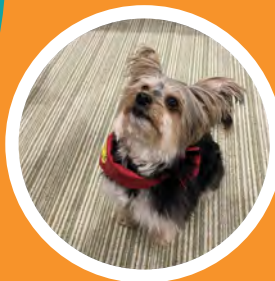


2025-26 IMPACT REPORT





welcome to

eating
disorders
Nova Scotia

www.eatingdisordersns.ca 902-229-8436 info@eatingdisordersns.ca



“Sending that first email to be matched with a peer mentor was genuinely life-changing. For the first time in years, I was able to speak with someone who truly understood the thoughts, rituals, fears, and emotions that come with living with an eating disorder.” - Yas

Read more about Yas’s story on [page 9](#).

MESSAGE FROM THE EXECUTIVE DIRECTOR

This past year has been a real time of transformation for Eating Disorders Nova Scotia.

I never believed that we would have our own dedicated space as beautiful as 2711 Agricola Street. Over the years we've shared space with other charities, borrowed space from partners, and we've met and worked in coffee shops all over! To be able to have a home dedicated to supporting our community is beyond our wildest dreams. I'm incredibly grateful to Kate Wood from the Walker Wood Foundation who approached us with a vision that aligned so perfectly with ours. This past year we have focused much of our energy on transforming the space into a warm and welcoming hub and creating programs grounded in feedback from our community.



We welcomed 153 people into the space in just our first three months! Healing really does happen when we're able to connect with others, feel less alone, and be part of a healing community. There is nothing like hearing conversations and laughter in this house, and I am grateful to everyone for walking into this building and being part of this journey with us.

I am incredibly proud of the outstanding team that works so hard to make this magic happen, from our dedicated staff team, mentors, board members, volunteers, donors, and all those who support us in a hundred different ways. Thank you.

Special thanks to Collette for her leadership role as our board chair. Collette started with Eating Disorders NS as a peer mentor and has been with us every step of the way for the past decade.

I can't wait to see what next year brings.

With gratitude



Shaleen Jones
Executive Director

STAFF

Catherine Armour,
Special Projects

Debra Wells-Hopey,
Programs Manager

Jaime Delaney, Virtual Peer
Support Coordinator

Sarah Currie,
Peer Mentoring Coordinator

Shaleen Jones,
Executive Director

Simranpreet Kaur,
Operations Coordinator

Margaret Armour, Fund
Development Coordinator

GROUP FACILITATORS

Alyssa Walsh, Certified
Canadian Counsellor

Megan Henderson,
Registered Dietitian

Sarah Keating, Professional Art
Therapist and Registered
Counselling Therapist

MESSAGE FROM THE BOARD CHAIR

This year marked an important step forward for Eating Disorders Nova Scotia as we continued to deepen our impact and create new ways for people to find support.



The opening of the EDNS house at 2711 Agricola Street was a major milestone. With a dedicated programming space, EDNS is now offering more in-person activities that support eating disorder recovery and is bringing people together in a welcoming and supportive environment.

We know how important community can be in recovery. Having this space where people can connect, learn, and spend time with others who understand creates new possibilities for EDNS and the people we serve. Our online programming also continues, allowing us to maintain the reach we've built across Nova Scotia and Canada.

For the Board, the opening of our home on Agricola Street reflects our continued commitment to growing the organization's impact. As EDNS expands its programming, we remain focused on ensuring that growth is thoughtful and sustainable, and that the organization has the people and resources needed for the future.

On behalf of the Board, a huge thank you to Shaleen, our Executive Director, the organization's dedicated staff, peer supporters, volunteers, community partners, donors, and everyone who supported EDNS this year. Your time, care, and continued belief in this work make it possible for EDNS to reach more people and strengthen the recovery community we're building together.

Collette Deschenes

Collette Deschenes
Board Chair

BOARD MEMBERS

Collette Deschenes, Chair
Hannah Baillie, Vice Chair
Rebecca Kreft, Treasurer
Katie O'Keefe, Secretary
Clarisse Nga Fouda
Jim Armour
Chuck Maillet
Allison Dunning
Kelly Bennett



MISSION STATEMENT

Eating Disorders Nova Scotia supports individuals and families on their path to eating disorders recovery. Guided by lived experience and the belief that everyone deserves access to care, we provide community-rooted programs and peer connection so that no one faces recovery alone.

