

Dear Friends,

This year, we lost a dear friend and pillar of our community, **Candace Ford**. I am sad to share that we lost one of our founding Board members and my dearest mentor and friend. Candace Ford was instrumental in the creation and the success of EDRC. She will be missed and her legacy remains forever. EDRC and I have been blessed by her vision, compassion, and persistence in making sure we all have access to health information. Our thoughts continue to be with the family, including her husband **John Gray**.

Check out our efforts in awareness, recovery, and advocacy below. We are especially proud of Board Member **Dr. Amia Nash**, who was honored at the Santa Clara County Behavioral Health Annual Heroes Awards.

Special thanks to the **Triton Museum in Santa Clara**, who partnered with us for the first time to showcase the 2024 Be-You-tiful contest winners' art, videos, and writing pieces, and help us host an amazing awards ceremony. Thank you to **Kaiser Permanente**, whose \$25,000 grant will allow us to continue our important work well into the future.



In memory of Candace Ford

Lastly, we recently welcomed two new staff members to the EDRC team. **Shana Levine** now serves as our Project Coordinator, and **Abi Fernandes** is our new Temporary Administrative Assistant. **Teresa Fiss'** 4-month tenure as Temporary Program Manager was instrumental to our success in the second half of this fiscal year, and we are fortunate that she will continue volunteering as we embark into FY25. We are lucky to have each of these incredible women!

Gratefully,

Janice Bremis

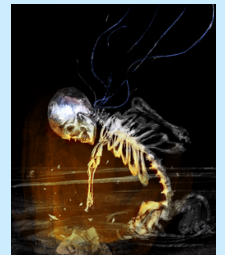
Janice Bremis
Founder

Monica Waldman

Monica Waldman
EDRC Board Chair

Our Work in Action

Awareness - EDRC announced the winners of the 2024 *Be-You-tiful* Multimedia Contest. 81 entries were received from middle through high school students throughout Santa Clara County. Special thanks to our partners, the **Santa Clara County Library District** and the **Palo Alto Medical Foundation**, and thank you to the **Triton Museum of Art** for displaying the winning entries! [Click here](#) to see the winning entries. *Pictured right: Lauren Lee's winning entry in the High School Art category.*



Recovery - Our [support groups](#) continue to act as a vital resource within our community. We host a Family & Friends support group, as well as groups for those struggling with an eating disorder themselves. Our dedicated team of facilitators diligently work to make our support groups warm, informative, and supportive for all attendees. Thank you, **Autumn, Marina** (*pictured left, quoted on page 2*), **Michelle, Jenn, Briana, Vanessa** (*quoted on page 2*), **Jen, Ann, Anju & Raj, Cam & Bruce, Val, Shana**, and **John** for all your hard work!

Advocacy - Once again, our volunteers **Amia Nash, Yaen Chen, Sophia Krish, and Alexis Brugler** participated in the **Eating Disorder Coalition (EDC)** Advocacy Day on Capitol Hill where they spoke to congressmen about eating disorders and the importance of passing two bills: Kids Online Safety Act and Improving Mental Health & Wellness in Schools Act! Thank you (*pictured from left to right*), **Yaen, Sophia, Senator Butler, Amia**, and **Alexis**.



The Year in Numbers

1,873 clients attended our support groups

81 students participated in our annual multimedia contest

264 clients assisted through our helpline

Words of Gratitude

"EDRC is a 5 star eating disorder support system, educational program and all around helpful place where people who are suffering from eating disorders and their families can find important information and support. The service they provide for the general public as well as other professionals in the field is a life saver. Janice and her volunteers are a critical part of the eating disorder community which is reflected in the true recovery of their clients."

-Laurelee Roark, M.A., CCHT

"EDRC is an amazing place. We have known them for almost two decades and had the fortune to work with them and refer many clients to them. Their dedication, passion and commitment to eating disorders is outstanding. There are not many non profits around that still provide clinical support services EDRC does! This place is a rarity in the field and deserves the utmost support from the community."

-Woodleaf Eating Disorder Center

"I struggled with anorexia and bulimia for many years as a young lady. Thanks in huge part to the Edrc, I'm Happy to report I am Ed recovery 8 years this last May. Once I decided to seek help, the Edrc was one of the first supports I found. The weekly meetings were such a safe and healing place for my recovery to begin. I have a daughter now and She will be two in December. I continue to commit to Ed recovery and body positivity now for her too! I want to help create a new generation of girls who feel more at home in their bodies from the beginning! I will forever be thankful to the Edrc for their part in why I'm where I am today. I don't know where I'd be right now if it wasn't for the support I found. The work they continue to do is so vital and important!"

-SdRoses

"It has been a privilege to facilitate the Wed evening support group. I have witnessed the strength of the participants as they show up for each other, and to know they are not alone as they are on this healing journey together."

