

The background of the cover is a deep purple. In the center, there is a realistic-looking water droplet falling, creating a series of concentric ripples that spread outwards. The text "2025-26" is written vertically in a large, white, sans-serif font on the left side of the ripples. To the right of the vertical text, the words "IMPACT REPORT" are written in a very large, bold, white, sans-serif font, spanning across the ripples.

2025-26 **IMPACT
REPORT**



Accredited
IMAGINE CANADA





Land Acknowledgement

BridgePoint Center for Eating Disorder Recovery operates on Treaty 6 Territory and the Homeland of the Métis. We acknowledge this land as the traditional and ancestral territory of the Cree, Dene, Blackfoot, Saulteaux, Nakota Sioux, and Métis peoples, and we honour the generations who have cared for this land and community for countless generations.

We recognize that reconciliation is not a statement, but an ongoing responsibility grounded in relationship, listening, learning, unlearning, and action. We acknowledge the lasting impacts of colonization, systemic inequities, and barriers to care that continue to affect Indigenous individuals, families, and communities today.

As an organization, we are committed to creating safer, more culturally responsive, and more accessible spaces for healing and recovery. We are grateful to live and work on this land and remain committed to walking forward together in a spirit of humility, connection, and reconciliation.

Strategic

PRIORITIES IN ACTION



Enhance
stakeholder
awareness and
relationships



Integrate
Inclusion,
Diversity, Equity
and Accessibility
principles into
practice



Advance
technology,
innovation, and
virtual capacity



Strengthen
organization
sustainability

Values

Our organizational values matter.

Our values authentically define our philosophy, culture, and programs, and are embedded in our day-to-day operations—including decisions, hiring practices, and policies—ensuring integrity and alignment across the organization.

By integrating these values into every aspect of our work, we foster a cohesive, principled culture that supports long-term success. This alignment between values, strategy, mission, and goals creates a direct and measurable impact.

Who We Are

BridgePoint is Saskatchewan's provincial eating disorder recovery resource, offering onsite, virtual, individual, group, caregiver, and self-directed supports at no cost to participants.

Our Vision

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

Our Mission

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

Safety

A place where all are respected without judgement and experience physical, spiritual, emotional well-being

A Participant Centered 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

Leadership

EXECUTIVE DIRECTOR REPORT

Across Saskatchewan, we continue to see the need for accessible, compassionate, and low-barrier eating disorder support. At the same time, eating disorder care is evolving. Systems across Canada are recognizing the importance of earlier intervention, flexible pathways to care, virtual access, and community-based supports that meet people before they reach crisis. This year, BridgePoint continued to respond to that shift by expanding our reach, strengthening our programs, and building care that meets people where they are.

Our stepped model of care reflects this changing landscape. Recovery is not linear, and individuals require different levels of support at different stages of their journey. BridgePoint's continuum of onsite and virtual programs, individual and group supports, caregiver resources, and self-directed recovery options helps ensure people can access the right level of support at the right time. This approach allows participants to step into more intensive supports when needed, while also remaining connected through lower-barrier recovery and community supports. Our pathways continue to be relational, trauma-informed, and rooted in hope. Every participant who takes a step toward support reminds us why this work matters.

This year also marked an important shift in BridgePoint's role within the broader system. We are not only providing direct recovery support; we also aim to build capacity across Saskatchewan. Through new partnerships, training opportunities, the development of a provincial Community of Practice, and the launch of work supported through the Youth Mental Health Fund, BridgePoint is helping strengthen connection, coordination, early intervention, and access to care across the province.

The impact of our documentary, RecoverED, also continued to grow, helping bring real stories of recovery, stigma reduction, and hope to new audiences. Storytelling has become one more way we are building understanding and reminding people that recovery is not only possible — it is happening here in Saskatchewan and beyond. We are especially excited to continue exploring ways to share more stories from those with lived experience and their caregivers, helping amplify voices that too often go unheard.

None of this would be possible without our team, board, funders, partners, participants, families, and community supporters. I am deeply grateful for the support, courage, and commitment that surround this organization.