WE HEAL *Together*

At Eating Disorders Nova Scotia, we envision a community - and a world - where those impacted by eating disorders have access to the support and hope they need for recovery.

We approach this challenge in four ways.

1 DIRECT SERVICES AND SUPPORTS

We know that eating disorders thrive in secrecy and shame, making reaching out for help that much more difficult. We also recognize that the road to eating disorder recovery is long and non-linear. Accessible, free, community-based programs reduce barriers to care, build community, and are truly person centered, making it easier for folks to move forward in their healing, and maintain recovery.



PEER SUPPORT GROUPS

Our ongoing Peer Support Groups, delivered under the Body Peace program name, are welcoming, pro-recovery spaces to share strategies and challenges in a supportive environment. Open to those across Canada, people can register once, then drop-in whenever support is needed. Five different groups meet virtually each week for an hour, with two trained Peer Supporters facilitating.

We are proud to offer:

- ◆ 18+ group
- ◆ 40+ group
- ◆ Trans+ group
- ◆ BIPOC group
- ◆ Binge Eating group

198 peer support groups delivered in 2025/26

96% would recommend the group to others

At the group I feel listened to and heard, open, honest, and positive feedback when asked for, or a sympathetic ear when needed. Very fortunate to have this crucial support offered consistently - and accessible and free.

INDIVIDUAL MENTORING

Connecting one-on-one with someone who has been through recovery and understands can be invaluable. Our specially selected and highly trained Peer Mentors are carefully matched with someone looking for support, providing a judgement-free, encouraging connection. Mentors and mentees meet on a schedule that feels right for them, exploring topics unique to each individual. For folks like Yas, this program has been instrumental in their recovery journey.

1201 individual sessions delivered in 2025/26

81% of participants reported feeling better able to deal with challenges

"I am so grateful for the authentic and caring nature my mentor has. I feel so much more empowered. In tough moments I know I have someone who will genuinely listen and give me feedback I can use."

SKILLS FOR RECOVERY GROUPS

Our multi-week Skills for Recovery groups are led by therapists and dietitians. Each group dives into specific areas, giving participants an opportunity to build their own recovery toolbox. Nourish Your Recovery and Cultivating Self-Compassion are two of our most-requested skills groups.

69 people participated in a Skills for Recovery Group

90% of participants increased their skills

"This is the beginning of my recovery and I'm so grateful to have this space. The facilitators were both so competent and caring. I will be continuing to attend the different programs, I so feel hopeful!"

WORKSHOPS

Our virtual workshops are open to anyone in Canada and provide an easy way to connect with others, learn, and explore different aspects of recovery in a casual and welcoming environment. We are proud to offer a broad variety of hour-long interactive presentations, from Diet Culture Detox to The Science Behind Eating Disorders to Navigating Menopause & Eating Disorders.

848 people registered for 18 workshops delivered in 2025/26

92% of participants reported finding the workshops helpful

"Thank you for tonight, the topic and delivery were so engaging. The facilitator was well spoken and heard everyone's opinions, offering great feedback. It was really good, you're doing a great job supporting us. I always leave with so much to think about."

SUPPORT FOR FAMILIES

Our Family & Friends programming is here to help those supporting a loved one in eating disorder recovery. Our highly trained Family Peer Supporter offers personalized guidance and resources unique to each situation, and our Monthly Virtual Support Groups share struggles, strategies, and hope. An online resource specifically for parents with children battling anorexia provides bite-sized, searchable topics to empower them with knowledge and equip them to support their child or teen.

48 families found support through our Friends and Family programming

"Anne Marie has been an angel to me! As a parent in the throes of the refeeding phase, with nobody else to talk to who actually gets it, I am forever grateful for her - her time & support along with her authenticity and hopeful nature. I don't know what I would do without her."

YAS'S STORY

"When I was in junior high, I began developing unhealthy behaviours and patterns around eating and restriction. What started small quickly snowballed into a two-year cycle of restriction, medical complications, and frequent hospital visits. I was in and out of the hospital so often that I was even referred to as a "frequent flyer." While I know every healthcare provider had the best intentions, the clinical setting never gave me the tools or the connection I needed to truly navigate life with an eating disorder.



