.

Congratulations to all our Winner's and thank you for your outstanding support.

In Loving Memory Donation



We extend our deepest thanks to Andrea and Peter Avery and all the Quinlan family for their generous donation presented at the 7th Annual Remembering Lana Curran Butterfly Gala. The contribution, made in loving memory of their mother, Patsy Quinlan, will go toward helping many families and their loved ones who struggle with an eating disorder. It is support, like this, from the community that allows us to offer programs and services to individuals and families at no charge.

Annual General Meeting Agenda
Via ZOOM
March 19th, 2026
11:00 AM

- Call to Order and Welcome by the Chair Steve Bragg
- Minutes – Approval of Annual General Meeting Minutes from February 27th, 2025.
- Chairperson’s Remarks
- Executive Directors Report
- Treasurer’s Report and Financial Statements for 2025
- Appointment of Auditors for 2026
- Ratification of Board of Directors Actions for 2025
- Ratification of Board of Directors for 2026
- Presentations
 - o Lochlan Colbert - 20th Anniversary Ambassador
- Adjournment

NOTE: Dolores & Renata Withers Memorial Scholarships to be presented at Government House on March 24th.



Annual General Meeting Minutes February 27th, 2025

Call to Order and Welcome by the Chair

Chair Steve Bragg called the meeting to order at 11:01 am and welcomed all those present in the room as well as all attending virtually by Zoom. A total of 19 people participated in the meeting.

Approval of the Annual General Meeting Minutes 2024

Chair Steve asked if there were any errors or omissions to the Minutes of the Annual General Meeting held on March 6th, 2024. (Minutes included in the Community Report 2024). Hearing none he called for a motion to adopt the Minutes as presented. It was moved by Ted Cantwell, seconded by Chris Withers. The motion was carried.

Chairpersons' Remarks

Chair Steve thanked the Foundation and the Board for expressing confidence in him as he takes on the Chair's role. He referenced his long history with the Foundation and his desire to help the Foundation to continue the important work that it does every day. He recognized the major contribution of Vince Withers in the formation and growth of the Foundation. He pledged to continue his efforts and continue to foster the strong relationships that the Foundation has built throughout the province.

Executive Director's Report

Paul spoke briefly to his written report. He spoke to the fact that by the end of 2025 we will be into our 20th year of operation. The need for the Foundation is just as important today as it was when Vince started the Foundation. He referenced the fact that in 2024 alone 121 new individuals, families and health professionals came to us looking for information and support. He spoke to our advocacy work and the need for continuous improvement in services for Binge Eating Disorder and the effects of long term eating disorders. He thanked everybody for their continued support.

Treasurer's Report and Financial Statements for 2024

Cathy Green presented her report. She also spoke to the audited statements prepared by Coombs and Associates. She moved that the audited statements be approved as presented. The motion was seconded by Chris Withers. The motion was carried.

Appointment of Auditors for 2025

The Chair called for motion. It was moved by Cathy Green, seconded by Joedy Wall that Coombs and Associates be reappointed as our auditor for 2025. The motion was carried.

Ratification of the Board of Directors Action for 2024

The Chair called for a motion to ratify the actions of the Board of Directors during 2024. It was moved by Joedy Wall, seconded by Ted Cantwell. The motion was carried.

Announcement of the Board of Directors for 2025

Chair Steve read the names of the 12 Directors who have been previously elected to serve on the Board in 2025.

Dolores & Renata Withers Memorial Scholarship

The Chair asked Chris Withers to come forward and read a short bio, announce the winner and present the scholarship to Lauren Goldsworthy. Lauren expressed her appreciation for being

chosen as the 2025 winner. The scholarship is valued at \$1000 to assist with her educational pursuits.

Eating Disorders from a National Perspective - NEDIC

The Chair introduced Suzanne Philips and Emily Tam from the National Eating Disorder Information (NEDIC). They provided an informative presentation on the work that NEDIC does with specific reference to their national helpline (77 service users from this province in 2024) and the work they are doing in the school system. They also spoke to the partnerships they have across the country, especially the collaborative work that the Foundation and NEDIC are undertaking.

Open Forum

The Chair opened the floor and Past Chair Vince Withers spoke to an issue that has been raised at last year's AGM and has received considerable discussion by the Board of Directors during 2024 and into 2025. The following action items were identified:

- to develop a plan of action to support long term eating disorder patients and families.
- Paul to follow up with Jaspen Barker on the establishment of a committee on long term eating disorders and report to the Board.
- Add an item to future Board of Director meetings to continue the discussion on long term eating disorders.

