

Body Brave

# Impact Report

2022 / 2023

Nurturing Growth  
& Collaboration





## OUR VISION

Recovery from eating disorders for Every Body.

## OUR MISSION

As a leader driving change, Body Brave is a charity providing accessible eating disorder treatment and support, as well as advancing community training and education.



**RECOVERY FOR EVERY BODY MEANS:**  
person-centred, compassionate care  
for anyone struggling with or at risk for  
an eating disorder.

- **Person-centred**
- **Innovative**
- **Accountable**
- **Bold**

# Words From Our Founders



The past year has been an exciting one for Body Brave, as our work continues to grow in scope and depth. We've built an excellent reputation as an organization providing essential services for people at many stages of their journey with disordered eating or eating disorders.

Our online Recovery Support Program provides a suite of self-help services that give people essential tools to begin their journey to healing. The Self-Assessment questionnaire allows individuals to understand more about the level of treatment they require, thus aiding in efficient system navigation. For people who request clinical services, we offer online therapy groups that are professionally facilitated by our clinical staff, as well as one-on-one assessments for those whose symptoms are most severe.

Our team is passionate about the work we do, and our approach relies on the skills and talents of each team member. At the heart of everything we do is our connection with the individual who reaches out to Body Brave. We treat each client with respect, and we believe in focusing on what makes them strong, not just what is wrong.

Sonia Kumar-Seguín | MA Economics  
Chief Executive Officer

Dr. Karen Trollope-Kumar | M.D, PhD, CCFP  
Chief Medical Officer

*The past year has brought us new opportunities, partnerships, and goals to keep supporting and growing our community*

We embrace the theme of "Nurturing Growth and Collaboration" as we reflect upon the remarkable journey of the past 6 year. From opening Body Brave's doors in 2017 with small groups held in our homey office, to transitioning to a virtual community across Canada, our mission to provide accessible eating disorder support remains the same.

Through fostering new experiences and collaboration, we are paving the way for sustainable treatment and support within our community.

Expressing gratitude to all who have joined us on this transformative journey is a task beyond measure. To our esteemed board members, dedicated staff, selfless volunteers, aspiring students, invaluable partners, valued clients, and the entire community, your unwavering support and contributions have been instrumental in shaping Body Brave into the organization it is today.



# About Us



**48,000+**  
people reached  
through our  
website annually



**1,800+**  
people find us on  
google every  
month



**10,000+**  
people reached on  
average per month  
on social media

## We help people recover from eating disorders

Through treatment, training and education, we are working to end the suffering they cause. We are a charitable organization making big changes thanks to our passionate community of volunteers, students, healthcare providers, people with lived experience, parents and donors.

We welcome all bodies and are weight inclusive and proudly 2SLGBTQIA+ friendly. Our services are all virtual and available for people aged 17+, free of charge or covered by OHIP.



### TREATING PEOPLE

Providing empowering treatment and support to people struggling with eating disorders and disordered eating.

**3,900+**  
Clients served



### TRAINING PROFESSIONALS

Providing training and education for providers to enable early intervention and diagnosis.

**220+**  
Healthcare professionals & students trained annually



### EDUCATING COMMUNITIES

Educating the public to break down stigma, increase understanding and create safer spaces of healing.

**40,000+**  
Online community

# A Message From Our Board



This message is an opportunity to thank our deeply engaged staff, board members, advisory board members, students, volunteers, and community partners for all you give and do and those who moved on from Body Brave—your legacy lives on. Thank you to our donors and all who advocate for Body Brave.

Body Brave is now in the third year of our strategic plan, and we continue to progress and commit to our four strategic initiatives, the first being **Innovation and Service**. Our devoted medical and clinical staff delivered over 5500 hours of accessible treatment sessions last year, helping individuals decrease eating disorder symptoms and increase quality of life. In addition, we are in our third year of offering the innovative, evidence-based online, self-guided, stepped-care Recovery Support Program (RSP) for eating disorders on the Careteam platform, where we served 800 in the first year, 2000 in the second year, and 3500+ this year. Body Brave is driven to our next initiative of **Sustainability** as the team works deliberately and diligently towards generating security by seeking annualized funding. Moreover, sustainability is also realized through our partnerships, like our Careteam partner, as stated above and our most recent partnership with Eating Disorders Nova Scotia to provide peer to peer support. We develop inward sustainability within the Body Brave team through professional development. A highlight this past spring was listening, learning, and integrating from our advisory board member, Elizabeth Grey,

about Indigenous health challenges. Body Brave is dedicated to diversity, equity, inclusion, anti-racism, and anti-oppression and strives to reach all people living with an eating disorder through our person-centred approach and connecting to the intersection of each person's identity. We are engaged in our third strategic initiative of **Culture, Communication, and Advocacy** through media, presentations, and our Body Peace Collaborative. Our CEO, Sonia Kumar, has been a part of the esteemed Canadian Medical Association Patient Voice Committee for five years, a group dedicated to exploring the gaps in the Canadian healthcare system. Sonia shares how Body Brave has closed and continues to aim to close these gaps. We are also incredibly grateful to reach hundreds of thousands on our social media across the globe to destigmatize eating disorders and share approaches, support, and programming. Our fourth strategic initiative—**Education and Research** is also realized through our social media platform. In addition, we have a team dedicated to conducting data-driven peer-reviewed research that enables continued learning and understanding, helping to realize the Body Brave vision of recovery from eating disorders for Every Body.

