

A Message from Janice

Dear Friend,

With April being volunteer appreciation month, I am reminded of my favorite quote from Margaret Mead.



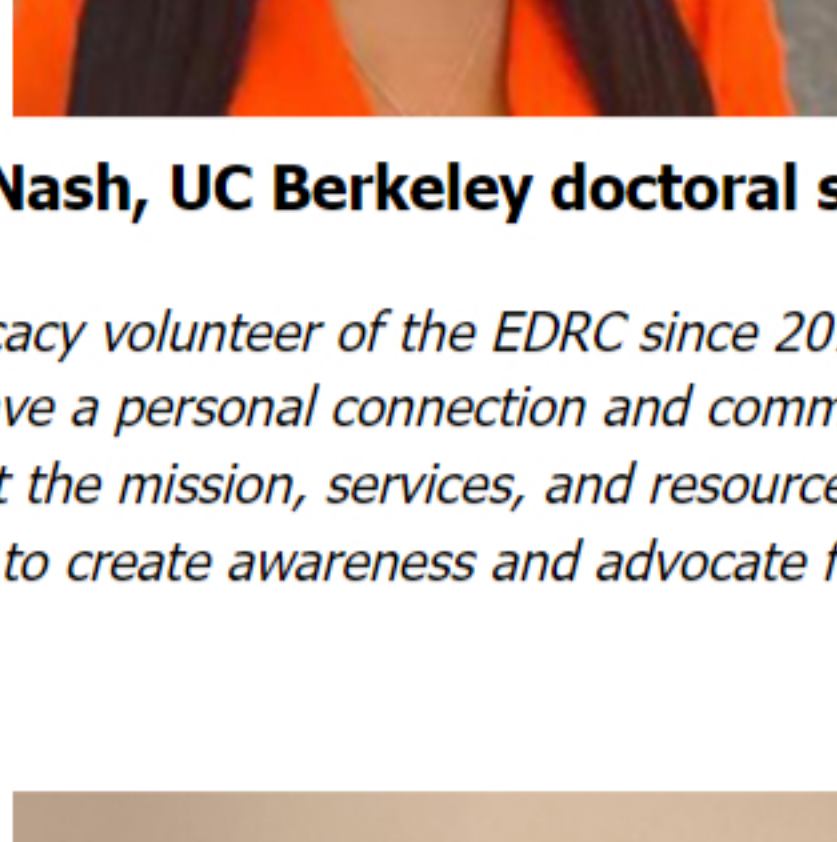
Our volunteers range from our board members to our support group facilitators, as well as our ED experts and Student Action Committee members. EDRC would not be where we are today without the support of these dedicated volunteers. In this issue, we highlight their important work.

