



Reflections

co-presented by



Looking Glass
Foundation Gala

Thursday May 4, 2023

Dreaming about the Future

"I am so grateful for Looking Glass. I honestly don't know what my recovery would have looked like if I hadn't had this accessible support to lean on - week to week, month to month, year to year."

LGF Program Participant

It is our pleasure to welcome you to the Reflections Gala presented by Ledcor Group & PCI Developments! Last year we gathered to celebrate our 20-year anniversary and looked back on the many milestones that have been achieved over the years. This year we want to look forward – and dream about the future as we come together to make our community blossom.

Our programs and services already help so many people every year, but we know we can do more. We are striving to expand our current programs and find new spaces where we can make a meaningful contribution to the recovery paths of people with an eating disorder.

We are deeply grateful for the ways in which you have already supported us. Together we will work to make our vision become a reality - a province where everyone who suffers from an eating disorder receives the services they need to support their recovery, and where the stigma of this mental illness is replaced with compassion and understanding.

We hope you are inspired by and take pride in hearing the stories of strength and resilience that are featured tonight. By supporting Looking Glass Foundation, you play a significant role in creating change for so many people. Healing happens together, and together we look forward to the future — with great hope and determination — as we continue to actualize this vision alongside you, our community of supporters.



Denise Karkkainen
BOARD CHAIR



Lisa Brooks
EXECUTIVE DIRECTOR

Menu

Starter

Mango & Avocado

Jicama, cilantro, pea shoots, chili, mint, thai vinaigrette

Main

Roasted Sablefish

Crispy rice fritters, braised daikon, fine beans, yuzu dashi

OR

Aromatic Braised Beef Short Rib

Caramelized onion tart, broccoli purée, red wine jus

OR

Locally Made Semolina Pasta

Roasted mushroom, confit garlic, cherry tomatoes, parmesan, olive oil

Dessert

Bittersweet Chocolate Praline Fondant

Malted milk sherbet, praline glaze

Accompanied by artisanal bread and British Columbia Butter,

Royal Cup Coffee, and selection of Lot 35 Teas

This evening's Program

6:00

Champagne Reception, *sponsored by MNP LLP*

7:15

Dreaming about the Future

Dinner

8:00

Looking Glass Impact Award

Stories from our Community

8:10

Live Auction, *sponsored by Bentall Green Oak*

8:40

Silent Auction Closes

Dessert

8:50

Gift of Hope

Raffle Winner, *sponsored by KPMG*

9:30

After Party Lounge

-

11:00

Goodnight



NEIGHBOUR. MENTOR.

IT'S NOT ONLY JOBS WE
BRING TO THE COMMUNITY.

Ledcor is proud to co-present
the Looking Glass Foundation's
Reflections Gala and support those
in our communities struggling with
eating disorders.

WWW.LEDCOR.COM



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TOGETHER.**

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Proud to co-present
Looking Glass Foundation's
21st Anniversary Gala



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Live #1: Exquisite Dining at Home

Generously donated by Peake Catering

Let our Peake team provide you with a truly intimate evening to remember. Our Chef will provide:

- **A three-course dining experience for you and five of your guests, in the comfort of your home.**
- Along with a carefully curated menu, **we will provide and serve local BC wines for you to enjoy.**
- Our talented event supervisor will take care of all the details- from setting the table to leaving your place spotless, allowing you to create some delicious moments with your guests.

Expires May 4, 2024, Valid within the Greater Vancouver Area. We require a minimum of three weeks' notice prior to your requested date. Event date is based upon availability; some blackout dates may apply. Additional requests for staffing and rentals are subject to charges. Service charge is not included and is at the purchaser's discretion.

Value: \$2,500

Live #2: Flowers For A Year

Generously donated by Mex Y Can Trading

A fresh floral bouquet delivered to your door once a month for 1 entire year. For each delivery, select seasonal flowers and colours that you love. Winner will enjoy:

- **A beautiful bouquet every month for 1 year.** You also have the option to have your delivery that month made to a different recipient in honour of a special occasion or for that special someone.