Suzanne Conroy | Board Chair



## Our Board:

Suzanne Conroy

Ariel Qi

Donnica Campbell

Dr. Cynthia Lokker

Kathryn Samaras

Chelsea Murray

Cairine Wilson

Victoria Ingram

Amanda DeYoung

# Fostering Education & Nurturing Knowledge

How we continued to educate communities and ourselves this year:



## INDIGENOUS-CENTRED EDUCATION SESSION

In April, members of the Body Brave team (virtually) gathered together to hear from Elizabeth Gray, an Indigenous Counsellor and Educator, to discuss Indigenous health challenges, and how it can be related to eating disorders and disordered eating.

## IN THE MEDIA

In the past year, we've actively engaged with the media to share our mission and insights. Our involvement in various news articles has allowed us to reach a broader audience and raise awareness about the harmful effects of eating disorders.



## SPEAKING UP

Over the past year we've had the privilege of participating in numerous events, sharing our expertise, and contributing to meaningful discussions. We remain committed to actively engaging in events as a means of driving positive change and fostering collaboration within our community.

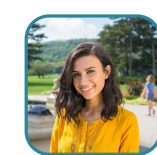
## BODY PEACE CONFERENCE

In 2022, we held our 3rd Body Peace Conference to date! The theme of this conference was: Eating Disorders in an Unequal World: Stepping into the Future of Care. This conference aimed to empower individuals with the skills to succeed in fostering a world where equity is fundamental to Eating Disorder Recovery.



# The Body Brave Team

Our small team makes a big impact. Meet the core team behind Body Brave!



**Sonia Kumar**  
CEO & Co-Founder  
Serving as CEO and Co-Founder of Body Brave, Sonia tirelessly collaborates with our partners and stakeholders, ensuring the seamless operation of our organization behind the scenes. She is involved in various aspects, from managing finances to overseeing HR functions. Sonia is a key presence in all areas of our operations.



**Dr. Karen Trollope**  
CMO & Co-Founder  
Dr. Karen Trollope, a Co-Founder of Body Brave, serves as our Chief Medical Officer. Karen is actively engaged in various roles, including facilitating groups, conducting medical assessments, and even educating family medicine residents, among her many contributions to our organization.



**Janet Noble**  
Clinical Director, Social Worker/Psychotherapist  
Janet is the driving force behind our treatment groups as our Clinical Director. In this role, she collaborates with the team to both design and facilitate numerous treatment groups. Additionally, Janet provides valuable supervision to our dedicated students at Body Brave.



**Jeannine Smith**  
Program Evaluation Officer, Registered Dietitian  
Jeannine is one of our exceptional dietitians and facilitators at Body Brave. She also actively contributes to our research team, where she assesses the effectiveness of our services, and plays a significant role in all aspects related to the Recovery Support Program.



**Krisztina Takacs**  
Project Coordinator  
Starting as a student at Body Brave, Krisztina has evolved into a pivotal figure overseeing major projects, including the Recovery Support Program. She collaborates closely with partners and stakeholders to manage these initiatives.



**Lauren Griffin**  
Operations Officer  
If you've ever contacted us, chances are you've had a conversation with Lauren! In her role as our Operations Officer, she wears many hats, which even includes curating our popular #MemeMondays on our social media platforms!



**Wendy Pope**  
Communications and Administration Officer  
Have a question about treatment groups? Wendy is ready to help! She serves as our point of contact for managing the administrative aspects of enrolling clients into our treatment groups. Wendy is also one of our amazing group co-facilitators!