Gratefully,

Janice Bremis

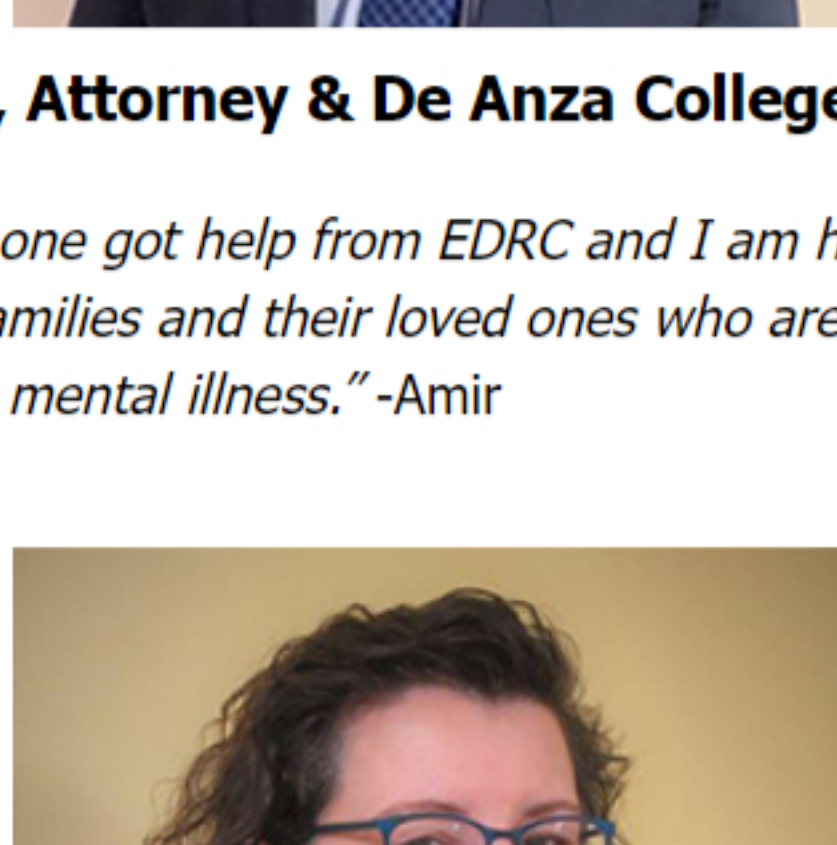
New Board Members

EDRC welcomes three new board members to our team: Amir Alem, Amia Nash, and Kathy Konjuh.



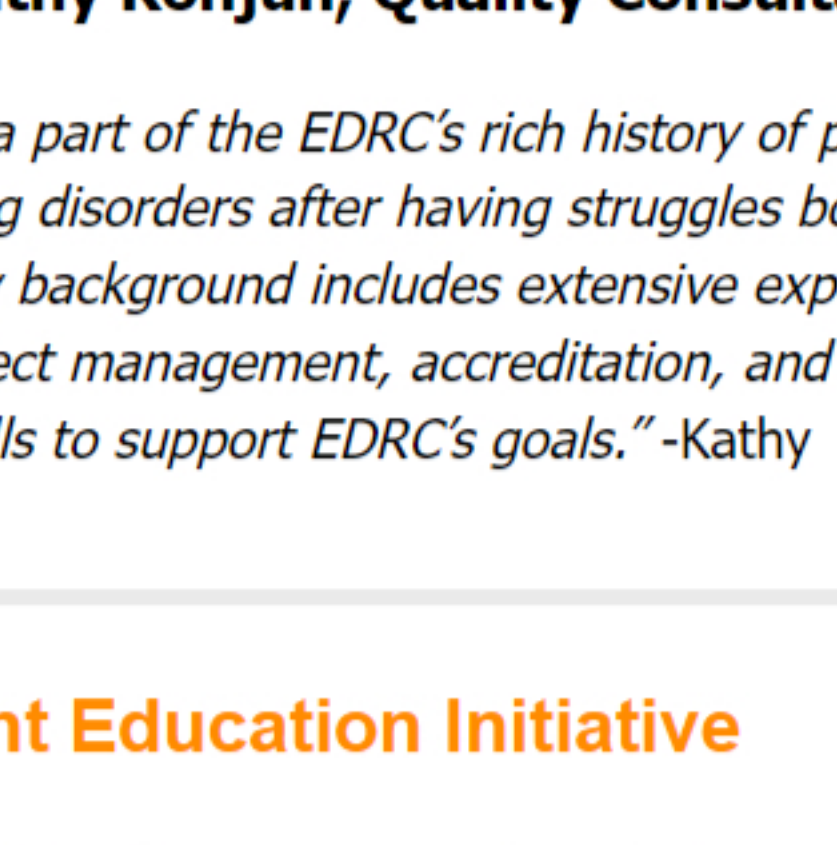
Amia Nash, UC Berkeley doctoral student

"As a long-time advocacy volunteer of the EDRC since 2014, this is an organization that I have a personal connection and commitment to, and I am very passionate about the mission, services, and resources it provides to community members to create awareness and advocate for treatment of eating disorders." -Amia



Amir Alem, Attorney & De Anza College Instructor

"My family and loved one got help from EDRC and I am honored to join the board to help other families and their loved ones who are struggling with this complex physical and mental illness." -Amir