Our work is expanding, but our purpose remains the same: to create onsite and online spaces of hope, connection, and healing for those affected by disordered eating.

With
gratitude,



Carla Chabot (she/her) B. Admin, CHE, ADII
Executive Director



Clinical

PROGRAM DIRECTOR REFLECTIONS

As I reflect on 2025, one word continues to surface: mindset.

This year challenged us to grow as clinicians, as a team, and as a community supporting recovery. Eating disorder recovery is not linear, and meaningful change requires patience, courage, and sustained effort. The concept of growth mindset, as described by Carol Dweck, reminds us that transformation happens not through perfection, but through persistence and a willingness to learn.

At BridgePoint, growth mindset is not simply a philosophy. It shapes our daily clinical practice. It guided the expansion of our program offerings to better meet participants at varying stages of readiness. It supported the integration of new team members whose expertise strengthened our clinical depth. It also inspired broader conversations across Saskatchewan through our award-winning documentary, *RecoverED: A Film About Eating Disorder Recovery*, which continues to elevate awareness and reduce stigma.

Most importantly, growth mindset is embodied by the courageous individuals who walk through our doors. Each participant who chooses to remain engaged in recovery, especially in moments of uncertainty, reminds us why this work matters. I am deeply proud of what our team has built this year and grateful for the trust placed in us by the communities we serve.

As we look toward 2026, we remain committed to expanding access, deepening clinical excellence, and continuing to cultivate a culture where growth is always possible.



Lauralyn Blackburn (she/her)
MSW, Clinical RSW, CEDS-C, CDWF
Clinical Program Director



Governance

BOARD CHAIR MESSAGE

Charming! That was how a lovely woman I met last year described Milden during her stay at BridgePoint many years ago. Not only was it charming, but she also went on to say, it took her away from the familiar environment and patterns while participating in the onsite Eating Disorder Recovery program – no making supper, no doing laundry or any of the other day to day duties we engage in.

She felt the level of healing, recovery, as well as the ability to engage fully, would not have been experienced if BridgePoint was located in a larger center.

Those original characteristics that made BridgePoint charming remain evident today in the fabric of each and every person at BridgePoint – Integrity, compassion, caring, and a sense of community,

It is through their continual and consistent demonstration of creativity and innovation, that BridgePoint has realized tremendous growth in the past year. Critical programs have expanded becoming accessible to a record number of participants requiring these vital services.

I take great pleasure in congratulating Carla and her team for leading BridgePoint to extraordinary results in 2025. It speaks volumes of the level of dedication, commitment, and expertise all of you bring to your participants, your stakeholders and each other!

Thank you to my Board colleagues, your collaborative approach, exceptional level of expertise and strong desire to consistently contribute to the success of BridgePoint, is a remarkable team to be a part of.

Thank you to my hometown of Milden for continuing to provide a nurturing and caring community that continues to exude Charm!

I am truly honoured to be a part of future expansion and success of BridgePoint.



Valerie Maxemniuk
Chair, BridgePoint
Board



BOARD OF DIRECTORS

Valerie Maxemniuk, Chair
Rebecca Rackow, Vice Chair
Kayla Seipp – Secretary/Treasurer
Clare McNab
Jeannie Munro
Amy Pickering

"The test of charm is not how deeply you feel it, but how keenly you remember it."

— Alice Wellington Rollins



Year at a Glance

GROWING ACCESS & REACH ACROSS SASKATCHEWAN

Recovery is Not a Single Event

Participants Engage Across Multiple Levels of Care

750+

unique individuals engaged through BridgePoint programs, services, supports, education, and system initiatives

Doesn't include many more individuals supported by email or phone

1781

Individual Sessions
(online counselling, nutrition, support, and intake)

+69% increase in those we served from the previous year.

294

days of onsite and virtual programming offered

138 onsite days of programming structured through closed cohorts
(as opposed to continuous intake)

94 online programs and events

70% applicants were first-time BridgePoint Participants

+30%

increase in Website Traffic

38,000

Website Views

11,141

website visitors

64%

first-time visitors

5000+

views of RecoverED BridgePoint Documentary



RecoverED documentary gained provincial, national, and festival traction
Canadian Screen Award-Qualifying Documentary



Participants frequently access **more than one** program stream, highlighting the **importance of BridgePoint's stepped care model** and the ability to move between **different levels of support** throughout recovery.