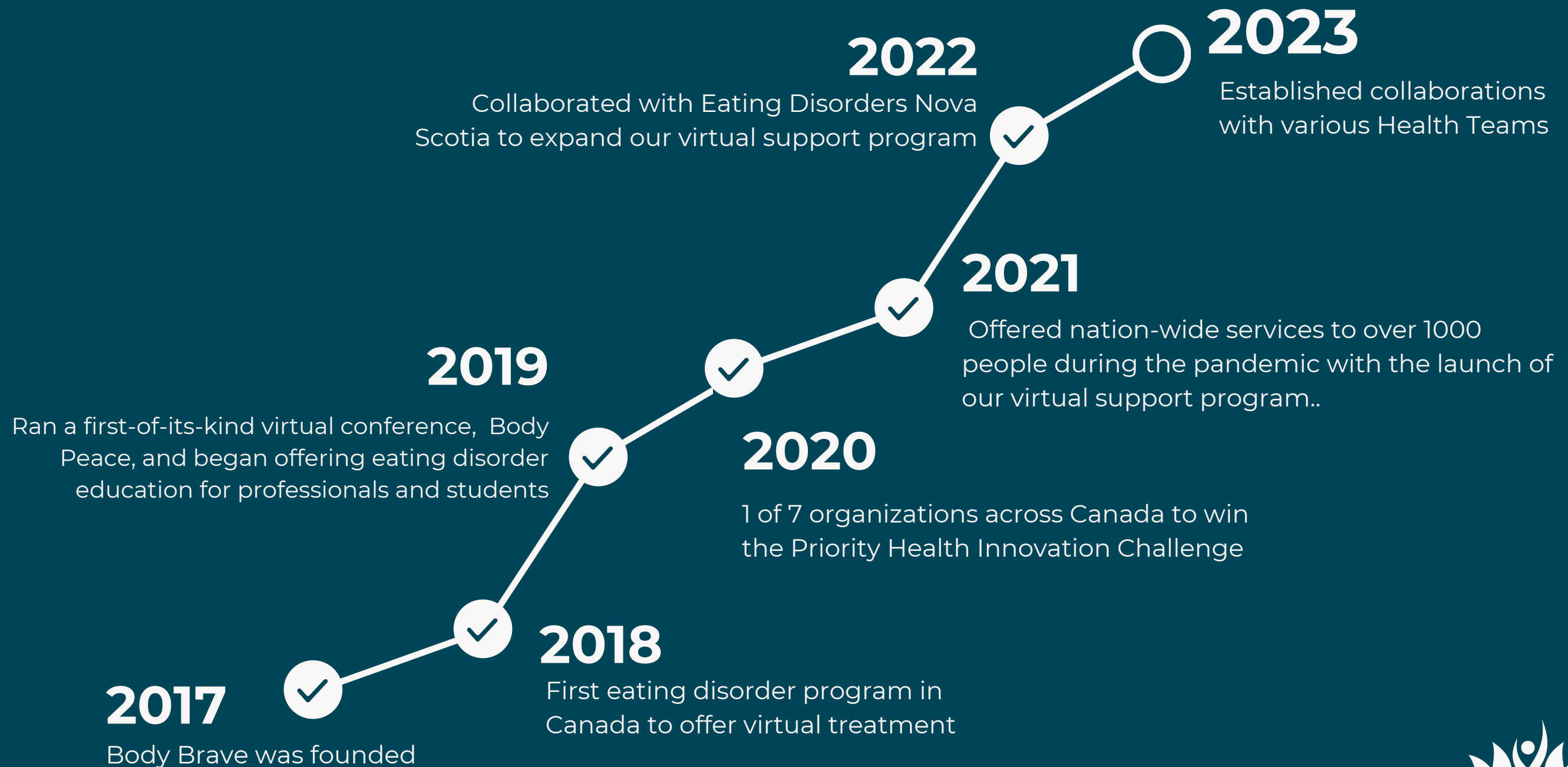


**Anne Bokma**  
Fund Development Director  
Anne is our dedicated Fund Development advocate focused on establishing sustainable fundraising initiatives, organizing events, and raising awareness about Body Brave on social media and our newsletter! Despite being new to Body Brave, she has already been instrumental in propelling us towards greater achievements.

## Facilitators, Board Members, Clinical Collaborators, Students & Volunteers:

We extend our heartfelt gratitude to the dedicated facilitators, committed Board Members, skilled doctors, invaluable advisory team members, passionate students, and selfless volunteers. Your collective efforts and unwavering support have been instrumental in our mission's success, and we look forward to another year of collaboration, growth, and impact together. Thank you for being an essential part of our journey towards our mission of Recovery for Every Body.

# Our Journey Over 6 Years



**Thank you for being on this journey with us.**

[i am]  
**BODY BRAVE**



# Recovery at a Scale

## Body Brave’s Recovery Support Program

Hosted on the evidence-based Careteam platform, our virtual Recovery Support Program provides free access to a suite of self-guided resources that are available to clients after initial contact with Body Brave.



3500+

participants  
onboarded on the  
platform



2000+

self-assessments  
completed



90%

of participants would  
recommend this program

### ABOUT THE RECOVERY SUPPORT PROGRAM:

Developed in 2020, the Recovery Support Program (RSP) includes action plans, automated check-ins, assistance with system navigation, and a database of recorded webinars on a variety of subjects relevant to people struggling with disordered eating or eating disorders.

Response to the RSP has been positive, with clients reporting that this rapid online support assists them with motivation to recover and steps to help them plan their recovery journey. Recently, Body Brave collaborated with Eating Disorders Nova Scotia, to offer Peer support services. This is proving to be a valuable addition for clients.

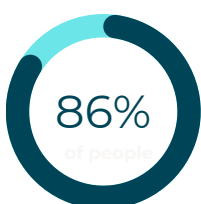


### FINDING THE RIGHT LEVEL OF CARE: SELF-ASSESSMENT

In partnership with St. Joseph’s Healthcare Hamilton Eating Disorder program, Body Brave created a user-friendly tool to address healthcare system gaps and shorten wait times for eating disorder treatment services. These delays often stemmed from incorrect referrals. The "Finding the Right Level of Care Self-Assessment" offers individuals aged 16+ guidance on suitable care levels, using criteria agreed upon by clinicians from different hospital-based treatment programs in Ontario. This assessment is available in the RSP and has garnered interest from health teams and organizations nationwide.