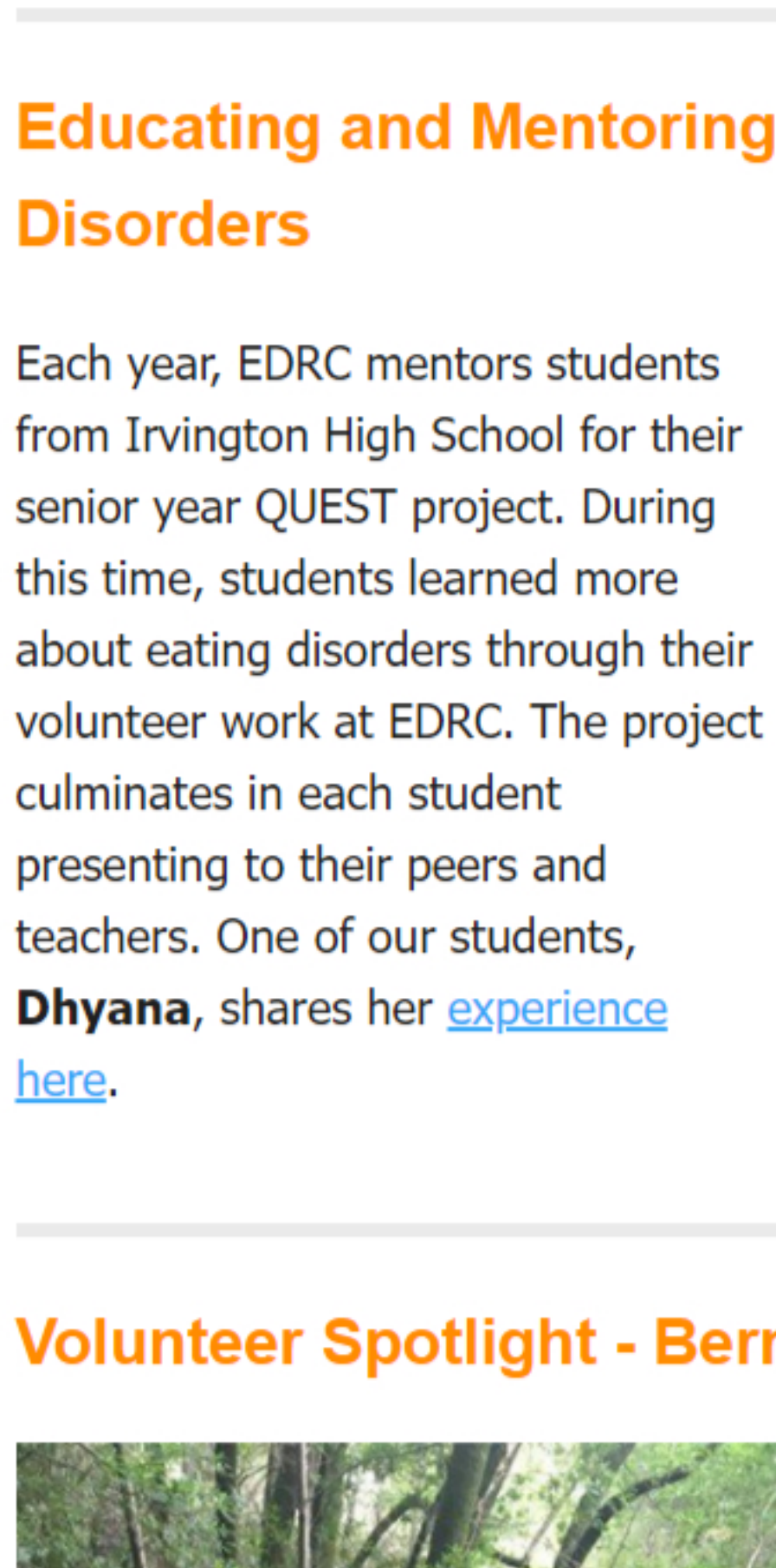


Kathy Konjuh, Quality Consultant

"I am honored to be a part of the EDRC's rich history of providing support services around eating disorders after having struggles both personally and with close friends. My background includes extensive experience in healthcare quality including project management, accreditation, and regulation and am excited to use my skills to support EDRC's goals." -Kathy

EDRC's Student Education Initiative

EDRC's Education Initiative first came together during the Summer of 2021 for the purpose of raising awareness about eating disorders among students, teachers and parents. Since the first one for Evergreen High School, the group has given five presentations to a total of over 200 attendees so far, with many opportunities coming up in the near future.