This package entitles you to one bouquet each month. No deliveries on Valentines Day or Mother's Day. Expires May 2024.

Value: \$1,500

Live #3: An Immersive Whiskey Experience and Charcuterie Tasting

Generously donated by Colin MacDougall, Senior Portfolio Spirits Ambassador Canada & Jane Sanden, Above Board Charcuterie

An exclusive private whisky tasting and classic cocktail making session for six people. The purchaser of this offering will receive:

- A storytelling-driven **tasting and classic cocktail making session for themselves and five others** in their home within the Greater Vancouver area.
- The tasting will include **whiskies from the Single-Pot distilled Redbreast Irish Whiskey portfolio** including a rare cask strength expression as well as the "World's Best Pot Distilled Whiskey" Redbreast 21-year-old.
- All necessary **glassware and tasting mats** for the event are provided.
- This package also includes **1 bottle of premium whisky valued at \$100 to take home with you tonight.**

- **A beautiful handcrafted charcuterie board** from Above Board Charcuterie. Spread includes a variety of meat, cheese, fresh and dried fruit, nuts, olives, pickles, honey, crackers and breadsticks.

This auction item must be used within 6 months. Date and time must be agreed upon by donor and the purchaser at least one week before the tasting. Total time for experience is approximately 1.5 hrs. The latest start time is 7pm. Event is restricted to Greater Vancouver including North Vancouver, West Vancouver, Richmond, South Surrey and White Rock. Charcuterie Board available Friday-Sunday. Free delivery in Vancouver, West Vancouver, North Vancouver, otherwise pick up Downtown Vancouver is required. Order can be modified to accommodate dietary restrictions.

Value: \$ 1,450



Live # 4: One Week Summer Vacation in Whistler

Generously donated by Friends of Looking Glass, Nicklaus North Golf Club, Scandinave Spa & Joe Fortes Seafood & Chophouse

Enjoy 6 nights in a beautiful Whistler 4-bedroom townhouse, where you and 7 others will enjoy panoramic mountain views on the 16th fairway of the majestic Nicklaus North Golf Course directly across from stunning Green Lake. Winner will enjoy:

- A stylish two-level townhome has **4 bedrooms** with 3 ensuite, a den, a hot tub, and a tennis/pickleball court. You're also only a 7-minute drive from Whistler Village and a 5-minute walk to the Valley Trail
- A **round of golf for 4 at Nicklaus North Golf Course**, widely regarded as among the great courses in North America.
- Scandinave Spa, with **4 bath access passes**: cleanse the body, improve blood circulation, and release endorphins.
- A **\$100 gift card to Joe Fortes** Seafood and Chophouse

Sleeps maximum 8 people. Available booking dates: May 28, 2023 - Nov 04, 2022. Blackout dates apply: July 24 - July 27, August 10 - August 13 & Sept 07-11. Damage deposit required upon booking. Golf valid Sun -Thurs; expires Oct 09, 2023 and reservations must be made 7 days in advance. Bath access passes expire April 15, 2024, and are only valid for the Scandinave Baths experience. Must be 19+ to enter, walk in only, can be used Monday - Thursday, not exchangeable for any other spa products. Restaurant gift card can be used at any Joe Fortes restaurant locations.

Value: \$5,000

Live #5: Magical Date Night

Generously donated by Live Nation, Fairmont Pacific Rim, CHOP Steakhouse, Denise Elliott and Giovane Caffè

This package has everything you need for a magical date in Vancouver.

- Treat you and your special someone to a unique take on the signature steakhouse experience at **CHOP Steakhouse with a 4-course menu for two, wine pairings included.**
- Enjoy an iconic Canadian performance with **two Club Seat tickets to Shania Twain concert** on Tuesday November 14, 2023
- Hit up the town styled by Denise Elliott Beauty who will treat you to a mobile **beautiful hair and make-up styling session.**
- End your evening by resting your head at the luxurious **Fairmont Pacific Rim with a one-night stay in a Deluxe Room.** Valet parking included. And enjoy breakfast with a **\$150 gift card Giovane Caffè** located right next door.