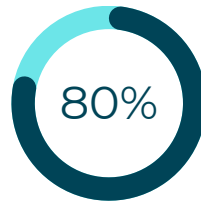
found the self-assessment  
helpful



said that it helped them to  
understand the level of care  
that was right for them



would NOT have reached out for  
help if they hadn’t done the self-  
assessment



felt more supported in their  
recovery after participating in a  
support session

“Body Brave has been such an amazing support for me while I’ve been waiting for a higher level of care. I’ve recommended Body Brave to others and will continue to do so!”

# Person-Partnered Treatment and Support for Every Body

Meeting and treating people where they are.

Over the past year we have provided:

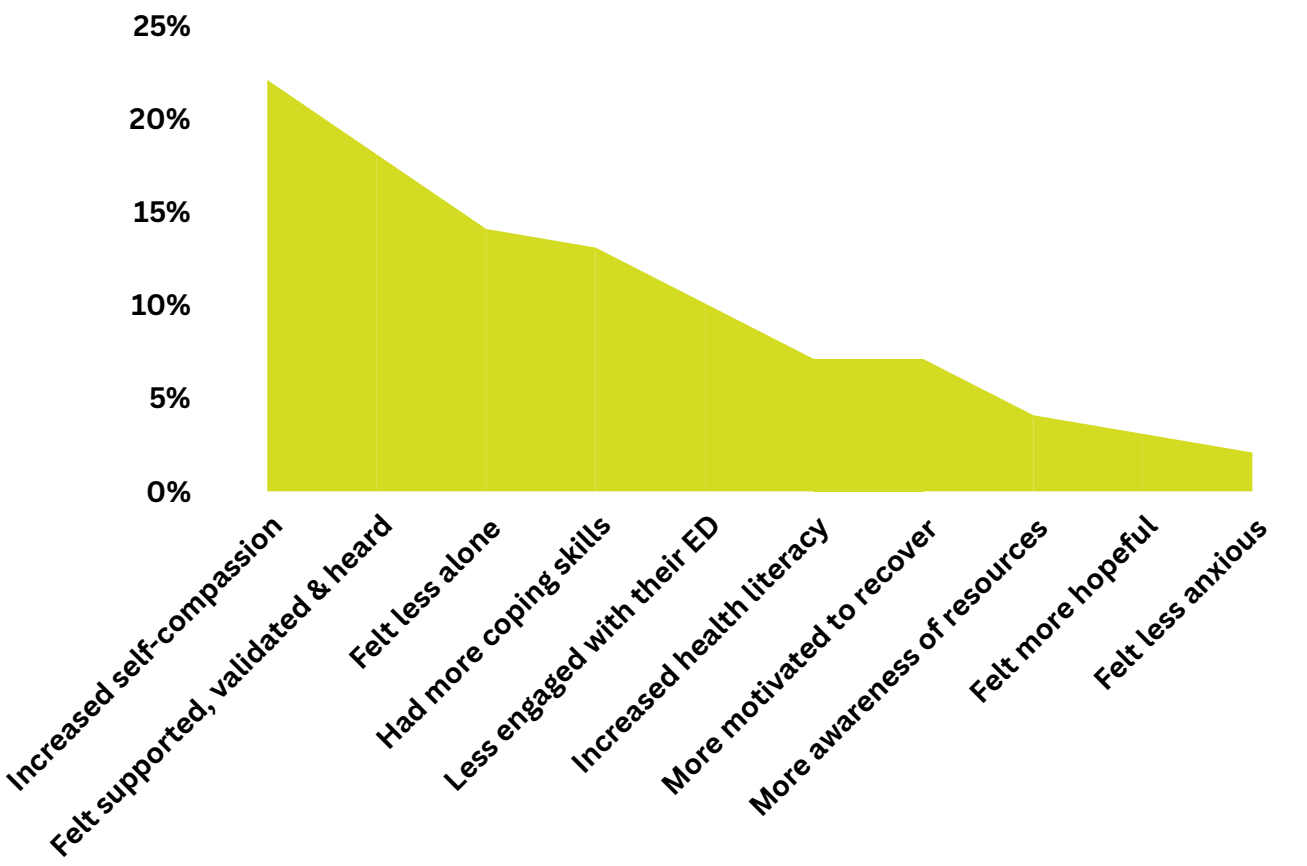
- **369** treatment group sessions
- **5500+** hours of treatment
- **2000+** individual appointments
- **447** clinical intakes



Some of our 10-week treatment groups outcomes:



Changes clients reported as a result of participating in Body Brave programming:



# Treatment Groups

All treatment groups are virtual & free-of-charge.



## Grow Together

Drop-in group

Grow Together is a weekly drop-in treatment group for those who are experiencing disordered eating behaviours such as restricting, purging, or over-exercising. Participants are actively involved in choosing topics to be explored each week.



## Brave Together

Drop-in Group

Brave Together is a weekly drop-in treatment group for those who are struggling with binge eating, overeating, and/or emotional eating. We welcome you to join us for a recovery-focused, strengths-based group.



## Nutrition for Every Body

10-Week Treatment Group

Nutrition for Every Body is a 10-week online treatment group led by an Anti-Diet Registered Dietitian for those ready to work on nutrition basics for recovery.