80

Attended
Onsite
Programs

**ONSITE INTRODUCTORY RETREATS
& SEQUENTIAL MODULES**

VIRTUAL PROGRAMS

Weekly Deep Dives, Virtual Retreats
and Special Cohorts

268

Registrants

94
online
events

113

participants

848
sessions

**INDIVIDUAL COUNSELLING AND
NUTRITION SUPPORT**

SINGLE SESSION | ONE-AT-A TIME

750

hours
Tues-Thurs
when not in onsite
program

RECOVERY SUPPORT LINE

**PROGRAM SUPPORT
AND INTAKE EMAILS**

2000+
emails

**SELF DIRECTED
ONLINE PROGRAMS**

365

Registrations



Multi-Disciplinary

2025-26 BRIDGEPOINT TEAM

Growing Capacity Through People

As demand for services continued to grow, BridgePoint expanded our complement of full-time and part-time staff while reducing reliance on casual positions. This investment in a stable workforce has strengthened program delivery, increased continuity of care, and enhanced our ability to support participants across the province.

LEADERSHIP

Carla Chabot, BAdmin, CHE, ADII, Executive Director
Lauralyn Blackburn, MSW, Clinical RSW, CEDS-C, Clinical Program Director
Helen Uhrich, Senior Program Facilitator
Kara Carlson, Recovery Support Manager, B.A. (hons), ADII

PROGRAM FACILITATION & RECOVERY SUPPORT TEAM

Kelsi Baragar, M.Sc., and M.Ed. (In progress)
Shay Dufresne, M.C., Registered Psychologist (Provisional)
Jenn Frehrichs, RN
Becky Giles
Alicia Johnson, RN, RD
Janelle Kapeller
Janine Lefebvre, RD
Hannah Lemke, BSW, RSW, MSW
Rhea Lewandoski, MSc, RD, CEDS
Jackie Reimche, ADII, CCIEDC, CFNP, B.Sc.(Nutr.), M.A.
Kailyn Phillips, B.A (hons), M.C

FINANCIAL OFFICE

Sharie Jensen, Financial & Office Co-ordinator

KITCHEN & NIGHT SUPPORT

Sharie Jensen, Kitchen Coordinator
Rhonda Willis
Barb Hannah
Spencer Whiting

HOUSEKEEPING & MAINTENANCE

Barb Hannah
Barry Craig

6

FULL-TIME
(> 0.8 FTE)

6

PART-TIME
(> 20 HRS/WEEK)