Everything changed the day I found Eating Disorders Nova Scotia.

Sending that first email to be matched with a peer mentor was genuinely life-changing. For the first time in years, I was able to speak with someone who truly understood the thoughts, rituals, fears, and emotions that come with living with an eating disorder. I no longer felt alone or like I was "crazy." Instead, I discovered the incredible power of community, connection, and peer support.

My peer mentor, Daphne, helped me through some of the darkest moments of my life. Her compassion, understanding, and continuous support reminded me that things can and will change for the better. That sense of belonging gave me the strength to challenge my eating disorder, stay present, and slowly learn to accept myself with authenticity, pride, and confidence.

That is why I continue to be involved with EDNS today. I know firsthand that peer support saves lives because it helped save mine. Whether it's fundraising through the sale of my artwork, proudly marching alongside EDNS in the annual Halifax Pride Parade, or continually advocating for and promoting the incredible work EDNS does throughout our community, I am honoured to give back to the organization that gave so much to me. Supporting EDNS is my way of ensuring others have access to the same life-changing community, compassion, and hope that I found when I needed it most.

"I know firsthand that peer support saves lives because it helped save mine." - Yas

From the bottom of my heart, thank you to EDNS for continuing to stand beside people when they need it most."

Despite the prevalence of eating disorders, awareness surrounding this illness and available supports remains limited.

From young people accessing an integrated youth services hub like Anchor, to mental health professionals attending one of our workshop, we work to make sure that information about eating disorders and available supports ends up in the right hands.

93% of participants reported increasing their knowledge on eating disorders

94% of participants reported increasing their knowledge of resources available and how to access them

We shared information about our programs with mental health clinicians from the IWK and NS Health at the Nova Scotia Eating Disorder Provincial Education Day. Presentations on eating disorders, resources available, and how to access support was delivered to groups of all sizes, from Healthy Minds NS (post-secondary counselling and health services across the province), to community groups like Laing House, the YMCA, and the North Grove.

- ◆ Shaleen Jones, Amanda Raffoul and Chloe Gao presented at the Canadian Children, Youth and Communities (CCYC) Equity Conference on “Building and Sustaining Virtual Youth Communities in Eating Disorders.”
- ◆ At the World Congress of World Association for Psychosocial Rehabilitation and Canadian PSR Conference, we spoke about “Building Competency and Peer Support Capacity in Recovery-Oriented Care” alongside Alexia Jaouich with Stepped Care Solutions.
- ◆ Jaime Delaney spoke about our unique approach in her presentation “Supporting Folks with Eating Disorders in a Peer Support Context” at the Peer Support Canada Conference.

This year, we also participated in the Halifax Pride Parade, NEBA's Open Street, Bluenose Bienvenue, many health fairs and events, and shared over 6000 informational rack cards with places like community groups, libraries, and the new Integrated Youth Service Hubs.

Eating Disorders NS works in partnerships with researchers, clinicians, and other community organizations to advocate for early intervention, education, data collection, and effective interventions.

Almost one in five young people experience disordered eating or eating disorders. Many will never seek or receive treatment due to a number of barriers including stigma, inaccessibility, treatment criteria, and an unprepared workforce. Early detection and rapid access to treatment can significantly improve outcomes.

FREEDcan is an evidence-based early intervention model for eating disorders that builds capacity in communities to detect and provide an initial, quick response for early-stage eating disorders. Our goal is to prevent young people from starting their care at the emergency department.

For the past number of years, we have worked with the team at the Eating Disorders Research Lab at the CHEO Research Institute to implement this early intervention for eating disorders initiative here in Canada, serving on the research project, the Implementation Working Group, and the Pediatric Advisory Group. One of the core components of FREEDcan is rapid access to low barrier care. Eating Disorders NS is proud to be the provider of Peer Support for this model. In 2026-7, we are working to bring the FREEDcan model to Nova Scotia.

Early intervention also means supporting youth in developing healthy, positive relationships with food and their bodies.

Eating Disorders Nova Scotia and Nourish Nova Scotia have partnered to co-create professional development that focuses on fostering healthy relationships with food, promoting the use of neutral and inclusive food language, creating inclusive and culturally diverse food spaces, and engaging youth in conversations around food justice and advocacy. We piloted the program at the YMCA Southwest Nova Scotia this fall with very positive outcomes, and look forward to delivering this program widely this coming year.