## Brave At Every Size

10-Week Treatment Group

Brave At Every Size is a 10-week introductory online treatment program for anyone struggling with emotional eating and/or binge eating. This group is focused on enhancing skill-building and individualized strategies for change.



## Living Body Brave

10-Week Treatment Group

An introductory online treatment program for anyone struggling with restriction and/or purging behaviours. Join us for a recovery-positive group that explores your highs and lows of your recovery journey.



## On The Journey

10-Week Treatment Group

For people who have been struggling with active eating disorder behaviours for 2 plus years and have also participated in treatment groups, and/or individual treatment sessions in the past. Geared towards individuals with long-standing eating disorder behaviours.



## Nourish & Thrive

10-Week Treatment Group

Nourish & Thrive is about exploring what it means to be flexible outside of a meal plan or structured eating, and to start getting curious about intuitive eating. Led by an Anti-Diet Registered Dietitian, learn how to expand on variety, find pleasure in eating, and build your confidence to trust and feed your body.



*I'm so glad I found Body Brave! I still have so much work to do and learning but I feel so much more supported and knowledgeable since joining Body Brave.*

**-Body Brave Client**

*I want to acknowledge all the facilitators at Body Brave...I felt heard, accepted and supported in all the group sessions I attended.*

**-Body Brave Client**

*The individual attention I've received from Body Brave's practitioners has increased my capacity for self-awareness and self-care. The wide variety of groups I've participated in have collectively provided the sufficient practical tools, emotional support, and sense of hope I desperately needed.*

**-Body Brave Client**

*My fellow group members seem very supportive, open and willing to be vulnerable, and I am enjoying getting to know them more and learn from them.*

**-Body Brave Client**

*I am beyond grateful for my experience at Body Brave. [The facilitators] created such a safe, welcoming and non-judgemental space to share our thoughts. I learned so many new and life changing tools to use on my recovery journey and feel so proud of my progress since joining the support group. The inclusive and supportive approach made me feel understood and not alone in my recovery.*

**-Body Brave Client**

*I've been dealing with disordered eating for 3 years now, and besides my family I've dealt with it all alone. I had no idea how to ask for help, or where to go, but signing up for Body Brave answered so many questions and finally made me feel like I'm not in this alone.*

**-Body Brave Client**

*These programs have been life-changing. They offer education, awareness, and community. Well done!!!*

**-Body Brave Client**

# Client Testimonials

# Training and Education

Providing training and education for providers to enable early intervention and diagnosis.

Healthcare professionals play a vital role in our communities and have the ability to impact hundreds of people every year. Many professionals, including physicians and dietitians, receive very little eating disorder specific training in their formal education.

Our training courses are designed to help fill this gap and ensure that people in all professional settings are equipped with the tools they need to support patients and clients with eating disorders.

Proceeds go directly to funding our treatment and support programs.

In the past year,  
we trained 220+  
healthcare  
professionals  
and students



100%

increase in a  
knowledge of  
eating disorders



117%

increase in comfort  
level providing care  
to a person  
impacted by an  
eating disorder



100%

increase in  
confidence in ability  
to make an  
appropriate referral  
when needed.



## Dietitian Training Course

This introductory training course is aimed at offering education to people who practice nutrition work in community-based settings (such as non-profit organizations).



## Social Worker Training Course

This introductory training course is aimed at offering education to social workers, therapists, psychologists, mental health care providers, and other professionals in Health, Social and Human Services.



## Primary Care Providers Training Course

This introductory training course is designed for primary care providers, including family doctors, physicians, nurse practitioners, and nurses.



# Research & Evaluation

Learn more about our research initiatives over the past year:

## On the Journey: A Qualitative Evaluation

Beginning in 2017, the 'On the Journey' support group was first offered at Body Brave as a community-based treatment option and has since evolved to continue to meet the needs of their diverse clientele. The objective of this study is to describe the development of the On the Journey treatment model as told by its co-creators and evaluate the experiences of the group's participants. Our results will inform future development of On the Journey and contribute to the evidence base on community-based programming for patients with eating disorders. Additionally, results of this study can also support the work of other community organizations who provide services to people with eating disorders, by providing details on Body Brave's novel treatment approach.

**Authors:** Sophia Guinness MSc, Jasmeen Dourka MSc, Sarah Galway PhD Candidate, Hannah Healey PhD Candidate, Aly Bailey PhD, Cynthia Lokker PhD

## Exploring the Role of Intersectionality in Eating Disorder Treatment Experiences and Access (PhD Thesis)

There are many factors which impact access to diagnosis and treatment for eating disorders (EDs) and disordered eating (DE) including (but not limited to) a lack of equity and diversity measures in healthcare practices, stigmas and stereotypes associated with EDs/DE, and physical and socioeconomic barriers to healthcare. The overarching goal of this study is to understand diverse perspectives and lived experiences of those who identify as having an ED and/or DE to illuminate ways in which current treatment services and biomedical conceptualizations of illness are perpetuating barriers to care. This intersectional feminist narrative research study, informed by CBPR principles, will address how individuals conceptualize their own eating disorders (EDs) or disordered eating (DE), access to associated treatment, and what individuals perceive as important and helpful to their care. Mapping the results within the context of BB's service provision and organizational goals is anticipated to illuminate key areas for improving EDI initiatives and to provide insight into lived-experiences of clients accessing treatment at BB.

