

EDRC FY2025 Annual Report

Awareness · Recovery · Advocacy



Dear Friends,

This year, we are proud to continue our ongoing efforts to educate our communities and healthcare providers about eating disorder awareness. We partnered with *O'Connor Hospital* to educate physicians on eating disorder identification and care. The presentation by **Dr. Cynthia Kappahn**, with testimonials provided by **Shana Levine**, **Alexis Brugler**, and **Neveen Radwan**, gave us an opportunity to emphasize eating disorders as serious mental illnesses. We are also grateful to have worked with ANAD board member **Dr. Anna Orland, DDS** and Stanford's **Dr. Shivani Desai**. Our strong partnership with **Sutter Health** for our *Ask the Experts* series continues.

Check out our efforts in awareness, recovery, and advocacy below. We are especially proud of volunteer and support group leader **Jennifer Medina**, who was honored at the Santa Clara County Behavioral Health Annual Heroes Awards.

Special thanks to the **Los Gatos Therapy Center Group**, who partnered with us to host our 2025 Be-You-tiful contest's awards ceremony, allowing winners to showcase their creativity through writing and art. Thank you to **El Camino Health**, whose \$25,000 grant will allow us to continue our important work well into the future.



Janice Bremis at NAMIWalk 2024.

Liliana Pasetta and **Veena Elavarasan's** tenures as Program Managers were essential to our success throughout this fiscal year, helping us lay the groundwork for FY26. We are fortunate to have these incredible women on our team!

Gratefully,

Janice Bremis
Founder

Monica Waldman
EDRC Board Chair

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 BOARD OF DIRECTORS

Dr. Amia Nash, Amir Alem, Amy Hsieh,
Kathy Konjuh, Monica Waldman,
Tami Lee, Vaishali Sirkay

Our Work in Action

Awareness - EDRC announced the winners of the 2025 *Be-You-tiful* Multimedia Contest. This year, we received a variety of impactful submissions from students attending 16 different Bay Area middle and high schools. Special thanks to our partners, **Sutter Health, Santa Clara County Library District, Brandenburg Family Foundation, and Los Gatos Therapy Center Group!** [Click here](#) to see the winning entries. Pictured right: *Shaving Away My Identity* by Saira Gupta



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, Michelle, Jenn, Briana, Vanessa** (pictured and quoted on page 3), **Jen, Ann, Anju & Raj, Bruce and Cam** (pictured left), **Val, Shana, and John** for all your hard work!



Advocacy - Once again, our volunteers **Sahana Nayak, Alexis Brugler, Neveen Radwan, Abigail Fernandes, and Yaen Chen** participated in the **Eating Disorder Coalition (EDC)** Advocacy Day on Capitol Hill where they spoke to lawmakers from California and Arizona to advocate for research grant funding and physician training in early detection, screening, and treatment of eating disorders! Thank you (pictured from left to right), **Sahana, Alexis** (quoted on page 3), **Neveen, Abi, and Yaen.**



EDRC participated in the Silicon Valley NAMIWalk. Pictured left: **Janice Bremis** (right) with event speaker **Dr. Anna Lembke** (left), author of acclaimed book [Dopamine Nation](#)



EDRC support group leader **Jen Medina** (center) with the Hero Award from the Santa Clara County Behavioral Health Board, pictured with EDRC volunteers **Vanessa Abuabara** (left) and **Neveen Radwan** (right)



Janice Bremis (fourth from left) pictured with **Los Gatos City Council Member Rob Moore** (third from left) and EDRC's Education Team at the Los Gatos Health Fair

Words of Gratitude

"The groups that EDRC fosters have been critical to my recovery. The environment of compassion and understanding have encouraged me to open up and share, confident that I will be received as a fellow on the recovery road. I have not arrived at the destination, but I have come a long way. Every area of life is better--relationships, body and mental attitudes. Thank you."

-A Grateful Client



"Even though it can be difficult to talk about that part of my life, volunteering has given me the room to reflect on my own experience and discover a lot about myself and how I would like to change the conversation around eating disorders."