5

CASUAL

2

CONTRACTORS

125+
years

COMBINED
SERVICE AT
BRIDGEPOINT

100%

team have access to Health
Spending Account and
Saskatchewan Pension Plan

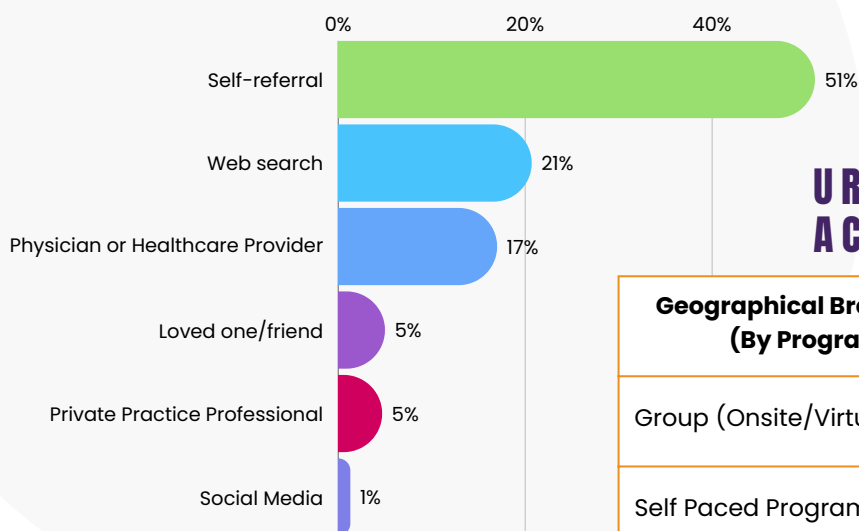
12

team have access to health
benefits package



Provincial Reach

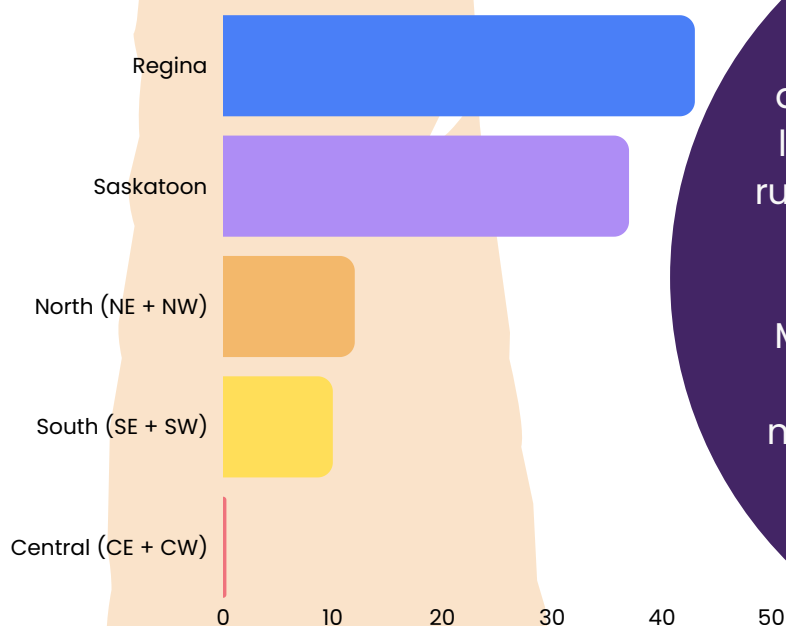
HOW FOLKS ARE FINDING US...



URBAN AND RURAL REACH ACROSS SASKATCHEWAN

Geographical Breakdown (By Program)	Rural %	Urban %	Remote %
Group (Onsite/Virtual)	17	80	2
Self Paced Programming	18	80	2
Individual Counselling	19	78	2

Distribution Across Saskatchewan



Across BridgePoint programs, approximately 80% of participants lived in urban communities, 18% in rural communities, and 2% in remote or northern regions.

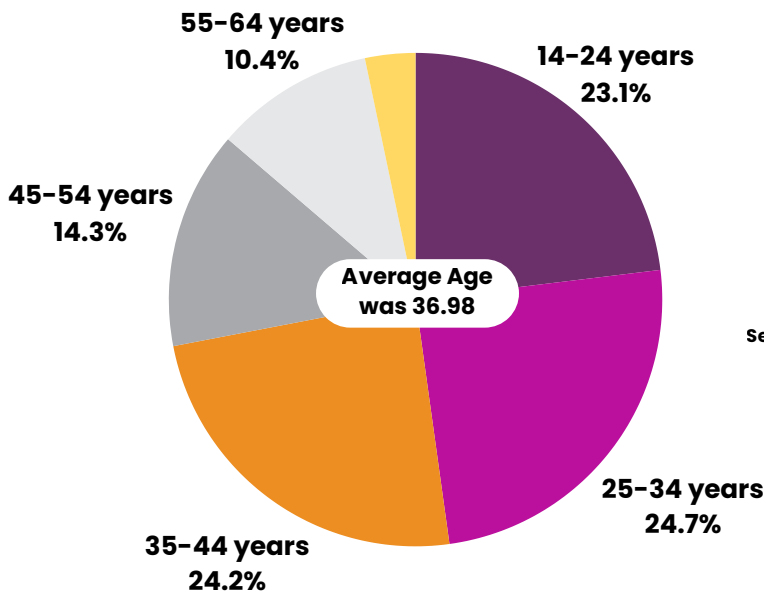
More than **one in five participants** accessed services from rural, northern, and smaller communities throughout the province.



