

# Looking|Glass

FOUNDATION FOR EATING DISORDERS

## With Help, There is Hope

## for Eating Disorder Recovery

## RECOVERY IS POSSIBLE

It can be overwhelming when it comes to seeking out eating disorder services and resources, and navigating support and treatment options can be challenging and costly.

At Looking Glass Foundation, we provide individuals with the support they need no matter where they are on their recovery journey. We offer low-barrier programs and services that are affordable with no referral or formal diagnosis required.

Eating disorders are life-threatening mental illnesses that do not discriminate. They impact all body shapes, genders, sexual orientations, ages and races. However, with early intervention and support, recovery is possible.



## OUR PROGRAMS

### PEER SUPPORT PROGRAMS



We offer three safe, inclusive, volunteer enabled peer support programs to help individuals feel empowered on their healing journey.

### HOW IT WORKS

- Facilitated by trained Looking Glass volunteers (63% report having lived experience)
- Offered at no cost to participants
- Access for as long as one wishes
- There is no limit to frequency of usage

### HAND IN HAND

An in-person (or virtual) peer mentorship program that matches individuals with a volunteer who may have lived experience. While not intended as therapy, this program offers consistent, personalized, and compassionate recovery-focused support. Available for ages 16+.

### ONLINE PEER SUPPORT CHATS

Online recovery conversations provides weekly, anonymous and moderated group chats. This program allows participants to receive support in real-time and benefit from the empathy and understanding of their peers. Available for ages 14+.

### PERSONAL RECOVERY SPACE

A private digital space offers ongoing personalized peer support provided by a pair of volunteers. Participants are able to access the forum at any time and share their experiences at their own pace. This program has been described as a journal that writes back to you. Available for ages 14+.

# A SPACE TO

# CONNECT.



## AFFORDABLE COUNSELLING

### LOOKING GLASS COUNSELLING | BRIDGE THE GAP

Bridge the Gap offers individual and group counselling with a focus on eating disorder recovery. Available for BC residents ages 19+.

“ This program has taken the stress out of therapy for me. The low fee and online format have **removed all the barriers** I had to participate. I am excited to put this time into my recovery.

Program Participant

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### HOW IT WORKS

- Provided by Masters in Counselling students from accredited universities and offered at \$35/hr
- Interested clients participate in a brief initial assessment to ensure that the program will meet their expectations
- Counselling sessions are offered every week or two weeks, over a maximum of ten-months
- Sessions are offered in-person or virtually, based on client's preference and location



### OUR PROGRAMS MAY BE RIGHT FOR YOU OR YOUR LOVED ON IF YOU/THEY ARE:

- Reaching out for help for the first time
- Currently wait-listed for clinical treatment
- Wishing to augment other forms of treatment
- Seeking a compassionate listener to help sustain recovery
- A Canadian resident aged 14+



### OUR PROGRAMS HAVE PROVEN TO HELP WITH:

- Increased self-awareness and coping skills
- Increased motivation to recover
- Increased access to resources
- Reduced feelings of isolation and anxiousness
- Reduced disordered eating behaviors

“

I feel heard, and not judged. My volunteers are supportive, helpful and kind. I feel like they are making a difference in my recovery.

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Program Participant

If you or someone you know may be struggling with disordered eating, we are here to help. While our programs are accessible to ages 14+, our resources and other services support families and individuals of all ages. Please reach out to learn more.

### HEALING HAPPENS TOGETHER.



2006 West 10th Avenue, Suite 200  
Vancouver, BC, V6J 2B3

Phone: 604.314.0548  
Email: [info@lookingglassbc.com](mailto:info@lookingglassbc.com)



@lookingglassbc

The Looking Glass office is situated on the traditional unceded territories of the Coast Salish peoples.