

jessie's legacy

eating disorders prevention education, resources and support for people in BC

What is Jessie's Legacy?

Jessie's Legacy, a program of Family Services of the North Shore, provides eating disorders prevention education, resources and support for BC youth, families, educators and professionals. Family Services of the North Shore is one of the seven BC Partners for Mental Health and Addictions Information.

Family Services of the North Shore has expanded the work of Jessie's Hope Society to ensure that the provincial prevention work becomes Jessie's Legacy. Jessie Alexander was a young North Shore woman who died of complications from a long-standing eating disorder.

Jessie's Legacy services and resources are primarily web-based. The website features a comprehensive range of information and resources including curricula, factsheets, tips and handouts. In addition, Jessie's Legacy provides media watch, on-line and telephone support and psycho-education groups as well as an Eating Disorder Support Group for Parents, Partners and Friends. With new funding, we will complete the continuum with prevention, early intervention and specialized counselling services.

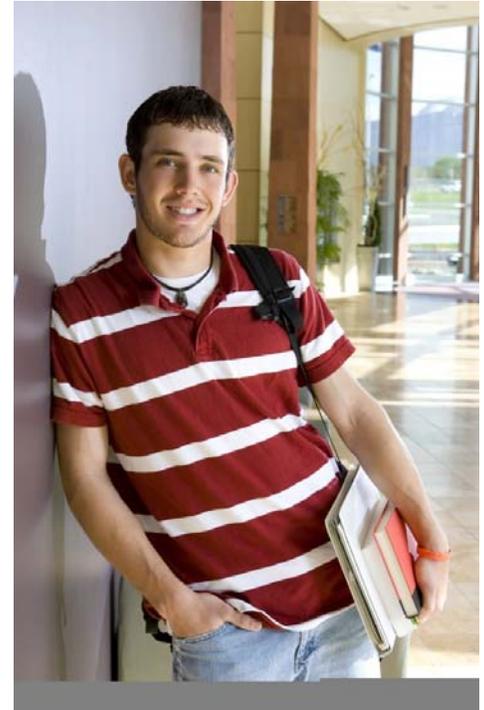
Jessie's Legacy is also the lead for Provincial Eating Disorders Awareness Week (PEDAW) a province wide effort to raise awareness around prevention, early intervention and treatment of eating disorders as well as media literacy, resiliency, healthy body image and self esteem. Traditionally, PEDAW is the first week of February with various initiatives taking place year round.

Visit our website:
www.familyservices.bc.ca

Or visit us at:
www.heretohelp.bc.ca

Telephone support: 1-888-988-5281
Text support: 778-887-6487

Email:
jessieslegacy@familyservices.bc.ca



Family Services of the North Shore is an accredited not-for-profit community based agency that offers education, support and counselling services. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.



We recognize the continuing contribution of the City of North Vancouver, District of West Vancouver, District of North Vancouver and the financial assistance of the Province of British Columbia.

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