

PRESS RELEASE – FOR IMMEDIATE PUBLICATION

Eating Disorders of York Region to Open an Early Intervention Centre

Aurora, Ontario. April 9, 2012 – Eating Disorders of York Region (EDOYR) never gave up hope and now their vision of an Early Intervention Centre is a reality with the support of the Ontario Trillium Foundation.

EDOYR launched a massive outreach campaign providing over 700 York Region family physicians with early warning signs posters for their offices, brochures for family members and other resources, in December 2011.

Now, EDOYR will provide further front line support for physicians and for social service agencies.

Early detection is critical to disrupt dangerous, potentially deadly, eating disorders. Now, family physicians can refer a patient for an eating disorder assessment before harm caused by an eating disorder has occurred that would require a referral for hospitalization.

With early assessment and with the resources provided by EDOYR a physician and patient can create a plan of care to start the journey of recovery.

The journey of recovery may start with a single step such as an assessment or calling Eating Disorders of York Region. EDOYR provides support via telephone and email to help families and individuals connect with resources or to register for workshops and support groups.

Free workshops such as “Stages of Recovery” and “Guidance and Support for Family and Friends” are offered by EDOYR in various locations in York Region. Workshops provide an opportunity for families and individuals to meet with psychotherapists specializing in eating disorders. This helps to gain insight into how an eating disorder affects someone’s life and provides an opportunity to explore the challenges of change.

Weekly support groups for men and women of all ages and all types of disordered eating are facilitated by psychotherapists specializing in eating disorders. The grassroots, registered non-profit, agency is able to provide a variety of support groups through a nominal fee. No referral is necessary to register for workshops or support programs.

Eating disorders have serious health implications that effect physical, mental, emotional and spiritual well being. Health implications for all ages are serious - the consequences for youth– when the body is developing the basis for life-long

health - can be tragic. An eating disorder may undermine this precious period of building the body's resources with devastating results. Eating disorders have the highest mortality rate of any mental health issue.

Early intervention is critical in the battle for health against eating disorders. EDOYR, a grass-roots, community based, registered non-profit organization, was founded in 2004 with the memorial fund of a young woman who did not survive her struggle with an eating disorder. Her family and others joined together to provide resources that were not available for their loved ones. EDOYR still relies on donations in the continuing battle to provide support for the community for individuals struggling with an eating disorder and support for their family. Please visit www.edoyr.com to donate on-line, a tax receipt will be automatically issued, or call (905) 886-6632 or email info@edoyr.com for more information about support.