Transitions are a challenging time, especially for a young person living with an eating disorder. Too many young people fall through the cracks in the transition between adolescence and adult care.

In 2023 we partnered with NS Health and the IWK, connecting a young person who was aging out of care with a trained Peer Mentor. Early results are promising and we look forward to learning more about this innovative way to bridge care.

4 ADVOCACY

It's hard to improve what you can't measure.

Last year we joined together with 40+ researchers, clinicians, those with lived experience, and other community-based organization, to determine the economic cost of eating disorders. While the incremental cost impact of children and youth with eating disorders reached \$39.5 million, what was revealed was the significant gaps in data – including things like the cost of eating disorder day programs. Five core opportunities were identified:

1. Effective, consistent treatment and supports regardless of geography
2. Early intervention
3. Workforce expansion
4. Research, knowledge mobilization and coordinated surveillance data
5. Inter-provincial coordination to develop data-driven policies

Eating Disorders NS is proud to be a part of this critical systems level work.

PEACE AWARD

The YMCA Peace Medals honour individuals who exemplify the essence of P-E-A-C-E (Participation, Empathy, Advocacy, Community, and Empowerment) with significant contributions to their communities, be it local, national, or international.

Our Executive Director Shaleen Jones was awarded the YMCA Peace Medal (Health and Wellbeing)

Shaleen Jones is being honoured for her extraordinary, decades-long dedication to supporting individuals and families affected by eating disorders in Nova Scotia and across Canada. As the founder and leader of Eating Disorders Nova Scotia, she has built groundbreaking peer support programs, including the national initiative Body Peace Canada, and has created spaces—both virtual and soon physical—for healing, community, and connection.



WALKER WOOD FOUNDATION

"It has been an absolute pleasure working with and supporting Eating Disorders Nova Scotia over the past year. The Walker Wood Foundation focuses on supporting education and local charities across Canada. For many years I envisioned creating a safe space for people suffering from eating disorders and mental health issues in Atlantic Canada. Shaleen and the team at Eating Disorders NS provided phenomenal support for clients, however they were limited to virtual support. After meeting with Shaleen, it was clear that a physical space would enhance their ability to support those suffering from eating disorders, as well as their family and friends. It has been wonderful to witness the transformation of the new space and the addition of new supports, services and programming for all those affected. We are honoured to partner with Eating Disorders NS and intend to continue our support in the future."

- Kate Wood, Walker Wood Foundation



WALKER WOOD
FOUNDATION



WELCOME HOME

This was a milestone year for Eating Disorders NS. In September we got the keys, and proceeded to celebrate by literally breaking down walls together.

Thanks to the generosity and vision of the Walker Wood Foundation, our new home at 2711 Agricola Street in Halifax's North End was established as a welcoming community hub for in-person support, programs, and events. After many months of consultations, planning, and renovations we opened the doors of our beautiful new space in January 2026.



We started the year by offering a suite of programs designed to help folks feel welcomed, comfortable with the space, and connected to a community. Programs included:

- ◆ **Restorative Yoga** – an inclusive, gentle practice prioritizing mindfulness and stress management
- ◆ **Supper Club** – comfort, support and nourishment for body and soul through a judgement-free shared meal
- ◆ **Craft 'N Chat** – tapping into creativity, exploring new hobbies, and connecting with others
- ◆ **Recharge with Risser** – certified therapy dog Risser is ready to be cuddled



"I loved attending the supper club. It was a fantastic experience, and I felt genuinely connected with my peers. The welcoming space you have built at Eating Disorders Nova Scotia is inspiring, and I truly appreciate the work you do for the community"

We are looking forward to expanding our programming in 2026/27 and offering in-person Peer Support Groups, Skills for Recovery Groups, and more. For people like Dawn, these face-to-face events underscore the value of community in the recovery process.

154 people took part in our new in-person programs in just three months

76% reported feeling an increased sense of community and connection

86% reported an increased knowledge of the services and supports available

100% reported feeling welcomed and comfortable

62% reported feeling more hopeful

DAWN'S STORY



"For much of my life, I have lived with a restrictive eating disorder. Over the years, I've been fortunate to receive treatment and support from many places. When I moved to Halifax during the pandemic, I suddenly found myself separated from the network of support I had built, and for five years I felt isolated, disconnected, and unsure where I belonged.