**Authors:** Hannah Healey PhD Candidate, Dr. Elysée Nouvet PhD (Supervisor), Dr. Treena Orchard and Dr. Susana Caxaj (Advisory Committee)

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## Exploring the Experiences of Individuals Impacted by Eating Disorder Symptoms with a Virtual Support Program: A Canadian Qualitative Study

Funded in collaboration with Mitacs and the Knowledge Institute for Child & Youth Mental Health and Addictions, Maria Nicula, a PhD student at McMaster University, conducted 25 semi-structured qualitative interviews to explore their experiences with and perspectives of users of Body Brave's RSP. Maria's early analysis highlighted that participants enjoyed using the RSP at their own pace and felt reassured that it came from a trusted, reputable source. Some issues with the ease of using the platform were identified and users thought that the self-directed nature may be better for users who are recovery-motivated. Almost everyone agreed that virtual, low-barrier programs such as the RSP fill a much-needed gap in ED services. The findings from the study will guide future program adaptations and contribute to the growing body of evidence that programs like the RSP help adults with EDs.

**Authors:** Maria Nicula PhD Candidate, Jeannine Smith RD, Cynthia Lokker PhD, Dr. Jennifer Couturier MD, Dr. Gina Dimitropoulos PhD

## Enhanced recovery support for people with eating disorders during the COVID-19 pandemic – quality improvement of a web-based, stepped-care program in Canada

Throughout the COVID-19 pandemic, the number of individuals struggling with, and seeking help for eating disorders has increased substantially. As a not-for-profit organization providing community based low-intensity treatment, Body Brave created and implemented a web-based stepped-care Recovery Support Program (RSP). Our objective was to conduct a quality improvement assessment of the development and implementation of the online, self-guided RSP, and to assess how this program addresses the barrier of timely access to care in people seeking help for their eating disorder or disordered eating from Body Brave.

**Authors:** Michael D. Wood PhD, Jeannine Smith RD, Hannah Healey PhD Candidate, Matthias Görges PhD, Cynthia Lokker PhD

**This study was recently published!**

To read this study in the British Medical Journal (BMJ) scan the QR Code.



