

Newsletter
Spring 2013

Eating Disorders of York Region



Tree Planting Day Saturday, April 27th

Eating Disorders of York Region invites you to participate in a fun filled Tree Planting Day hosted by the Neighbourhood Network volunteer organization.

Everyone is welcome to attend for the full day or, part of the day.

This is a great opportunity to honour an individual or an occasion with a FREE tree planting.

Please let us know by Friday, April 19th, if you are able to join us for this community event by emailing info@edoyr.com

For more details please visit <http://www.edoyr.com/upcoming-events.html>

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 interesting articles! To submit a blog entry, email info@edoyr.com!

Upcoming Support Groups

Registration is required

For more information and to register online please visit www.edoyr.com/support-groups.html

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

Support Group with Flora Svinarenko, BSW, MSW, RSW

Tuesdays, starting April 23rd for 6 weeks, 6:15-7:15 p.m. in Thornhill

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.

On the Road to Recovery Support Group

Support group with Flora Svinarenko, BSW, MSW, RSW

Tuesdays, starting April 23rd for 4 weeks, 5:00-6:00 p.m. in Thornhill

The Recovery group is intended for those who currently are actively working on maintaining changes which they have made in regards to their eating behaviours while attending other group programs through EDOYR or participating in eating disorder treatment. The road to recovery is challenging sometimes and emotional support is necessary to overcome or prevent lapses. In a safe and empathetic environment this group will provide you with coping tools and support needed to address complicated emotions, unhealthy behaviors or unhelpful thoughts. This group is not structured, meaning you can bring your issues/difficulties/achievements to the group discussion. Together we will explore helpful ways to reduce symptoms and make meaningful changes.

Healing Emotional Eating:

Using or Refusing Food to Cope Support Group

Support group with Marilyn Strauch, M.A. (C) OACCPP Psychotherapist

Wednesdays, starting May 1st for 6 weeks, 7:00-8:00 p.m. in Aurora

Individuals with eating disorders may restrict, overeat or emotionally eat in an effort 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.

TEEN Healthy Coping Skills for Anxiety and Depression

Support Group for those aged 14-16 with Flora Svinarenko, BSW, MSW, RSW

Thursdays, starting May 30th for 6 weeks, 4:45-5:45 p.m. in Aurora

Very often anxiety and depression are familiar feelings to someone struggling with disordered eating, body image issues and low self-esteem. During this group you will learn how your negative thinking patterns might be affecting your feelings and behaviors. You will be able to explore the "mechanisms" of anxiety and depression and learn why they are triggered. You will learn healthy coping techniques with your symptoms and you will be able to share your struggles and worries in a safe environment.

Newsletter
Spring 2013

Eating Disorders of York Region

The next **FREE Stages of Recovery Workshop** is **Thursday, April 25th 5:00-6:30 p.m. in Aurora**. For more information please visit www.edoyr.com/free-workshops.html. Call 905-886-6632 or email info@edoyr.com to register!

Free Training for Front Line Workers

Friday, May 31st
1:00-5:00 p.m.
Registration is open, now, on a first come first serve basis.

Location: Central Richmond Hill
Please check our website for details and to register online.

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!"

FACES OF RECOVERY FREE EVENT

ALL ARE WELCOME!
PLEASE JOIN EATING DISORDERS OF YORK REGION
IN A "FIRESIDE CONVERSATION"

WHEN
WEDNESDAY, MAY 22ND
6:00-8:00PM



WHERE
RICHMOND HILL PUBLIC LIBRARY,
ROOM B
1 ATKINSON, RICHMOND HILL

SEE YOU THERE!



MEMBERS FROM THE "FACES OF RECOVERY" CAMPAIGN INVITE YOU TO JOIN WITH THEM IN CONVERSATION, TOGETHER WITH GUEST SPEAKER NATUROPATH DR. LORENZO DIANA FROM MARKHAM NATURAL HEALTH CENTRE, TO SPEAK ABOUT RECOVERY AND TO ANSWER QUESTIONS THAT MAY ARISE CONCERNING EMOTIONAL, SOCIAL, MENTAL, SPIRITUAL, PHYSICAL HEALTH AND WELLNESS IN THE RECOVERY PROCESS.

REGISTRATION IS REQUIRED.

PLEASE REGISTER ONLINE AT [HTTP://WWW.EDOYR.COM/UPCOMING-EVENTS.HTML](http://www.edoyr.com/upcoming-events.html).
SPACE IS LIMITED! REGISTER TODAY TO AVOID DISAPPOINTMENT!

CALL 905-886-6632 OR EMAIL [INFO@EDOYR.COM](mailto:info@edoyr.com) FOR MORE INFORMATION.