Hotel Reservations are based on space availability and certain restrictions may apply. Room nights must be used consecutively, are not redeemable in part or whole for cash and are non-transferable. Hair & Make-up service is only applicable for November 14, 2023. Service must be in the following areas: Vancouver, North Shore, or Burnaby. Other areas will charge a travel fee at booking.

Value: \$2,000

Live # 6: Tropical Mayan Getaway

Generously donated by Givergy & Mario Negris Personal Real Estate Corporation

A romantic getaway for two. Enjoy three nights at this adults-only Mayan Palace resort, Magic Blue Spa Boutique Hotel. Travel Air Canada using your \$1,500 airfare gift card.

Located in the heart of Playa del Carmen and only a short walk from the city's famous 5th Avenue you will also be able to walk to restaurants, nightlife, the beach and beach clubs. Relax at the hotel's brand-new spa and enjoy the outdoor pool amenities. This package includes:

- A **3-night stay in a double room at Magic Blue Spa Boutique Hotel**, located in Playa del Carmen
- **Breakfast** included each day
- A **\$1,500 Air Canada Gift Card**

Accommodation is available May – October. The purchaser will have one year to redeem accommodation and approve terms and conditions. Once redeemed, accommodation expires May 04, 2025. Air Canada gift card can be used as cash for any flights in the following regions: North America, South America, Europe, Asia and Australia. Gift cards do not expire.

Value: \$2,500

Live #7: A Royal Experience

Generously donated by Anderson Air, Fairmont Empress and Il Terrazzo

Enjoy a royal experience in British Columbia's capital city. This package includes:

- A **private, high-end, round-trip helicopter ride** provided by Anderson Air. **This exclusive flight can accommodate 6 guests** and will depart from Vancouver YVR, **landing directly in the stunning Victoria Harbour.**
- A luxurious **1-night stay at Fairmont's Empress Hotel** in a Harbour View Guestroom, with a complimentary **afternoon tea for two**
- A **\$100 gift certificate to Il Terrazzo**, an intimate Italian dining nook tucked in Victoria's historical downtown.

Mutually agreeable dates for the helicopter flight in September, October or November 2023.

Value: \$10,900





Help our community blossom

Change Happens Together

Your generous gift embraces our vision: those who suffer from an eating disorder are supported in their recovery, and the stigma of this mental illness is replaced with compassion and understanding.

A \$15,000 investment can ensure that Looking Glass Foundation continues to offer affordable and accessible services

Access for All

Navigating support and treatment options can be challenging and costly.

Our **Bridge the Gap Counselling program** provides one-to-one support at an affordable rate, while providing a meaningful learning experience for students in the field of counselling. Everyone should have access to the help they need and deserve.

A \$10,000 investment can fund the supervision of our counselling students and ensure individuals on our waitlist can access this vital program

Compassionate Support

We offer three peer support programs to help individuals feel supported and empowered on their healing journey: **Hand in Hand, Personal Recovery Space & Online Peer Support**. They are offered at no cost to participants and no formal eating disorder diagnosis or referral is required. Our programs meet each individual where they are on their road to recovery.

A \$5,000 investment can fund 3 Hand in Hand mentoring matches for a full year

A \$2,500 investment can fund the development of 1 new topic specific Online Peer Support chat

Hope for the future

Our **scholarship program** recognizes the resilience and achievements of B.C. undergraduate students who have experienced or are experiencing an eating disorder by awarding scholarships each year. Since this program began, we have awarded 62 scholarships.

A \$1,000 investment can fund 1 scholarship

Courageous Steps

Looking Glass Residence is a residential treatment facility managed by PHSA. Each year the Foundation provides funds for capital maintenance and for recreational activities. These activities help the residents hone the life skills and confidence that will support their ongoing recovery.

A \$500 investment can help support the art and yoga therapy offered to the youth at Looking Glass Residence

Thank you

to our caring community

Thank you

to our Board of Directors & Emeritus

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CTV
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WEEKDAYS
5:30 - 9



MARKE DRIESSCHEN KERI ADAMS JASON PIRES CRISTINA CARPIO



Reflecting on Community Impact

KPMG is proud to be a part of Reflections, Looking Glass Foundation's Annual Gala.

