



BRIDGEPOINT
CENTER FOR EATING DISORDERS

GIVING GUIDE

www.bridgepointcenter.ca

who we are...

STRATEGIC FRAMEWORK

OUR VISION

All persons affected by disordered eating experience discovery, recovery and healing.

OUR MISSION

BridgePoint Center for Eating Disorders is a provincial resource providing recovery based programming for people who are experiencing disordered eating.

OUR VALUES

Safety

A place where all are respected without judgement and experience physical, spiritual, emotional wellbeing

A participant centred focus

The participant is the expert in their experience and free to be their authentic self and the voice of their healing journey

Compassion

Embracing the uniqueness of each person with empathy, caring and kindness to build a sense of trust and belonging

Expertise

Excelling through competence in our specialty, knowledge, continuous learning, and a multidisciplinary holistic approach

Collaboration

The best outcomes result from working together and empowering our strengths through partnerships with others



H O P E

IMPACT

Over 1,000,000 individuals in Canada meet the diagnostic criteria for an eating disorder. Eating disorders have the highest mortality rate of all mental illnesses, but you can bring help and hope. Your gift helps BridgePoint provide programming, development, advocacy, education, support, and resources to those affected by eating disorders. Thank you for your generous support.

GENERAL DONATIONS

One Time Or Monthly Gifts

Every dollar counts and is put towards offering our core programming.

In Memory Gifts

Make a donation in memory of a loved one. At your request, we can let the family know they are in your thoughts.

In Honour Gifts

Make a donation in honour of someone special. We will send a card to the individual letting them know you have supported BridgePoint in their name.

In person by cash, cheque or credit card; or by phone at 306-935-2240 or by mailing your donation to:

BridgePoint Center Inc.
Box 190 Milden, Sask. S0L 2L0

Cheques and money orders should be made out to BridgePoint Center Inc.

You will receive an official receipt for income tax purposes and a thank you letter by mail.

Pre-authorized Payment Plan

You can use a pre-authorized payment plan for convenient monthly donations. This can be set-up on-line through CanadaHelps, by dropping in to see us, or by phoning us.

GROWTH

FUNDING SPECIAL INITIATIVES & PROJECTS

In addition to our core programming needs, we are currently raising funds for the following initiatives:

EQUINE-ASSISTED LEARNING PROGRAM EXPANSION

To support the development and ongoing program costs using horses and equine-assisted learning modalities.

ANNUAL FUNDRAISING GOAL

\$25,000

YOUTH EDUCATION & OUTREACH

To support the development and hosting of youth and caregiver programs, as well as prevention and educational opportunities to school age youth across the province.

ANNUAL FUNDRAISING GOAL

\$25,000

NAMING OPPORTUNITY RECOVERY & WELLNESS CENTER

We are bursting at the seams! Join us as a lead community partner in this 1000 sq foot addition to our center that will benefit all participants by providing a safe space to focus on personal growth and recovery. Any amount of support is appreciated as we try to meet our capital project goals.

CAPITAL FUNDRAISING GOAL \$125,000

LEGACY

PLANNED GIVING

Do you want to provide more support than just a one-time gift and leave a lasting impact?

Just give us a call and we can talk about your options. Planned or legacy giving is the designation of charitable gifts through a financial or estate plan. These are generally gifts of assets or a bequest in your will, not current income.

WILLS & BEQUESTS

It's easy to add BridgePoint to an existing will. Simply speak to your lawyer about preparing a codicil –a document that allows you to make simple amendments without having to rewrite your will. Tax receipts for the full amount of your donation may offset capital gains or other taxes payable and lessen the financial burden to your loved ones.

LIFE INSURANCE

By donating a life insurance policy, your gift of hope and compassion will be felt for years to come. Gifts of life insurance are a great way to make a substantial donation for a relatively low cost of premium payment. Life insurance donations can come in many forms: You can donate a policy you already own, make BridgePoint a beneficiary of a joint policy held with your spouse, or buy a new policy to donate.

Benefits:

- Make a substantial gift at little or no cost, without touching other assets
- May provide substantial tax relief for you now or for your estate later
- Pay lower premiums if you use a joint policy

LEGACY

PLANNED GIVING

RETIREMENT FUNDS

You can have a tremendous impact when you donate to BridgePoint programming. When you name BridgePoint as a beneficiary, your estate will receive a receipt to offset taxes due from the distribution of the RRSP or RRIF, which are among the most heavily taxed assets you own.

ENDOWMENT FUNDS

You can create an endowment fund by donating substantial gifts of cash or assets. Name it for yourself or a loved one. Endowment funds may be pooled, and individual endowments may require a minimum contribution. When you create an endowment, your donation is invested permanently and the income is used to support BridgePoint programs.

What is Your Charitable Legacy?

Depending on the type of asset donated, planned giving can offer significant tax advantages to you now, or to your heirs when you're gone. It's also a way to make a much more substantial gift than might ever be possible otherwise.

testimonials

"I love that BridgePoint is a safe place where I am welcome at any stage in my recovery. The changes to the program are great. I am excited to see BridgePoint growing."

"I came for connections and to self-reflect and accomplished both of these goals. I am never disappointed with my experience here – Team is amazing and nourish in ways you're not even aware you need."

"This is my second retreat and I am forever grateful to have this opportunity. I knew I would benefit from this week but I could not have predicted the peace and strength I have gained."

"This weekend gave more to me than I had ever expected. The connections I made with participants and Team are ones I will never forget. I have never been exposed to this type of therapy and I feel so at peace. I am so grateful for this experience and these people who made this weekend possible."

Recovery & Discovery

"I came looking for help to do things differently. The holistic approach addressed my emotional, neurological, and physiological challenges associated with bulimia. The group work was more than expected but enjoyable/difficult. It was reassuring to see there are others with similar struggles looking for change. "

"It exceeded anything I could have expected. I really connected to everything that was presented and found almost all of the exercises helpful. It was full but not overwhelming. Very well set up, organized and excellent quality. "





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Box 190 Milden, Sask. S0L 2L0
www.bridgepointcenter.ca Email:bridgepoint@sasktel.net

BridgePoint Center Inc. is a registered charitable organization that is registered as a non-profit in Saskatchewan. We work in partnership with the Saskatchewan Health Authority and provide FREE program options for residents of Saskatchewan with a valid health card.

BN: 883784589RR0001