

THIS is a STORY about HOPE

An eating disorder is a serious form of mental illness that affects eating-related behaviour. It is not a lifestyle choice, a diet gone-wrong or a cry for attention.

Throughout Canada, there exists a serious gap in the treatment of eating disorders. Following hospitalization, recovery stalls, and often regresses, without the daily support needed to manage this illness.

EDFC has long championed the need for residential transition homes for young adults to continue with recovery and progress back to employment or education.

EDFC is excited to announce its first home opening in Barrie, Ontario in the spring of 2020. The transition home will be known as **Charlotte's Hope**.

CONTACT US

For more information visit:
edfc.ca/charlotteshope

Apply for residency:
edfc.ca/application

Volunteer or offer services:
edfc.ca/volunteer

Donations:
edfc.ca/donate/charlotteshope

To enquire about corporate sponsorship opportunities, please email:

robbie.campbell@edfc.ca

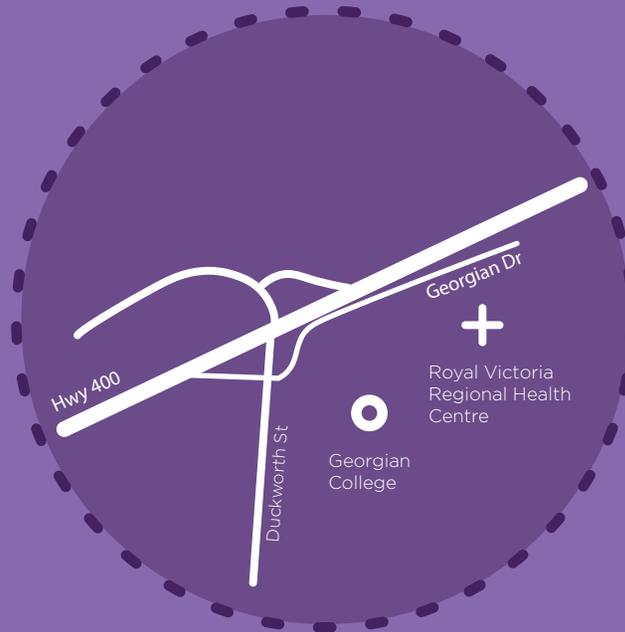
Dr. Robbie Campbell

Founder and President

Eating Disorders Foundation of Canada

BARRIE LOCATION

Charlotte's Hope is conveniently located in the vicinity of Hwy 400, Georgian College and Royal Victoria Regional Health Centre.



CHARLOTTE'S hope

From chrysalis to butterfly

Developed and Nurtured by:
EDFC | Eating Disorders
Foundation of Canada

WHO IS CHARLOTTE?

Charlotte is you, Charlotte is me. Charlotte is **ANYONE** who loves someone living with an eating disorder, which is a serious mental illness.

WHAT IS CHARLOTTE'S HOPE?

Our hope is that our loved ones can live and thrive with the support of our community. Located in Barrie, Ontario, Charlotte's Hope is a home for those with an eating disorder, including those who may have recently required hospitalization. Acceptance to the home is by referral of a family doctor or eating disorder treatment team and assessment by the intake supervisor.

The length of stay in the home, which is designed for up to 5 residents at a time, will be for a minimum period of 6 weeks which may be extended a further 6 weeks depending on individual needs.

Residents, who must be at least 18 years old, will be accommodated with one or two others in one of four large suites. Rooms such as kitchen, dining, living, laundry and outside spaces are shared. There is 24/7 supervision.

CHARLOTTE'S HOPE SUPPORT PROGRAM

In addition to assisting residents to follow their unique treatment plan as outlined by their family practitioner or treatment team, every individual will participate in a program of support activities to advance their recovery.

This will include:

- Direction in meal planning, healthy nutrition and food purchasing.
- Dining as a group in which food is only one aspect of the social value of eating together.
- Engagement in activities such as art, music, crafts, photography etc, all led by community leaders.
- Involvement in appropriate and healthy physical activities, such as yoga.

Our Recovery Support Workers are there to help with the development of life skills necessary for independent living and assist with career and educational planning, while at the same time, being the bridge between the resident and their medical team helping to keep progress on track.



WHAT DOES IT COST?

Charlotte's Hope is a project of the Eating Disorders Foundation of Canada, a registered Canadian Charity.

In order to make this step in eating disorder recovery affordable, EDFC will be keeping the residency fee to only \$350 per week, which includes the cost of rent, food and programs.

Enquire about special rates, if the resident is eligible for ODSP support.

WHAT IS OUR GOAL?

Our goal is to help the recovery of 40 to 50 young adults annually in Barrie.

However, we require individual donations, corporate sponsorships and in-kind donations to cover over 60% of the operating costs.

To be a part of this investment in young lives, please consult the links on the back panel for more information and ways you can help.