



Eating Disorders Resource Center

## Family and Friends Newsletter Spring 2026

### Dear friends,

As April is Volunteer Appreciation Month, we dedicate this newsletter to our talented **volunteers** who bring much passion and joy to EDRC's team.

My recovery is making progress. The bacterial infection cleared up after six months on various antibiotics and three surgeries and I am home and walking again. Thank you to our EDRC family and friends for your visits, words of encouragement, beautiful plants and being there for me through a difficult time.



**EDRC's Founder Janice Bremis recovering every day!**

EDRC celebrates 20 years of service this year. Our founding date was **February 20, 2006**. This milestone would not have been possible without the unwavering support and dedication of our volunteers, including **Debra Schlesinger**, EDRC's first volunteer and founder of our **Family and Friends Support Group**. I love this Margaret Mead quote that expresses the value of volunteers.



Our volunteers do everything under the sun to assist with eating disorder awareness, recovery, and advocacy. They lead our support groups, educate healthcare professionals and communities, maintain critical resources on our website, and host special events, including this year's **Be-You-Tiful Contest**.

Once again, thank you for being EDRC's heart and soul - we could not have done it without you.

Gratefully,

*Janice Bremis*

## Our Work in Action

**Dr. Shivani Desai** of **Stanford Medicine** presented to healthcare professionals at **Hope Services** to educate them on identifying and treating childhood and adolescent eating disorders, with overwhelmingly positive reviews.



**Dr. Shivani Desai,  
Child and Adolescent  
Psychiatry and Child  
Development,  
Stanford Medicine**

*"The training from Dr. Desai with Stanford was very informative, interactive and beneficial for our team to support individuals with dual diagnosis and experiencing symptoms of an eating disorder. Our staff had very positive reviews of this training and we would welcome them to come back again! We appreciate all the resources from EDRC and their collaboration to support the community."* – **Sarah Grato LMFT, Assistant Director, Hope Services Counseling Center**

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EDRC also partnered with **LGTC Group's Azhar Sultanova** and **Lauren Plotkin** to educate **Bill Wilson Center** staff on eating disorders.



**Azhar Sultanova,  
LMFT**



**Lauren Plotkin,  
LMFT**



*"The training provided to our team was clear and included so much usable information about eating disorders and available treatments all in an hour. Azhar and Lauren are clearly very skilled in their field and were able to address all of the questions staff had."* – **Aubrie Mastrangelo LCSW, Behavioral Health Services Division Director, Bill Wilson Center**

## Volunteer Spotlight

**Debra Schlesinger** was EDRC's first volunteer back in 2007, running our in-person family support groups for over a decade.

Since then, Debra has been a mentor to parents and attended Eating Disorder Coalition's Advocacy Day in Washington, DC to raise awareness for research funding and legislation. She also founded Mothers Against Eating Disorders (MAED). For her service to the community, Debra received the 49ers and Junior League of San Jose awards.



**Debra Schlesinger and her daughter, Nicole.**

Debra planted a rose and dedicated a poem in memory of her daughter, who passed due to anorexia in 2003.



My Dearest Nicole,  
My loving heart has many things to say  
I have missed you these past 23 years  
My daily thoughts of you bring many tears  
I truly wish that you were still here  
To relive our life; so precious and dear  
You were joy, beauty and a blessing to me  
All your treasures you gave me I clearly see  
The memories of our love we had together  
We will share when we're in Heaven forever.

Nicole Alexis Arenson  
3/01/76- 4/06/03

Debra is creating a legacy by designating EDRC in her living trust. If you are interested in [leaving a legacy, click here](#).

To volunteer, click [here](#) or email us at [info@edr.csv.org](mailto:info@edr.csv.org).

## Donor Spotlight



**Cathy Stonie**

**Cathy Stonie** has supported EDRC since 2008 when her teenage son was diagnosed with anorexia. Her excruciating journey was relatively short. Her son recovered in 2010 thanks to multiple resources. EDRC was her support during this difficult period. She will forever be grateful to Janice Bremis and her team of volunteers at EDRC.

*"EDRC provided me with a safe place to share my frustration, grief....and tears."* - **Cathy Stonie**

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**Anna Jeon** was one of EDRC's first Program Managers from 2009-2011. She has supported us ever since.

*"We are proud to support EDRC for the vital support they provide to individuals in our community struggling with eating disorders, offering compassion, resources, and hope when it's needed most."* - **Anna Jeon**



**Anna Jeon and her husband, David**

## Words of Gratitude

*"EDRC is full of human angels that surround you and hold your hand when you are walking through the forest of eating disorders. Even when you can't see the light at the end of the forest they provide flashlights of hope to get you through the journey and I truly would be lost without them."* - **A Grateful Parent**

*Jenn has a great facilitating style that allows people to share freely. She includes questions and activities to encourage participation and creates space for sharing by being understanding and nonjudgmental while managing to be supportive."* - **A Support Group Member**

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Your gifts are essential in supporting our community. Click [here](#) to donate.

**Donate**

## Save the Date: Upcoming Events and More

- **Ask the Experts: Dr. Lauren Hartman** - March 28, 2026
- **Register for [EDC's Advocacy Day](#)** – April 15, 2026
- **Multimedia Contest Award Ceremony and Volunteer Appreciation** – May 2, 2026, [LGTC Group](#) 1pm
- **NAMI Walk** – October 3, 2026

## Must-Reads

- **"Should you avoid eating at night?"** - *Carrie Dennett, MPH, RDN*
- **"How to Approach Someone You Think May Have an Eating Disorder"** - *Angela Haupt, Time Magazine*
- **"Ask the Expert: Social media and eating disorder recovery"** - *Shelly De Jong, Michigan State University*

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EDRC earned the Candid Platinum Seal of Approval  
See our client testimonials [here](#).

You may direct all mail to  
Eating Disorders Resource Center (EDRC)  
c/o LGTC  
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