Adjournment

The Chair called for a motion to adjourn the Annual General Meeting. It was moved by Julia Gregersen, seconded by Chris Withers. The meeting adjourned at 12:08 pm.

Respectfully submitted,

Recording Secretary



Paul Thomey

Chairperson



Steve Bragg

Fundraising Events for 2026

SAVE THE DATE
Friday, June 5, 2026



8th Annual
Remembering Lana Curran
Butterfly Gala

Glendenning Golf Course
Champagne Reception
Dinner
Live & Silent Auctions
Live Entertainment featuring
The Masterless Men

SAVE THE DATE

**19th Annual
Remembering
RENATA
Golf Tournament**

Thursday, September 17th, 2026
Bally Haly Country Club, St. John's, NL

Shot Gun Start 8:00am
Continental Breakfast
Fish & Chips Lunch

For more information please
contact tina@edfnl.ca
(709) 722-0500

In Aid of the
Eating Disorder Foundation of Newfoundland & Labrador

SAVE THE DATE

OCEAN CHOICE INTERNATIONAL
PRESENTS

15TH ANNUAL
**CONCERT
OF
HOPE**

Featuring
The Masterless Men

SATURDAY, OCTOBER 17th, 2026
Arts & Culture Centre, St. John's

IN AID OF THE EATING DISORDER FOUNDATION OF
NEWFOUNDLAND AND LABRADOR

Eating Disorder Foundation of NL in partnership
with Jack Byrne Regional
presents



DRIVE IN BINGO

Jack Byrne Regional
Doors open 5:30 pm - Bingo Starts 7:00 pm
\$1000 Nightly Jackpot
Food truck onsite

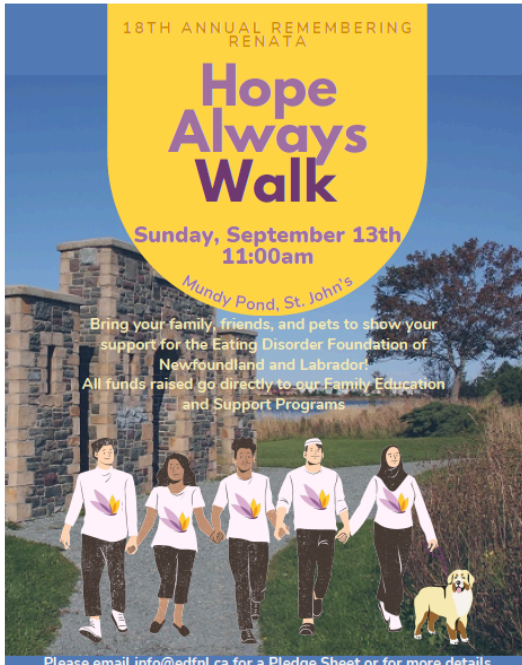
MAY 27 JUNE 10 & 17 JULY 8 & 29 AUGUST 12 & 26

18TH ANNUAL REMEMBERING
RENATA

**Hope
Always
Walk**

Sunday, September 13th
11:00am
Mundy Pond, St. John's

Bring your family, friends, and pets to show your
support for the Eating Disorder Foundation of
Newfoundland and Labrador.
All funds raised go directly to our Family Education
and Support Programs



Please email info@edfnl.ca for a Pledge Sheet or for more details

For more information on these events please contact tina@edfnl.ca

NOTE OF THANKS

The Eating Disorder Foundation has been very fortunate over the past 19 years to work with so many community partners and friends in its efforts to support families throughout Newfoundland and Labrador. Their journey to recovery is a long and difficult one, however, by working together a significant degree of success has been achieved. With your help we have been able to support this journey to recovery, thanks to the amazing support we receive from a caring community.

Speaking for our families, we want to express our sincere appreciation for helping us reach out and help those who must respond to the challenges of an eating disorder.

The Board of Directors and Staff need you to know that your support has and will continue to result in more recoveries. The increase in eating disorders is alarming, however, with your ongoing interest we will continue to work with and care for family caregivers and hopefully in time mitigate the impact that eating disorders are having on our province.

The Eating Disorder Foundation of NL is here to support family members, friends and clients across Newfoundland and Labrador who are battling eating disorders.

Connect with the Eating Disorder Foundation of NL today to access information, resources, educational programs and support services.

Eating Disorder Foundation of Newfoundland and Labrador
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