Then, in the autumn of 2025, while walking along Agricola Street and glancing into shop windows, I noticed a simple sign taped to a door that read, "Future Home of Eating Disorders Nova Scotia." I stopped in my tracks.

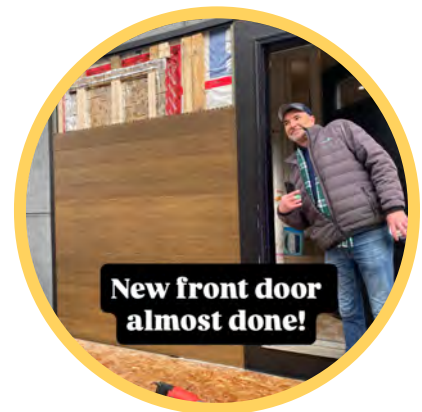
My heart leapt. I remember thinking, "This can't possibly be real." I immediately searched online to see if I had imagined it. I found the EDNS website and emailed right away, eager to find out how I could both support the organization in its beautiful new home and become part of its community. Since then, I have attended nearly every group I could, volunteered whenever I was able, and found a place where I feel truly understood, accepted, and supported.

"Eating Disorders Nova Scotia has given me so much more than programs and resources—it has given me connection, hope, and a renewed sense of belonging." - Dawn

Recovery can feel like an incredibly lonely journey, but finding a community where I truly belong has made all the difference. Eating Disorders Nova Scotia has given me so much more than programs and resources—it has given me connection, hope, and a renewed sense of belonging.

I am profoundly grateful for this community and for the people who have welcomed me so wholeheartedly.

My hope is that everyone living with an eating disorder can one day find a place where they feel understood, supported, and reminded that they never have to face recovery alone."



GRATITUDE

Each step towards recovery takes tremendous courage. From acknowledging that help is needed, reaching out for the first time, building skills, persevering through challenges, and rebuilding one's life.

Our supporters help clear that path to recovery, keeping the doors at 2711 Agricola Street open, our Mentors trained and supported, innovative and effective programs running, and so much more.

We are profoundly grateful to the many allies who make that possible.

THANK YOU TO OUR:

Change-Makers

Nova Scotia Office of Mental
Health and Addictions

Walker Wood Foundation

Champions

A Dollar a Day Foundation

The MacKeigan Family

Mental Health Foundation of
Nova Scotia

Builders and Leaders

The Armour Family

Craig Gorveatt

Anne Murray

Hali Bauld

Lori Harrop

Rowena Nunn

Rosemary Belgrave

Frank & Barbara Hughes

Kelly Peckham

Matthew Brothers-Moulton

Jessica Inkpen

Maryse Pelletier-Hibbert

Kelly Christie

Shaleen Jones

Timothy Reid

The Coolen-Cowie Family

Gina MacDougall

Victoria Taylor

Sandra Crowell & Jamie Bailey

Carolyn & Allan McDiarmid

Kathleen Thompson

Jen Gauthier

Dawn & David Miller

Heroes for Hope

Mona Abinader

The Armour Family

Matthew Brothers-Moulton

The Cardinal Family

Kelly Christie

Anne Marie Coolen

Collette Deschenes

Allison Dunning

Craig Gorveatt

Lori Harrop

Katie Houghton

Jessica Inkpen

Shaleen Jones

Rebecca Kreft

Catherine Lawrence

Gina MacDougall

The Newman-Winchester Family

Clarisse Nga Fouda

Kelly Peckham

The Loot Vintage

Victoria Taylor

WE HEAL TOGETHER.

We know firsthand that recovery from an eating disorder is a long journey - and no one should have to walk it alone or wonder if support will be there when they need it most. Heroes for Hope is our monthly giving program, and it exists to make sure that's never a question. Every month, our Heroes for Hope sustain our trained mentors, peer support groups, and accessible programming through regular, intentional gifts, no matter the size. *Our Heroes for Hope are writing the next story for more people like Dawn and Yas.*

Become a Hero for Hope. Be Part of the Next Story.



