Message from our Executive Director and Board Chair

Dear Friends,

This year has been unlike any we have experienced over the past 15 years. What has been constant is the need for our services and the numbers of those struggling with eating disorders, complex and serious medical and physical illnesses that are often overlooked. A second important constant has been the many board members, partners, friends and donors like you leading and supporting our efforts to provide these services. We dedicate this annual report to you. EDRC has been blessed with the leadership, governance, and contributions of time, talent and treasure of an amazing group of board members. Writing this message got me thinking of how and why we started. Below is a photo taken at our very first board meeting on February 6, 2006. A group of my dear colleagues and friends came together to start Eating Disorders Resource Center. EDRC was created as a result of interviews with local hospitals, health care professionals, non-profits and community leaders. The consensus was "please start an organization where we can refer our clients and their families for education, support and help accessing treatment."

Thank you for making this possible.

Gratefully,

Janice Bremis, Executive Director

Monica Waldman, Board Chair

Birthday Wishes from our past Board Members

Fifteen years ago Janice founded the Eating Disorders Resource Center. On a most modest budget with passionate part time staff and countless volunteers, she has changed lives and saved lives. Her vision grows.

Candace Ford Gray

"Happy 15th! Many of my earliest professional connections and opportunities for growth occurred while on the EDRC board. I feel very fortunate to have been supported by you all and to see EDRC grow over the years."  - Denise Bridges

"Janice, sending heartfelt thanks to you and EDRC for 15 years of hard work serving the community and increasing awareness about the devastating impact of eating disorders. Your tireless efforts on both local and national levels have impacted many already. THANK YOU to EDRC for being an inspirational agent of change!" - Mary Gee

I want to congratulate EDRC on 15 years of service, advocacy and support to the ED community. It was my pleasure to serve as chairman of the Board of Directors. I look forward to your many more successful years of serving the sufferers, families and friends of this vulnerable population.

Kathleen Juvet

"Happy 15th Birthday EDRC! It was such a pleasure to be a board member during the early years of EDRC and watch it grow. I have continued to be impressed by the many successes you have had of raising public awareness as well as providing support to those impacted by an eating disorder. Janice, it is wonderful to see the organization continue to flourish under your leadership. Thank you for your work, dedication and allowing me to be a small part of it."

- Nancy Shardell, RN

"Happy 15th Birthday to EDRC. I wholeheartedly support EDRC and its mission. I am proud of its success in raising awareness about eating disorders as mental conditions with medical complications. The work done by EDRC has been powerful and is making such a positive impact in the eating disorders community locally and nationally. Thank you Janice Bremis for your vision and hard work."

- Seham El-Diwany, MD

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(408) 356-1212 ♦ info@edrcsv.org ♦ www.edrcsv.org
A sincere thank you to our generous donors

Consider naming one or more of your favorite nonprofits, including EDRC, in your will or trust or as a beneficiary of your IRA, 401(k), life insurance, or annuities. Even 1% will be appreciated by the organization while still providing for your loved ones.

- **1,482** served in our support groups
- **311** clients assisted through direct help
- **225** students participated in our annual writing contest
- **educated 211** healthcare professionals

**Our Work**

**Awareness** - Our annual Be-You-tiful, Be Free Writing Contest provides a platform for students to reflect on mental health and body image. We received 225 submissions from across the US and Canada.

**Recovery** - All of our support groups moved online and we added additional sessions to accommodate the increase in demand. Our helpline has seen a 75% increase in calls for help and support due to the pandemic.

**Advocacy** - Our volunteers Amia Nash, Briana Cavaness and Alexis Brugler participated in the Eating Disorder Coalition (EDC) Advocacy Day on Capitol Hill where they spoke to legislators about the need for services and parity.

Support Group Leader Nancy Boyle online with her group

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**STATEMENT OF ACTIVITIES**

**Fiscal Year ended June 30, 2021**

**REVENUE:**

- Contributions ............... $84,175
- In-Kind Contributions ........ $25,265
- Net Investment ............... $9,203
- Total ......................... $118,643

**EXPENSES:**

- Total Expenses .............. $86,620
- Change in Net Assets ....... $32,023

**STATEMENT OF FINANCIAL POSITION**

**ASSETS:**

- Cash ....................... $134,406
- Investments ............... $357,094
- Total ................. $495,692

**LIABILITIES:**

- Accounts Payable ........ $3,200
- Total Liabilities ......... $3,200

**NET ASSETS:**

- Unrestricted ............... $142,492
- Restricted Endowment .... $350,000
- Ending Fund Balance ...... $492,492

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**Our Mission**

♦ Raise awareness through educating local physicians & health care professionals on how to identify the signs & symptoms of eating disorders

♦ Promote recovery by providing resources for education, treatment, & weekly support groups

♦ Advocate with related local, state, & national groups to support mental health parity legislation & increase insufficient insurance coverage

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**BOARD OF DIRECTORS**

Amy Hsieh
Monica Waldman
Richa Sandhu
Tami Lee

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**Eating Disorders Resource Center**

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