"EDRC and the education initiative, specifically, is impactful to me in a way where I am no longer the source of my own pain. I have learned so many valuable lessons."

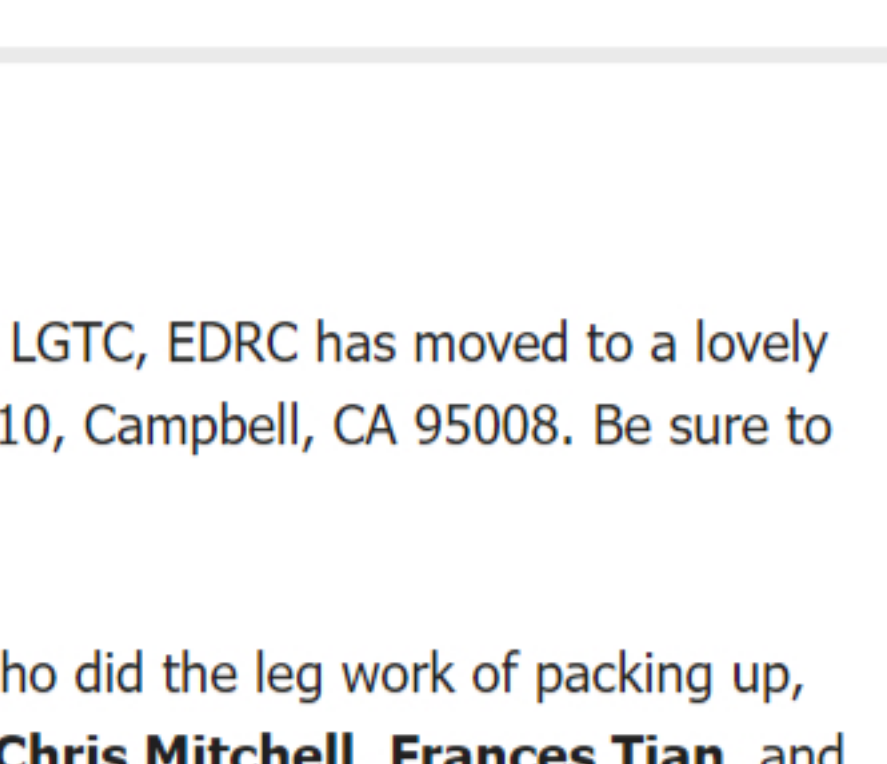
-Ananya Anand



"As Ananya's mother, I am happy to help these students raise awareness among parents."

