

# Jessie's Legacy

An Eating Disorders Prevention  
and Support Program



## Dear Friends,

Welcome to the first issue of the Jessie's Legacy e-newsletter!

We will keep you informed of the activities and future plans of the Jessie's Legacy program, providing eating disorders prevention education, resources and support for [BC youth, families, educators and professionals](#) three times a year.

Our first year has been a busy but successful one. We launched our new website at a luncheon on October 21, 2010; delivered one Why Weight? Psycho education group and planned another one, initiated on-line and telephone support and organized PEDAW 2011.

We want to thank the Provincial Health Services Authority, our other [BC Partners](#) and the Alexander family for their continuing support of the Jessie's Legacy program.

Warm regards,  
**Mimi Hudson**  
Director of Community Programs



Caring for our Community

## our services

See a full listing of our programs & services for educators and professionals.

[More](#)

## get involved

Family Services of the North Shore needs your support! Your donations will help us provide exceptional services.

[Donate now](#)



## Jessie's Legacy Launch

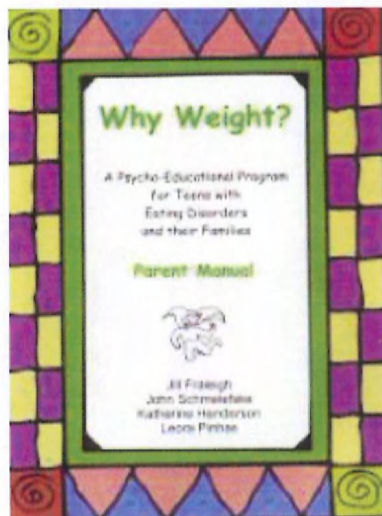
Jessie's Legacy was launched by Family Services of the North Shore (FSNS) at a fundraising luncheon on October 21, 2010. The luncheon at Capilano Golf and Country Club in West Vancouver began with a champagne reception followed by lunch and a keynote presentation by guest speaker [Dr. Gail McVey, PhD.](#)

Over 200 guests participated in the Jessie's Legacy launch including Jessie Alexander's parents, Neil Alexander and Diana Budden, who gave a moving speech at the luncheon. Also in attendance at the event was the first place winner of the [PEDAW 2010 Multimedia Contest](#), Jacqueline Kent from Balmoral Secondary, who modelled her original-design-dress filled with pictures promoting positive body image.



This event also featured the launch of the new [Jessie's Legacy Eating Disorder website](#). Many of the Jessie's Legacy Program's resources and services will be provided through a web-based format. The new website features a comprehensive range of information and resources including curricula, factsheets, tips and handouts for specific audiences such as: [Parents, Family and Friends](#); [Educators and Professionals](#); and, [Boys and Men](#). [Read more.](#)

In addition to the launch of the Jessie's Legacy website, we implemented on-line and telephone support and continue to offer an [Eating Disorder Support Group for Parents, Partners and Friends](#).



### **“Why Weight?” a psycho-education group for parents & their teens.**

Why Weight? is a 6-week program for teens with eating disorders and their families. Four knowledgeable facilitators combine their information and expertise for two hours each week to help families begin to really work together to beat this disease. It can be very difficult to get an eating-disordered teen “in the door” but once they have taken that leap of faith, the program engages them fully. Outcomes for families appeared extremely positive at the end of our last group with “I only wish it (the program) was longer”, the consistent feedback we received. [Read More.](#)



### **PEDAW (Provincial Eating Disorders Awareness Week) 2011**

The Jessie's Legacy program at Family Services of the North Shore is the provincial leader for the annual Provincial Eating Disorders Awareness Week traditionally launched the first week in February, with various initiatives taking place year round. Family Services of the North Shore collaborates with the Healthy Minds, Healthy Campuses project, Kely Resource Centre, Looking Glass Foundation and St. Paul's Specialized Adult Eating Disorder Program in supporting community initiatives around BC. [Read More.](#)

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.

[www.familyservices.bc.ca](http://www.familyservices.bc.ca) | 604.988.5281 | [Email us](#)

We are thankful for the continuing contributions of the City and District of North Vancouver, District of West Vancouver and the Province of British Columbia.



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