

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

I am pleased to report that the last six months have been very productive for the Jessie's Legacy program. Highlights include another 2-day training for 5 additional Family FUNdamentals sites; creating Jessie's Legacy Facebook Page and presenting the BC prevention work at the Eating Disorders Association of Canada conference in Halifax, in October. [Read more.](#) Work continues on a new Jessie's Legacy website. Please scroll down for more information and project updates.

Thank you all for your continuing support of our Jessie's Legacy Eating Disorders Prevention work.

Warm regards,
Mimi Hudson
Director of Community and Provincial Programs

*Caring for our Community***OUR services**

See a full listing of our programs & services for educators and professionals.
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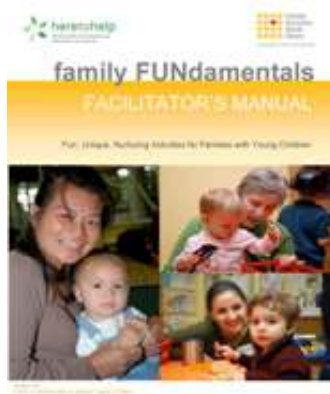
Family Services of the North Shore needs your support! Your donations will help us provide exceptional services.

[Donate now](#)**PEDAW 2012 (Provincial Eating Disorders Awareness)**

PEDAW 2012 wraps up on December 6 with a presentation by award-winning author of Perfect Girls, Starving Daughters, Courtney Martin. Courtney will be speaking on how the quest for perfection has had a profound impact on body image and disordered eating amongst girls and young women. Mothers, bring your daughters! [Read more.](#)

Other events hosted by the PEDAW Planning Committee included the Exploring Cultural Differences in Eating Disorders and the Culture of Dieting and its Impact on

Adolescent Development. The Multi-media Contest was won by Indigo Ward for her, "Media Proof Kid". [Read more.](#)



FAMILY FUNDAMENTALS

The healthy growth and development of children is fostered through positive feeding and eating relationships, interactive parent/child activities and confidence building in the early years. This is the philosophy of the Family FUNDamentals program. Another training for Family FUNDamentals facilitators took place in June. Five more sites from Kitimat, Smithers, Castlegar, Port Alberni and South Vancouver are offering this program in their Family Resource Centres. The first 4 pilot sites in Ladysmith, North Vancouver, East Vancouver and Kamloops are expected to run the program again this year. [Read more.](#)



JESSIE'S LEGACY PROGRAM COORDINATOR

We wanted to take the opportunity to introduce you to Shelley Hine, the Jessie's Legacy Program Coordinator. Shelley oversees the Speaker's Bureau both on the North Shore and provincially. As a Registered Clinical Counsellor, Shelley facilitates the ["Parents and Partners" Support Group](#); fields requests for support, referrals and [counselling on line](#) and via the text support line for youth. Any questions? Call, email or text Shelley.



JESSIE'S LEGACY FACEBOOK PAGE




Our [Jessie's Legacy Facebook page](#) was created in June, 2012 after the resounding success of the ["Love Our Bodies, Love Ourselves" \(LOBLO\) page](#). While LOBLO is designed to bring attention to body image issues, the Jessie's Legacy page focusses on media watch, weight bias/stigma, as well as parenting issues. Both pages are managed by our PEDAW Coordinator, Amy Candido. "Like Us" and comment on the many informative posts.

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.

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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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