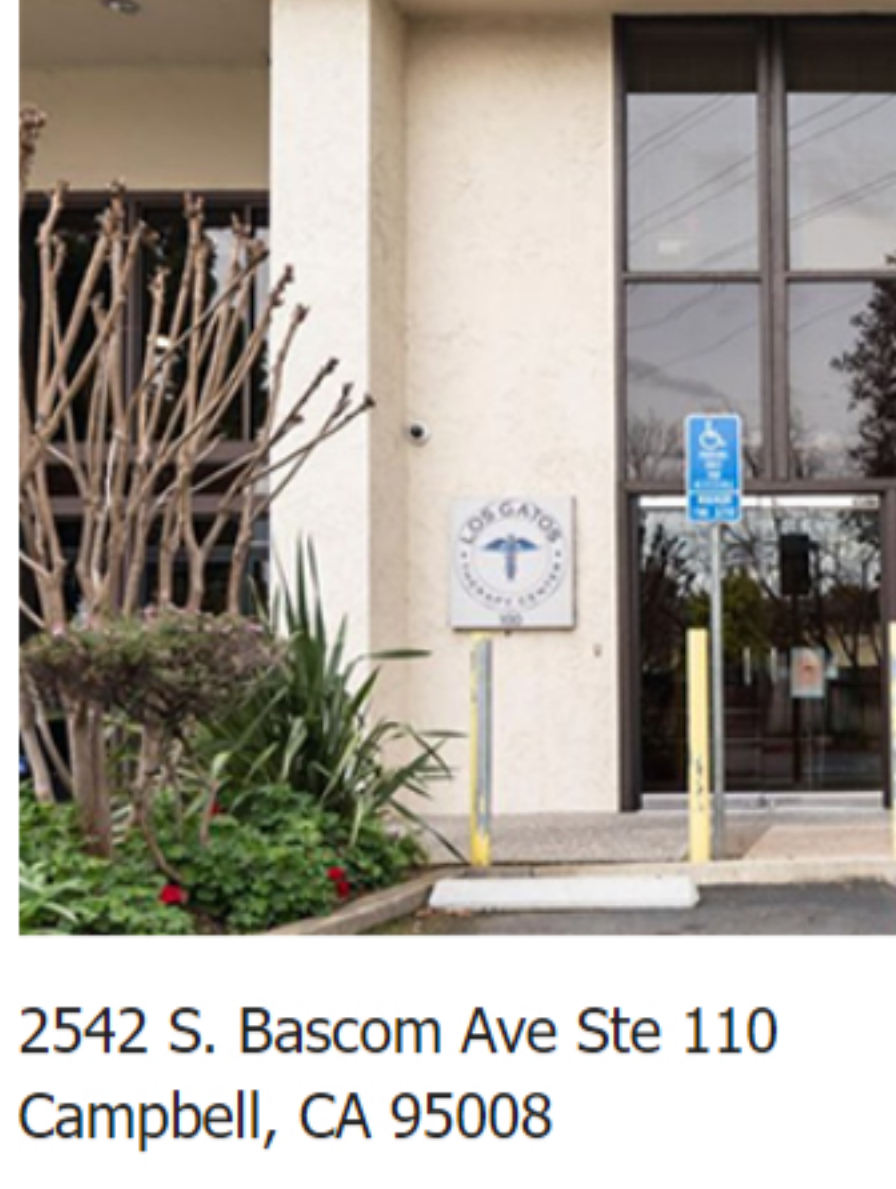
Educating and Mentoring Students on Eating Disorders

Each year, EDRC mentors students from Irvington High School for their senior year QUEST project. During this time, students learned more about eating disorders through their volunteer work at EDRC. The project culminates in each student presenting to their peers and teachers. One of our students, **Dhyana**, shares her [experience here](#).



Each year EDRC mentors Irvington High School seniors.

Volunteer Spotlight - Bernie



Bernie joined EDRC in May of 2021. She discovered EDRC through the "Be-You-tiful, Be Free" contest flier in her local library. She immediately knew this was the place. *"Having suffered from ED for many years and being able to overcome it, this was a cause that was near to my heart. I know personally how important it is to have the right resources and support. I am blessed to be a volunteer for such a wonderful cause."*