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RAFFLE

Raffle

Generously provided by Cavalier,
Chan Family Foundation, and KPMG

This year, we have two wonderful prizes to present to two individual lucky ticket holders.

Prize 1 – Cavalier Emerald Studs

A gorgeous pair of medium-light blue Sri Lankan Sapphire studs, just over 1.00 ctw set in 14k yellow gold three prong setting style. Cavalier is proud to carry one of the largest fine gemstones selections, hand sourcing stones directly from mines all around the world. Wear this pair every day to add a pop of colour or save them for a special occasion.

Prize 2 – Whistler Crystal Lodge & Golf Prize Package

You and your guests will enjoy:

- 1 Deluxe Room for 3 nights at the beautiful Crystal Lodge & Suites in the heart of Whistler Village with complimentary parking for two.
- 4 rounds of golf and 4 power cart rentals at the stunning Nicklaus North Golf Course situated on Green Lake.

Valid early May through mid-October, excluding holiday long weekends or during special events. Expires October 2023

Purchase your raffle tickets for a chance to win these incredible prizes!

Tickets: 3 for \$75 / 10 for \$150 / 20 for \$250

License # 116791 Draw Date & Location: 04-May-2023, 9:00 PM, Fairmont Pacific Rim, 1038 Canada Place, Vancouver, BC V6C 0B9

Must be 19+ years of age to play. Must be in person to win.

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Looking Glass helps break through that sense of isolation, and provides services that remind people like myself that we are not broken, we are not damaged, and we are not alone.

LGF Program Participant

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AUCTION RULES

Participation in the Reflections Gala Auctions constitutes acceptance by the bidder of the terms and conditions outlined below.

Please keep your individualized bid card program accessible for the duration of the evening, and use the number listed on the back of your card for all bids.

Live Auction • To bid on the live auction, hold your individual bid card high in the air until the auctioneer acknowledges your bid. A declaration of sale by the auctioneer will constitute a contract for the purchase of the live auction item by the successful bidder. The auctioneer is responsible for the conduct of the auction. If there is a dispute, the decision of the auctioneer is final. A volunteer will collect your contact and payment details right away in exchange for your prize item.

Gift of Hope • To pledge during the Gift of Hope appeal, hold your bid card high in the air until the auctioneer acknowledges your pledge. A volunteer will collect your payment once the Gift of Hope concludes, using a hard copy donation form. Please provide your full mailing address, email address and payment details. These details are mandatory for a charitable tax receipt. You are also free to make a donation via our online Givergy platform using the tablets on your table. However, this function will only be available before and after the Gift of Hope appeal, not during.

Silent Auction • All auction items must be removed from the venue the same evening, unless other arrangements have been made. If other arrangements are confirmed, the successful bidder is responsible for picking up the item from the Looking Glass Foundation office after the event or incurring additional delivery costs.

Title to the auction item remains with the Foundation until the full payment for purchases has cleared. A online receipt must be presented before the removal of any purchased item.

Tax Receipting • In accordance with Canada Revenue Agency regulations, if the auction purchase price exceeds the item's fair market value by 25% or more, the purchaser is eligible for a tax receipt for the portion of the auction purchase price exceeding the item's fair market value. Please contact the Foundation directly at sarahclark@lookingglassbc.com if you would like to request a tax receipt under these conditions. Please note: any auction items listed with a "priceless" value are not eligible for tax receipts.



Joining the Personal Recovery Space program at Looking Glass was a great gradual entry to the start of my healing journey.

LGF Program Participant

REACH OUT TO US

Contact the Looking Glass Foundation for:

- Information about our peer support programs and other services
- General resources and information about eating disorders
- Volunteering opportunities
- Fundraising and partnership opportunities

Looking Glass Foundation
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Phone: 604-314-0548



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FOUNDATION FOR EATING DISORDERS