

[<Back](#)[Print](#)Having trouble viewing this email? [Click here](#)**Dear Friends,**

As you know, for the past two years, we have been providing eating disorders prevention education, resources and support for BC youth, families, educators and professionals through our Jessie's Legacy program.

Our website is undergoing a revamp. In addition to the new URL, [jessieprevents.ca](http://jessieprevents.ca), we expect the Jessie's Legacy section of the website to be more interactive and contain more unique content. Stay tuned - [jessieprevents.ca](http://jessieprevents.ca) should be up and running within the next few months.

We continue to develop new and innovative programming. Below please find an update on our 2011-12 activities.

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



*Caring for our Community*

**OUR services**

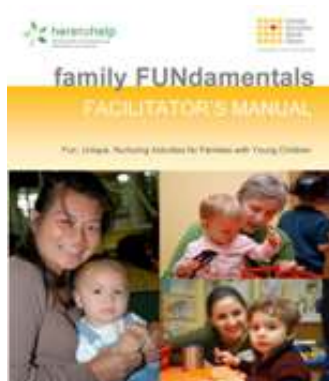
See a full listing of our programs & services for educators and professionals.

[More](#)

**get involved**

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

[Donate now](#)

**Family FUNDamentals**

**Family FUNDamentals** is an early childhood development program with the overall goal of fostering a competent parent/child relationship with food and activity. In 2011, the program was launched and piloted in 4 sites (Kamloops, Ladysmith, East Vancouver and North Vancouver) throughout BC and will be delivered in 4-6 more sites in 2012.



## Girl Talk

Girl Talk is aimed at adolescent girls to help increase awareness in the areas of healthy eating, active living, positive self regard and resiliency. This program is currently being piloted on the North Shore and will soon be available to other BC secondary schools. [Read more.](#)



## PEDAW (Provincial Eating Disorders Awareness Week) 2012

The Jessie's Legacy program at Family Services of the North Shore is the Provincial leader for this annual event, launched in February with various initiatives taking place year round. [Read more.](#) This year, the focus has been on body image and youth. A very successful [flash mob](#) was held on February 18 in down town Vancouver and a Facebook page, "Love our bodies Love Ourselves" has been developed. Click here to ["like us"](#).

Next event: Wednesday, April 18. [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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