

EDRC FY2026 Annual Report

Awareness • Recovery • Advocacy



Janice with grateful client Karyn Cortani.

Dear Friends,

Thank you for your steadfast support. Here's how your donations are making a difference:

Stanford's Dr. Shivani Desai educated **AACI's** and **Hope Services'** teams on eating disorder identification and care. **Los Gatos Therapy Center Group's Azhar Sultanova** and **Lauren Plotkin** trained staff at **Bill Wilson Center**. Stanford's **Dr. Nina Kirz** presented to **Rebekah Children's Services** team.

See our efforts in **awareness**, **recovery**, and **advocacy** below. We are so proud of volunteers and Family and Friends support group leaders **Anju and Raj Bhatia**, who were honored at the Santa Clara County Behavioral Health Annual Heroes Awards.

A special thanks to **Abby Ellin**, who interviewed me for her [New York Times Article](#) and spoke at our *Ask the Experts* series. A shout out to **Santa Clara Family Health Plan** for hosting our [Ask the Experts](#). And lastly, **El Camino Health's** \$25,000 award reinforces our important work.

Gratefully,

Janice Bremis

Janice Bremis
Founder and Executive Director



EL CAMINO
HEALTHCARE
DISTRICT

Our Work in Action

Awareness - EDRC announced the **winners** of the 2026 *Be-You-tiful* Multimedia Contest. This year, we received impactful submissions from students attending 20 different Bay Area middle and high schools. Special thanks to our partners, **Santa Clara Family Health Plan**, **Santa Clara County Library District**, and **Los Gatos Therapy Center Group!** Pictured right: *Head in the Clouds* by Anvi Gadkari



Recovery - Our dedicated volunteers lead three weekly support groups. Our support groups are warm, welcoming and the first line of care for many, especially those without insurance. Thank you **Marina, Jenn, Vanessa, Jen, Ann, Anju & Raj** (pictured left and quoted on page 2), **Bruce and Cam, Val, Shana**, and **John** for all your hard work!

Advocacy - EDRC volunteers, sister and brother **Sahana Nayak** (quoted on page 2) and **Susanth Nayak** participated in **Eating Disorder Coalition (EDC)'s** Advocacy Day on Capitol Hill where they spoke to lawmakers and Congressional staffers to advocate support for eating disorder research, awareness, and early intervention. California Senator Alex Padilla signed on to our request.



The Year in Numbers

1,015 clients assisted by our support groups and helpline

179 medical providers educated by our training programs

33 students participated in our multimedia contest

Words of Gratitude

"I was looking for some local help after I realized my daughter was battling an ED...EDRC is full of human angels that surround you and hold your hand when you are walking through the forest of eating disorders. Even when you can't see the light at the end of the forest they provide flashlights of hope to get you through the journey and I truly would be lost without them."

–A Grateful Mother

"My essay was very personal but I hope it helps other people who might have also felt the way I did to know that we are surrounded by a lot of caring people, even if they're not biologically related to us or someone we didn't see as caring about us until later."

– Eidyn Ouyang, winner in the Be-You-Tiful Contest Middle School Essay category

"I joined EDRC because I wanted to help people who struggle with their bodies understand and find nourishing ways to pursue a 'beauty' that makes them happy and healthy."

–Remonda Hassan, EDRC student volunteer

"My siblings and I have been supporting and advocating for our sister for many years, which has often been lonely and difficult. I am enormously grateful for the "angels" we have encountered in this journey... big-hearted and compassionate people who go out of their way to be kind and helpful. The people of EDRC are among my angels. Their support has helped to lighten my load and lessen my isolation."

– Joanne, Grateful Sister

"We are grateful for the support we received from the EDRC support group when our daughter was first diagnosed with Anorexia. We felt overwhelmed and alone. The parent support group provided validation and hope. We are eternally grateful and would like to give back to EDRC and the community it supports."

–Anju and Raj Bhatia, EDRC volunteers and Family and Friends Support Group leaders

STATEMENT OF ACTIVITIES

2026 REVENUE:

Contributions	\$146,084
In-Kind Contributions	\$39,534
Net Investment	\$56,846
Total	\$242,464

EXPENSES:

Total Expenses	\$142,832
Change in Net Assets	\$99,632

ASSETS:

Cash	\$245,933
Investments	\$739,028
Assets	\$1,308
Total Assets	\$986,270

LIABILITIES:

Accounts Payable	\$1,748
Total Liabilities	\$1,748

NET ASSETS:

Unrestricted	\$334,521
Restricted Endowment	\$650,000
Ending Fund Balance	\$986,270



EDRC participated in the Silicon Valley NAMIWalk. Pictured is our staff and EDRC's student volunteer team.



From left to right: EDRC's Vanessa Abuabara, Veena Elavarasan, and Shana Levine at a local film festival.

OUR MISSION

- Raise **awareness** by educating local physicians & health care professionals on identifying the signs & symptoms of eating disorders.
- Promote **recovery** by providing resources for education, treatment, & weekly support groups.
- **Advocate** with local, state, & national organizations 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

Thank You to Our Donors

Donations received from July 1, 2025 - June 30, 2026

Champion (\$10,000+)

David Ramsey, El Camino Healthcare District, Robert Family Foundation

Ambassador (\$1000 to \$9999)

Alicia Burgoon
Ann Ewing
Brandenberg Family Foundation
Bruce and Cam Brugler
Bruce Blackfield
Dick Kozarek
John Hansen
Junior League of San Jose
Kaiser Permanente
Meg Metzger
Monica Waldman
Paypal Giving Fund
Santa Clara Family Health Plan
Supriya Krishnamoorthy
and family
TZP Cares Foundation
Vijay Sajja and Family

Advocate (\$100 to \$999)

Akash Jain
Anne Luu and Alan Iwashita
Alsana
Amia Nash
Amir Alem
Amy Hsieh
Anna Uemura Jeon
Attracta Lee
Barb Larkin
Barbara Raco
Debbie and Carl Dellar
Charles Sutton
Cynthia Kapphahn
Linda and Dan Tapella
Daniel Cosgrove

Advocate (\$100 to \$999)

Debra Safer
Debra Schlesinger
Donna Pombo
Cathy and Dorian Stonie
Eating Recovery Center
Pathlight
Elli Navid
Equip Health
Francesca Di Marco
Heritage Bank of
Commerce
James Howley
John K. Colwell
Jonathan McCune
Karen Bremis
Kathy Konjuh
Kogel Family
Charitable Fund
Lenore McKnight
Linda Poncetta
Lisa Aronovitz
Marcia and Marvin
Mednick
Mary E. McCloy
Meadows Behavioral Health
Meghana Rao
Monte Nido and Affiliates
Nanci Robertson
Patricia Fitzpatrick
Patricia Dolan

Advocate (\$100 to \$999)

Peggy Carlson-Bowen
Robert Well
Shrein Bahrami
Stephanie Brooks
(Bay Area Nutrition)
Tami Lee
Teresa O'Neill
Tom and Carol Ryan
Val Honerkamp
Virginie and John
Mitchem
VISA
Whitney Walker
Within Health

Supporters (\$1 to \$99)

Jeremey Sosnick
Wendy and Juan Alvarez
Sherri Plaza
Surekha Gupta

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.