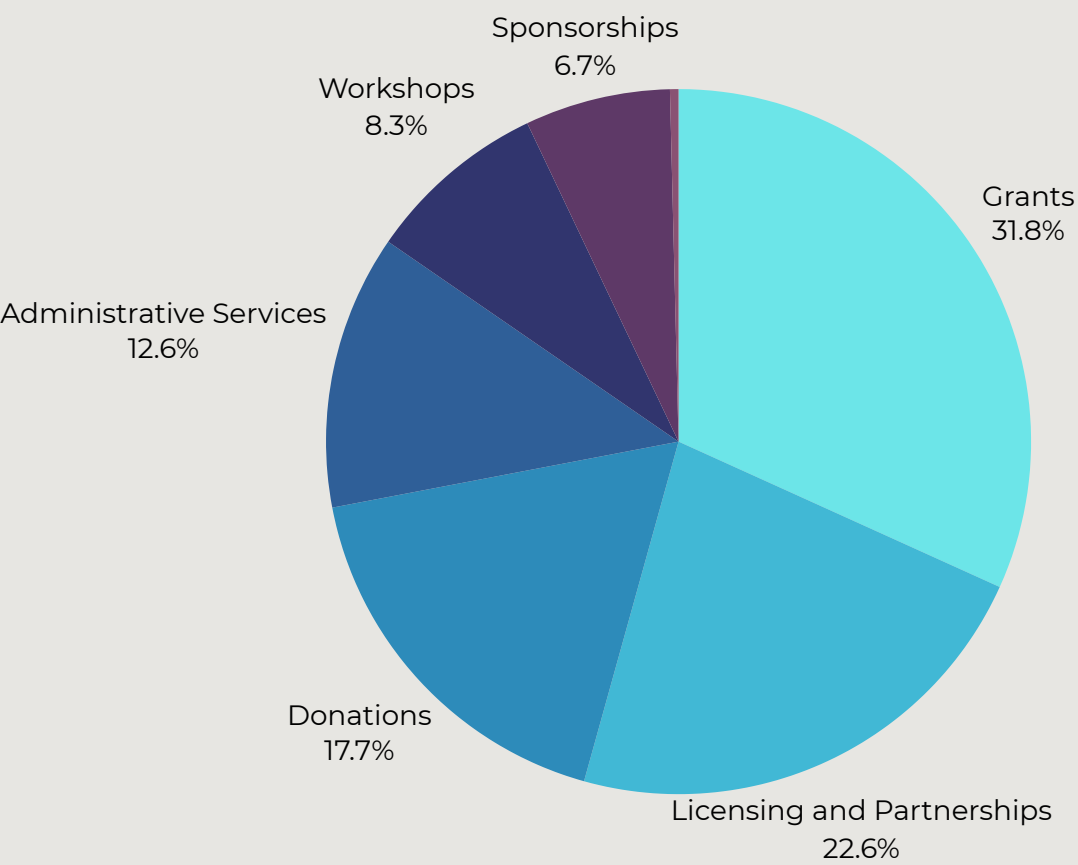
# Financial Report

## BODY BRAVE INC.

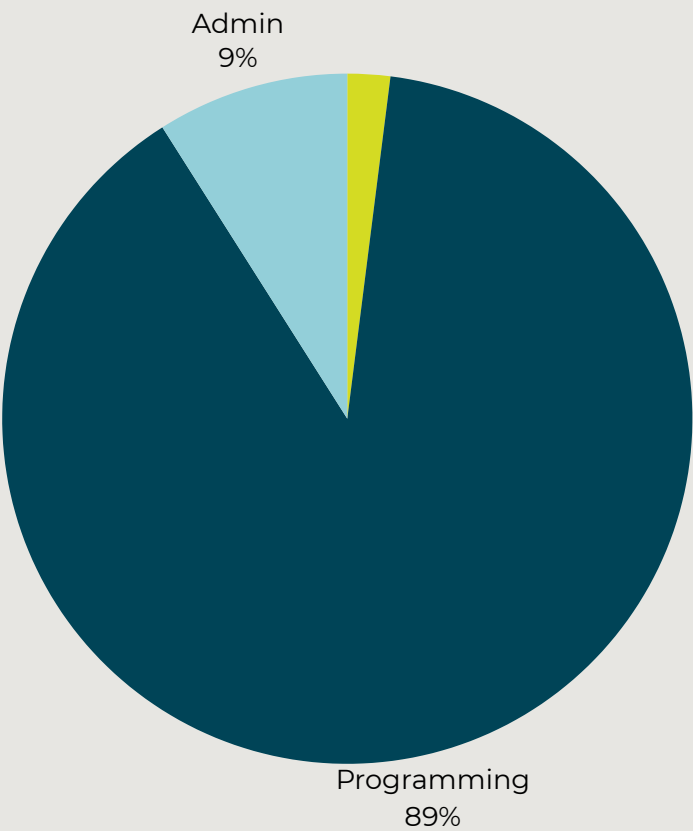
### STATEMENT OF REVENUES AND EXPENSES AND CHANGES IN FUND BALANCES FOR THE YEAR ENDED JULY 31, 2023

	2023	2022
Revenues		
Grants	\$ 169,846	\$ 195,701
Licensing and partnering	120,596	139,157
Donations	94,533	62,169
Administrative services	67,353	68,359
Workshops	44,598	55,025
Sponsorships	35,667	-
Fundraising	2,086	17,603
	534,679	538,014
Expenses		
Advertising and promotion	4,682	16,880
Conference Expenses	5,056	-
Grants to other charities	-	20,000
Insurance	4,288	3,942
Interest and bank charges	2,832	2,751
Fundraising expenses	6,406	2,525
Treatment and Support	124,779	62,762
Office and administration	35,625	15,236
Professional fees	21,788	17,821
Rent	4,700	6,300
Wages and benefits	316,945	308,278
	527,101	456,495
Excess of revenues over expenses for the year	7,578	81,519
Balance, beginning of year	177,545	96,026
Balance, end of year	\$ 185,123	\$ 177,545

## Revenue Sources



## Expense Allocation



# Our Supporters



We extend our heartfelt gratitude to our generous donors, fearless partners, and dedicated supporters. Your unwavering commitment to Body Brave has made a profound impact on our work. Together, we've achieved milestones, touched lives, and brought positive change to our community. Your continued support is instrumental in driving our mission forward, and we look forward to another year of collaboration, progress, and shared success. Thank you for being an essential part of our journey.



