

OUR VISION STATEMENT

We will foster a community that celebrates diverse bodies, encourages healthy eating and promotes high self esteem for all.

OUR MISSION STATEMENT

Hope's Garden:

- Provides caring support and quality educational resources
- Encourages healthy lifestyle, positive body image and high self esteem
- Promotes public awareness of and education about the seriousness and prevention of eating disorders

CORE VALUES

- Compassion and respect for all people
- Instilling hope
- Personal empowerment
- Accessibility of services
- Holistic approach to wellness
- Confidentiality
- Safe, supportive environment

CORE SERVICES

- Support groups
- Drop-in support
- Educational outreach
- Resource centre
- Informative web site, www.hopesgarden.org

*Celebrate
Every
Body!*



478 Waterloo Street,
London Ontario, N6B 2P6

Phone: 519.434.7721

Fax: 519.434.5091

www.hopesgarden.org

HOPE'S GARDEN DISCLAIMER

The information and services provided by Hope's Garden, Eating Disorders Support and Resource Centre are not a substitute for medical treatment or psychological care. Hope's Garden offers support and information but not treatment. For medical treatment for the physical and emotional problems associated with eating disorders, consult your physician and/or a competent mental health professional.

•

PLEASE DONATE TO HOPE'S GARDEN

<http://www.hopesgarden.org/donations.html>

Hope's Garden does not sell donor lists or share donor information with other organizations. From time to time, recognizing your past support, we may send you information on new initiatives or fundraising campaigns.

Donations through "Canada Helps" will be issued an automated Charitable Donation Receipt. Mailed donations will be mail a Charitable Donation Receipt for a \$20 and above donation or upon request.

Charitable Registration Number 89877.9152.RR0001



Celebrate Every Body • Inspiring Hope



Hope's Garden, Eating Disorders Support and Resource Centre offers a safe and supportive environment to people who suffer from eating disorders and for their family and friends. It is the only centre of its kind to offer support to individuals 14 years and older and their families from Burlington to Windsor.

WHAT IS AN EATING DISORDER?

At Hope's Garden, our view is that disordered eating exists on a continuum with varying levels of severity. At one end of the continuum are attitudes and behaviours such as counting calories, exercising to be thin rather than healthy, yo-yo dieting, or binge eating. As the severity of the problem increases, one or more of the following may be observed:

- Pursuits of thinness become more entrenched
- Attempts at food restriction heighten
- Feeling of loss of control rises
- Binge/purge cycles become more frequent and/or intense
- Body image becomes more negative and/or distorted

At the other end of the continuum are more serious and debilitating eating disorders, which rob the individual of his or her physical health, emotional well-being and happiness in relationships. These include Anorexia Nervosa, Bulimia Nervosa and Binge-Eating Disorder. These disorders have characteristics in common including fear of weight gain, feelings of ineffectiveness, negative body image and low self-esteem.

FACTS

- Eating disorders have the highest mortality rate of all mental illnesses.
- The incidence of eating disorders in London youth is higher than the Canadian average (Fisman et al., 2000).
- A study looking into eating habits of Ontario girls 12-18 found that 27% have "disordered eating attitudes and behaviours that are precursors to developing eating disorders".
- Waiting lists for treatment can be anywhere from 2 months to 2 years in Ontario.
- 52% of girls begin dieting before age 14.
- In women ages 15-29 the prevalence of eating disorders is from 3% to 10%.
- 90% to 95% of those affected are female, but there is a growing prevalence in males.
- Onset of eating disorders can range from 4 to over 75 years of age.
- 98% of females are dissatisfied with their bodies.

HOPE'S GARDEN PROVIDES:

www.hopesgarden.org

Our website is a great starting place to learn more about the services and programs we offer at Hope's Garden, as well as information and resources on eating disorders.

Drop-in Support

You are invited to call or drop-in anytime to ask questions about our programs, get information on eating disorders, or talk confidentially with a volunteer in a relaxed and supportive environment. Please visit <http://www.hopesgarden.org> for hours.

Support Groups

We offer ongoing support groups for Adults, Teens, and Family/Friends with no advanced registration.

Throughout the year we offer a wide variety of Workshops, Lectures, and 8-Week Groups on diverse topics. Registration is required. Please visit <http://www.hopesgarden.org/programs/support-groups> for current offerings.

Educational Outreach – Speaker's Bureau

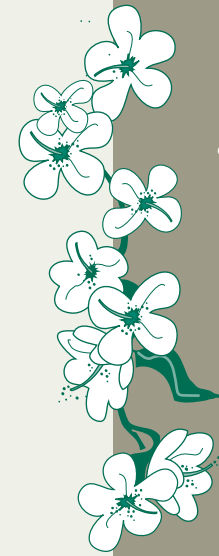
Upon request, we can provide a speaker for your group or organization to talk about eating disorders and related issues. For a full list of available presentations and workshops please visit: <http://www.hopesgarden.org/programs/speaker-request>

Reading & Lending Library

Our library has a comprehensive collection of books and reference materials on eating disorders and related topics.

Referral Directory

For those seeking treatment, we have a comprehensive listing of resources in the London Middlesex area that work with individuals who have eating disorders. Listings include community resources and services, hospital programs, therapists, and nutritionists in private practice.



"Too many of those who suffer from serious eating disorders do so in silence and isolation, which serves to only heighten the distress of the illnesses. Navigating the formal mental health system can be a confusing nightmare, even if services are available. Agencies such as Hope's Garden offer the sufferer an alternative in the community where he or she can discover that they are not alone, and that others see them as deserving care. They are invaluable parts of the support and treatment system for those with anorexia nervosa and bulimia nervosa."

DR. BLAKE WOODSIDE, MD FRCPC,

Director of the Toronto General Hospital's
Inpatient Eating Disorders Program

SUPPORT HOPE'S GARDEN

Your donation to Hope's Garden will help provide needed support and information for individuals who are living with eating disordered behavior and thoughts, and for their families and friends. Your donation will also assist us in our efforts to promote early detection and prevention of eating disorders.

To support Hope's Garden, please visit our website at <http://www.hopesgarden.org/donations.html> and select the CanadaHelps.org icon or call 519.434.7721. Cheques may be made payable to "Hope's Garden" and mailed to 478 Waterloo Street, London, Ontario, N6B 2P6.

VOLUNTEER

Our volunteers are the heart of Hope's Garden. Join our team of dedicated volunteers and help in any number of ways:

- Drop in Support and Reception and Administration
- Board of Directors
- Committee Members
- Fundraising
- Special Events
- Community Outreach (Speaker's Bureau)

Visit <http://www.hopesgarden.org/volunteers.html> for information on how to get involved.