-Alexis Brugler, EDRC volunteer and Advocacy Day attendee

"Our library district partners with this impactful group. We appreciate their amazing work with youth in our community and are honored to work with them to encourage positive self image through the annual Be You tiful YOU contest that showcases the creativity and heart of teens throughout our county! Thank YOU!"

-Jennifer Weeks, Santa Clara County Library District

"I volunteer because I deeply value giving back to the eating disorder recovery community. During my own journey, I was supported by others who gave me hope, and now I find meaning in offering that same encouragement to those still struggling."

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



"The EDRC has been an overwhelming source of support and camaraderie as I've learned to face my eating disorder. The staff is incredibly helpful and welcoming, and they provide a safe environment where I can explore my thoughts and behaviors without fear of judgment. Their support has helped me develop self-compassion and has furthered my recovery journey."

-A Grateful Client

The Year in Numbers

1,172 clients assisted by our support groups and helpline

57 students participated in our volunteer program and multimedia contest

388 medical providers educated by our outreach and training programs

STATEMENT OF ACTIVITIES

2025 REVENUE:

Contributions	\$135,586
In-Kind Contributions	\$5,755
Net Investment	\$45,892
Total	\$187,233

EXPENSES:

Total Expenses	\$102,805
Change in Net Assets	\$84,428

ASSETS:

Cash	\$202,457
Investments	\$682,644
Assets	\$1,602
Total Assets	\$886,703

LIABILITIES:

Accounts Payable	\$1,814
Total Liabilities	\$1,814

NET ASSETS:

Unrestricted	\$234,889
Restricted Endowment	\$650,000
Ending Fund Balance	\$886,703

Thank You to Our Donors

Donations received from July 1, 2024 - June 30, 2025

Champion (\$10,000+)

David Ramsey, El Camino Healthcare District, Robert Family Foundation, Sutter Health

Ambassador (\$1000 to \$9999)

Ann Ewing, Brandenburg Family Foundation, Bruce and Cam Brugler, Charles Sutton, Mission City Community Fund, Monica Waldman, Santa Clara Family Health Plan. Supriya Krishnamoorthy and family, TZP Cares Foundation. Vaishali Sirkay, Vijay Sajja and family

Advocate (\$100 to \$999)

Acute
Alicia Burgoon
Alsana
Amia Nash
Amir Alem
Amy Hsieh
Anju Bhatia
Anna Uemura Jeon
Apurva Kansara
Attracta Lee
Barbara Raco
Bay Area Nutrition (Stephanie Brooks)
Bruce Blackfield
Carl and Debbie Dellar
Chun Zhen
Dan and Linda Tapella
Deborah Brenner-Liss
Debra Safer
Deepak Fernandes
Donna Pombo
Dorian and Cathy Stonie
Dr. Anna Orland
Eating Recovery Center/
Pathlight
Elli Navid
Equip
Evolve Wellness Group
Heather Mantegna Fitzwater
James Howley
James and Cathy Zheng
Jennifer Wachter
John Colwell

Advocate (\$100 to \$999)

John Mckee
John and Gini Mitchem
Karen Bremis
Kathryn Clark
Kathy Konjuh
Lenore McKnight
Ling Liu
Lisa Aronovitz
Lisa Mongiello
Liz Ruhland
Mary McCloy
Meadows Behavioral Health
Meghana Rao
Monte Nido
Montecatini
Nanci Robertson
Patti Dolan
PayPal Giving Fund
Peggy Carlson-Bowen
Reasons Eating Disorders Center
Richard and Linda Kozarek
Robert Weil
Rogers Behavioral Health
Stefan Schmitz
Tami Lee
Terryann Sanders
The Healthy Teen Project
Tom and Carol Ryan
Val Honerkamp
William Richard Hencke, MD
Within Health

Supporters (\$1 to \$99)

Anie Clark
Ava Iwashita
Deborah Woodward-Dorin
Elaine Retzer
Francesca Di Marco
Janice Bremis
Jeremy Sosnick
Juan and Wendy Alvarez
Laura Pilkington
Michelle Ye
Mona Litvak
Olga Knauer
Sascha Montgomery Durose
Sharon Tyler
Sherri Plaza
Teresa Fiss
Whitney Walker

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.