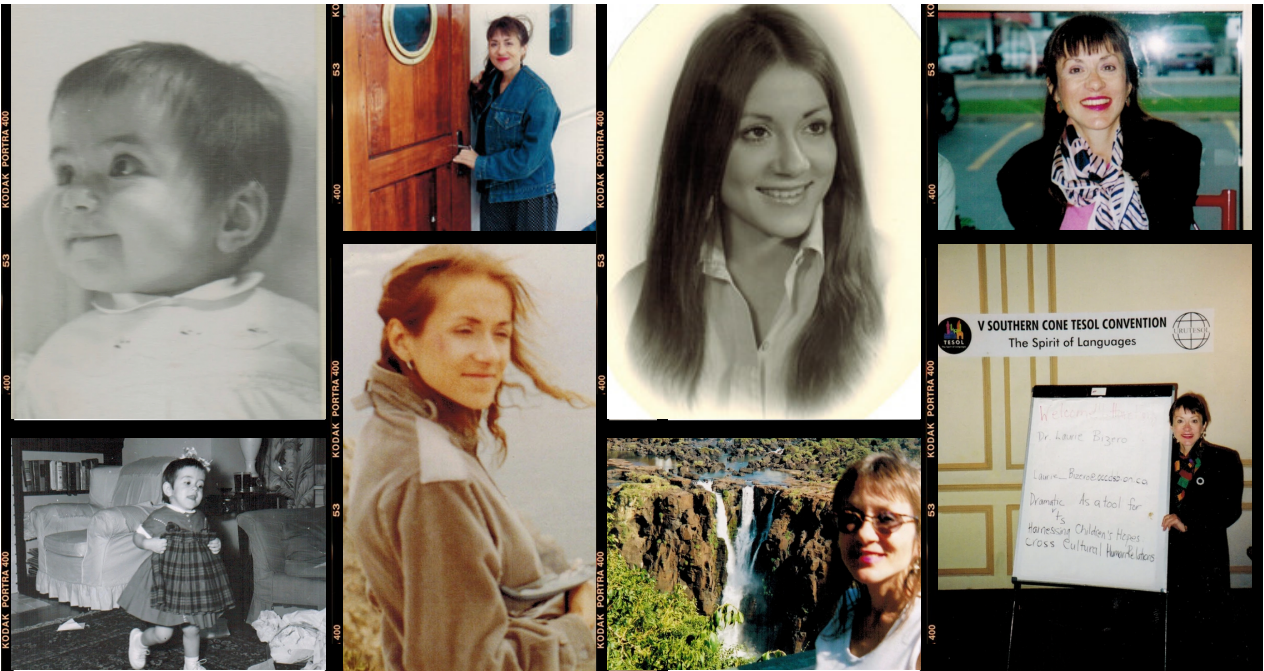
## Want to make a difference?

To contribute, scan the QR Code or go to [www.bodybrave.ca/donate](http://www.bodybrave.ca/donate) and make your donation today!

# Donor Spotlight

*"I think that after reading about Laurie you will understand why the world is a little duller without her..."*

- Maurice Bizero



We celebrate the life of **Dr Laurie Bizero**, who passed away at the age of 63 last September from complications related to her longstanding struggle with anorexia. She was a brave and talented woman who led a remarkable life.

In her memory, her husband **Maurice Bizero** made a substantial donation to Body Brave that will be renewed yearly. His donation supports a range of dietetic services at Body Brave.

Learn more about Laurie and the stories that continue to commemorate her by visiting: [www.bodybrave.ca/laurie-bizero](http://www.bodybrave.ca/laurie-bizero)

# WE COULDN'T DO THE WORK WE DO WITHOUT OUR VALUED DONORS

Much gratitude to all these special folks (plus another 50+ who chose to remain anonymous) who made donations to Body Brave between Jan. 1, 2022 and July 30, 2023. Thank you for your generosity!

Yogesh Desai  
Mayah Moosajee  
Niamh O'Shea  
Sue Wilkins  
Jenny Mitchell  
Beth Enslow  
Christina Maxwell  
Lynne Koss  
Magali Delgado Santana  
Steve Viau  
Pradeep Kumar  
Avaleen Vopicka  
Susan Burke  
Clare Freeman  
Anne Bokma  
Kimberly Poole  
Brooke Petrie  
Teresa Smith  
Linda Clark  
Jennifer Purdie  
Janie Hickman  
Rhonda Avey-Hufnagel  
Anne Wong  
Jo-Anna Frustaglio

Brittony Osler  
Martha Vickers  
Brooke Weaver  
Jerome and Cathy Trudell  
Aimy Ayo  
Paige Harris  
Dana Garcia  
Dale Guenter  
Pat Dickinson  
Donnica Campbell  
Keyna Bracken  
Barbara Jepson  
Barbara Wallace  
Mary Ellen Scanlon  
Frank & Anne Kosnick  
Kevin Foster  
Chris Hartley  
Alan Eppel  
TK Pritchard  
Kala Grant  
Carol Town  
Elyse Trudell  
Khursheed & Maroussia Ahmed  
Brittani Ali

Elizabeth Gray  
David Orellana  
Jaime Drayer  
Gail Rappolt  
Suzanne Conroy  
Laura Kilgour  
Alex Verhoeven  
Zina Krawiec  
Marie-Claude Laferrière  
Patricia Marriott  
Anju Joshi  
Alexandra Greenhill  
Maria Grande  
Suzanne Dietrich  
Frances Patterson  
Diane Zsepeczky  
Evelyn Morin  
Barbara Arthur  
Cindy Hobbins  
Cynthia Lokker  
Tierra Baker  
Mike Samson & Julie Shea  
Dr. Sharon McCleave  
Barbara Martin

Barb Rockx  
Jessica Mitchell  
Suzanne Phillips  
Karyn Davies  
Debby Field  
Shaleen Jones  
Chelsey Montgomery  
Madalynn Bates  
Mary Thompson  
Dr. Karen Trollope-Kumar  
Julie Bergshoeff  
Ryan Cloutier  
John Campbell  
Barbara Ormond

There are many ways to support the work we do. Check out our **DONATE** page.

# A BIG THANK YOU TO:



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



2022 Bell Let's Talk  
Community Fund



# CONNECT WITH US



info@bodybrave.ca



@bodybravecanada



(905) 312-9628



www.bodybrave.ca

# WAYS TO GIVE



Donate



Spread The Word



BODY BRAVE