-Marina Barnes, Self-compassion teacher & coach, EDRC volunteer

"I have had the pleasure of collaborating with EDRCV for many years in supporting humans struggling with eating disorders to find treatment that is appropriate and compassionate to their unique journey. EDRC serves as an accessible and supportive resource to anyone in the community and across the country looking for resources and free support groups for themselves or their loved ones. The founder, Janice Bremis, works tirelessly to advocate for access to treatment both on an individual level with callers as well as on a larger scale in partnering with advocates, experts, and local politicians to bring awareness to this very important and often deadly mental health issue. EDRC offers so many unique supports including their online database of vetted professionals, free support groups and an annual BeYOUtiful contest for youth. I have no doubt many lives have been saved due to the work of EDRC."

-S. Christian

"Supporting others in support groups has given me profound insights into eating disorders, which I apply in my coaching as a Carolyn Costin Institute coaching intern at my business Abu2New Coaching. This experience greatly enriches my coaching practice."

-Vanessa Abuabara, Carolyn Costin Institute coaching intern, EDRC volunteer



EDRC participated in the Silicon Valley NAMIWalk. Pictured left: **Janice Bremis** with event speaker **Paraag Marathe**, President of 49ers Enterprises and Executive Vice President of Football Operations, who shared how his sister's struggle and death affected him personally.



EDRC support group leader **Bruce Brugler** (pictured above with his wife and fellow support group leader, **Cam**) presented a TED-style talk at his 30-year class reunion at Stanford Graduate School of Business to raise awareness about eating disorders and the disastrous impact they have on families.



Janice Bremis (center) receiving the 2024 Women of the Year Award, pictured with **Supervisor Sylvia Arenas** (left) and **Assemblywoman Gail Pellerin** (right)

EDRC Board of Directors

- Dr. Amia Nash
- Amir Alem
- Amy Hsieh
- Kathy Konjuh
- Monica Waldman
- Tami Lee

Thank You to Our Donors

Donations received from July 1, 2023 - June 30, 2024

Champion (\$10,000+)

Brandenberg Family Foundation
El Camino Healthcare District
Kaiser Permanente / Kaiser Foundation
Health Plan Inc.
Robert Family Foundation

Ambassador (\$1000 to \$9999)

Bruce Brugler
Daniel Cosgrove
Dick Kozarek
Hugh Stuart Center Charitable Trust
John Hansen
Lantern League
Los Altos Mountain View Community Foundation
McAndrews Family Fund
Meg Metzger
Mission City Community Fund
Monica Waldman
Rotary Club of San Jose Foundation
Santa Clara Family Health Plan
Supriya Krishnamoorthy
TZP Cares Foundation

Consider naming one or more of your favorite non-profits, 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 non-profit while still providing for your loved ones.

Advocate (\$100 to \$999)

Alicia Burgoon
Alsana
Amy Hsieh
Anju Bhatia
Ann Ewing
Anna Uemura Jeon
Anne & Alan Iwashita
Anne & Jamie O'Connell
Attracta Lee
Barbara Raco
Bruce Blackfield
Charles Sutton
Chun Zhen
Cielo House
Dan & Linda Tapella
Deborah Brenner-Liss
Deborah Woodward-Dorin
Debra Safer
Doris Marcela Sumarriva
EDCare
Equip
Evolve Wellness Group
Google
Heluna Health
Iris Cheng
Karen L. Bremis
Katherina Konjuh
Kogel Family Charitable Fund
Lenore McKnight
Linda Poncetta
Lisa Aronovitz
James Howley
James & Cathy Zheng
Jennifer Wachter
John & Virginie Mitchem
Mary Gee
Mary E. McCloy
Mona Litvak
Monte Nido & Affiliates
Nadine Weil
NVIDIA
Patti Dolan
Robert Weil
Rogers Behavioral Health
Surekha Gupta
Steve Feinberg
Tami Lee
Teresa O'Neill
The Emily Program
Tina Chang
Val Honerkamp
Victor Chen
Wayne Firsty

Supporters (\$1 to \$99)

Barbara Neilson
Draper
Juan & Wendy Alvarez
Liz Ruhland
Manikandan Kenyan
Mark Porter
Nanci Robertson
Peggy Carlson-Bowen
Sherri Plaza
Whitney Walker

STATEMENT OF ACTIVITIES

2024 REVENUE:

Contributions \$140,569
In-Kind Contributions \$5,642
Net Investment \$41,086
Total \$187,297

EXPENSES:

Total Expenses \$105,667
Change in Net Assets \$81,630

ASSETS:

Cash \$164,162
Investments \$637,154
Assets \$1,593
Total Assets \$802,910

LIABILITIES:

Accounts Payable \$2,448
Total Liabilities \$2,448

NET ASSETS:

Unrestricted \$400,461
Restricted Endowment ... \$400,000
Ending Fund Balance \$802,910

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



EDRC was honored with a Mayoral Recognition for increasing awareness and education around eating disorders, promoting recovery, and advocating for mental health parity and access to care. *Pictured above: volunteer Anoushka Chakravarty and Mayor Lisa Gillmor*