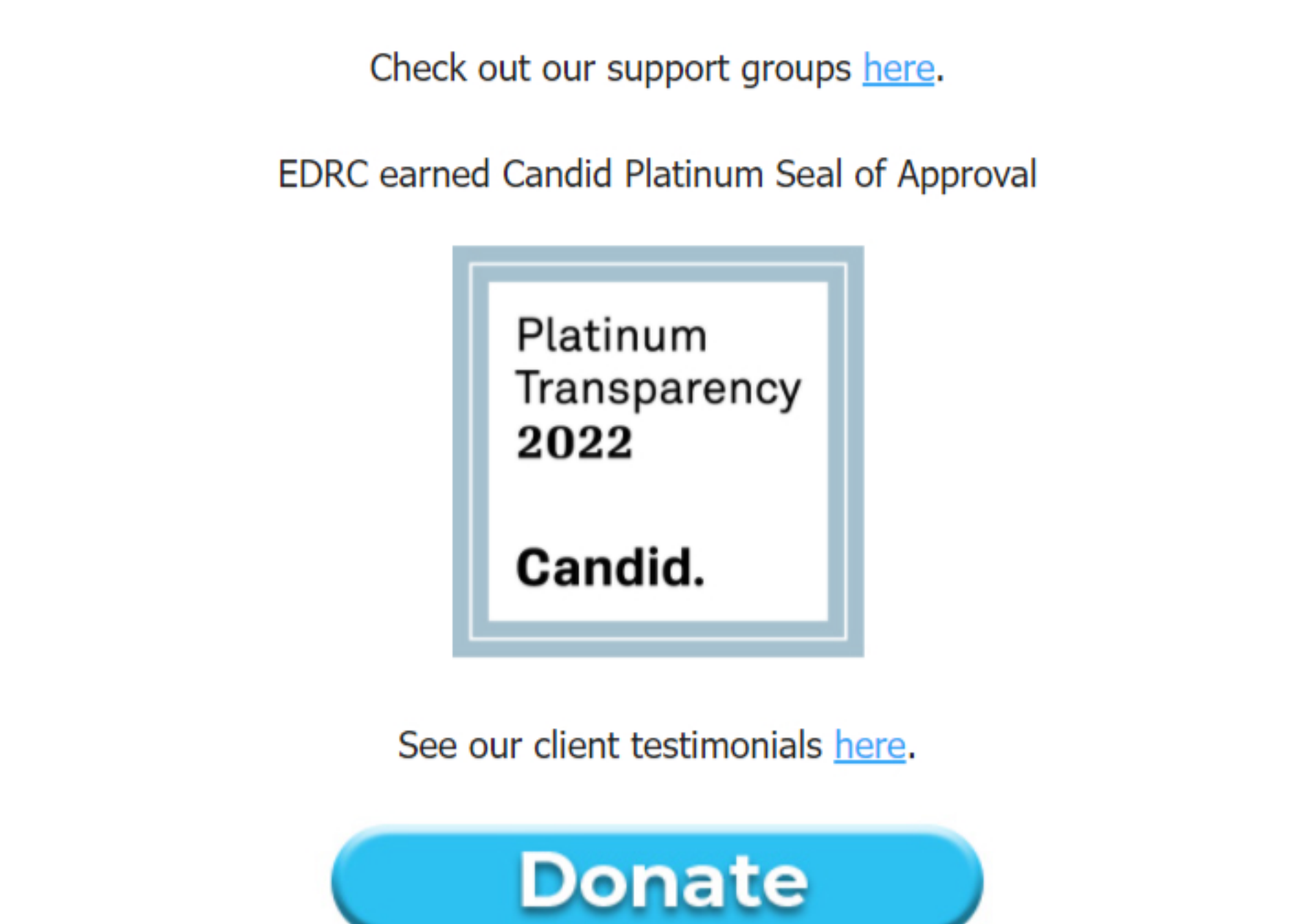
Join our Team

EDRC is expanding our team! Please share with friends and colleagues. For more information, [click here](#).

We've Moved

Thanks to the generosity of our friends at LGTC, EDRC has moved to a lovely new office at 2542 S. Bascom Ave Suite 110, Campbell, CA 95008. Be sure to update our address in your records.

A shout out to our volunteers and team who did the leg work of packing up, moving and unpacking: **Lisa Aronovitz, Chris Mitchell, Frances Tian, and Kanika Kansara**. And thank you **Eugene, Azhar**, and the **LGTC** team.



2542 S. Bascom Ave Ste 110
Campbell, CA 95008

Must Reads

NY Times: [More Teenage Girls With Eating Disorders Wound Up in the E.R. During the Pandemic](#).

EDC: [Collecting Your Stories About Insurance Discrimination Here](#).

Your Donations Making A Difference

"Such a wonderful group of people I am so thankful for. Although I wish I could have met them under different circumstances, I appreciate the support group and EDRC more than words can express. With all my heart I thank EDRC for all the help, resources and services you provide. I am happy to contribute what I can (wish it were more) and will continue to do so in the future as the work that you do is so incredibly important and invaluable. With gratitude, Val."

Check out our support groups [here](#).

EDRC earned Candid Platinum Seal of Approval

See our client testimonials [here](#).