In Memoriam

Heather MacKeigan was a much-loved daughter, sister, aunt and friend. When Heather passed away in the spring of 2025, Eating Disorders Nova Scotia was the grateful recipient of many, many gifts made in her memory. In acknowledgement of Heather's life and legacy, we were proud to dedicate the kitchen at our home in Halifax in Heather's name.



A DOLLAR A DAY FOUNDATION

"The Body Peace program serves people in need across the country, through a powerful model of peer support. We knew a grant from A Dollar A Day would have an outsized impact almost immediately. In a time of long waiting lists, Body Peace is providing integral services for people dealing with this pernicious mental health issue. We are proud to support their excellent work."

- Heather Spratt, Executive Director,
A Dollar A Day Foundation



Mentors

Our Mentors use their own lived experience with eating disorders recovery to motivate, inspire, and encourage others. We are indebted to them for their deep compassion, insights, and ability to walk beside folks on their recovery journeys.

Abby A.	Carrie A.	Iheanyi K.	Marina G.
Abby D.	Catherine A.	Jaime D.	Melanie M.
Ali W.	Catherine C.	Jane L.	Michelle G.
Alicia B.	Catherine E.	Jasmine C.G.	Mila M.
Alisha C.	Charles C.	Jen H.	Mira E.H.
Allison M.	Dammy E.	Jessica S.	Morgan M.
Alyssa S.	Dana F.	Josie C.	Ray M.
Amanda B.	Daphne W.	Julia D.	Rebecca V.
Annika W.	Debbie S.	Kara S.	Sam B.
April P.	Devinity C.	Kat B.	Sarah C.
Aqila W.	Donna P.	Kat B.M.	Sarra R.
Ashley H.	Emily C.	Katie H.	Shannon D.
Avital W.	Emlyn V.	Kelsey T.	Sofiya I.
Barbara B.	Erica G.	Krista J.	Sydney P.
Breagh C.	Estelle C.	Kristen E.	Vanessa F.
Brianna C.	Fizza A.	Maddie M.	Victoria H.
Briar F.	Giustina R.	Madison P.G.	Will P.
Bryn J.	Haila K.	Marianne R.T.	
Caitlin H.	Hannah S.	Marie I.	

Volunteers

As an organization, we work to build an environment where healing can happen. That wouldn't be possible without our volunteers. We are grateful for their countless hours of dedication to our mission.

Volunteer Spotlight: Anne Marie Coolen, Family & Friends Program Lead

Anne Marie is the person families can turn to when they are feeling scared or overwhelmed. She listens without judgment, shares her knowledge and experience generously, and helps parents feel less alone and more confident in supporting their loved ones. Anne Marie is a tremendous volunteer and ambassador for Eating Disorders Nova Scotia and we are so appreciative of the work she does on our behalf. Thank you, Anne Marie!

2025-26 FINANCIALS

REVENUE AND EXPENSES

	2025-6	2024-5
REVENUES		
Grants	\$572,926	\$390,857
Donations	\$75,162	\$43,056
Training, Consultation and Clinical Fees	\$5,192	\$74,902
Amortization	\$23,132	\$0
Total Revenue	\$676,412	\$508,816
EXPENSES		
Staffing Costs	\$478,642	\$401,141
Program Costs	\$28,006	\$74,916
Building	\$34,638	\$0
Peer Support Honorariums	\$44,088	\$35,111
Administrative Costs	\$23,106	\$22,067
Amortization	\$24,015	\$0
Total Expenses	\$632,495	\$533,235
Excess of Revenues over Expenses	\$43,916	-\$24,419

ASSETS

	2025-6	2024-5
CURRENT ASSETS		
Cash	\$216,983	\$182,856
Accounts Receivable	\$18,422	\$16,644
HST Rebate	\$19,225	\$1,026
Prepaid Expenses	\$2,559	\$1,856
	\$257,189	\$202,382
CAPITAL ASSETS	\$1,293,571	\$0
	\$1,550,760	\$202,382

LIABILITIES AND NET ASSETS

	2025-6	2024-5
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$88,108	\$21,205
Deferred contributions	\$129,489	\$180,492
	\$217,597	\$201,697
LONG TERM LIABILITY		
Deferred contributions	\$1,288,651	\$0
NET ASSETS		
Unrestricted	\$44,602	\$685
	\$1,550,760	\$202,382

Our complete audited financial statements are available on request.

eating disorders

Nova Scotia



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