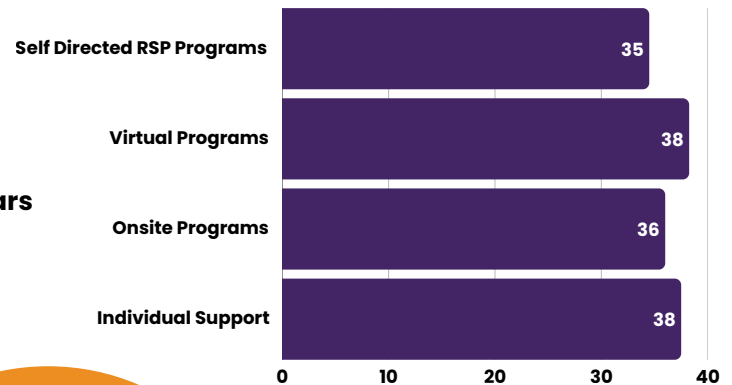
Participants

BridgePoint is reaching folks **across the lifespan** while also maintaining **meaningful engagement with younger participants**.

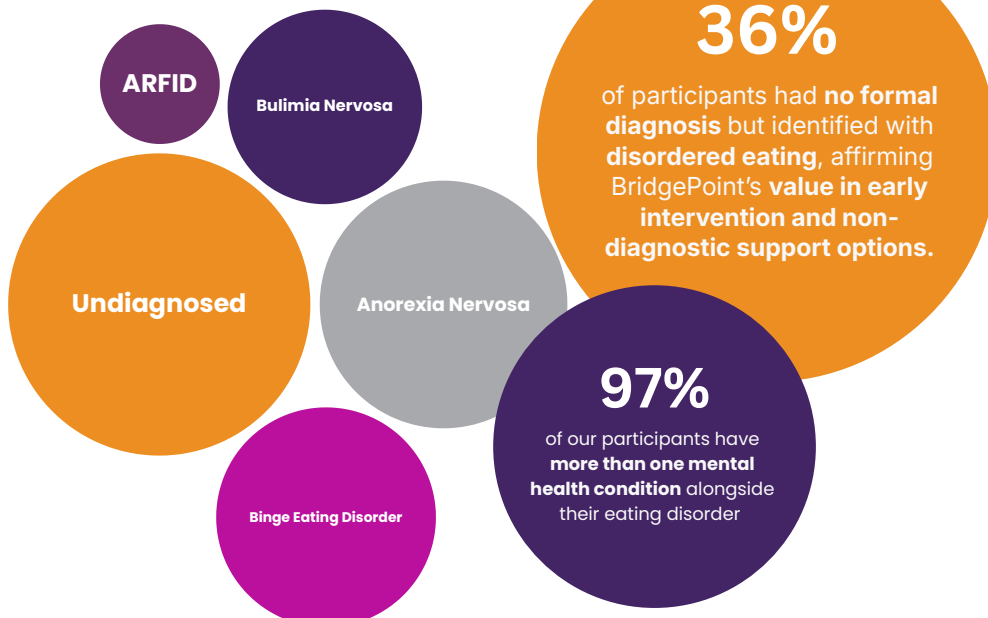
PARTICIPANT AGES



AVERAGE AGE (BY PROGRAM)

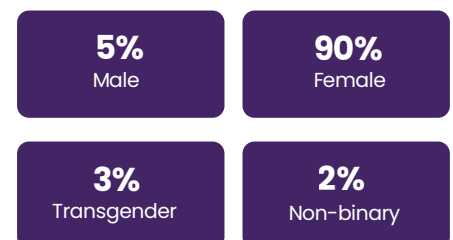


BREAKDOWN BY DIAGNOSIS



While most participants identify as female, BridgePoint continues to support individuals of all genders and remains committed to creating inclusive recovery spaces.

BREAKDOWN BY GENDER



Programs

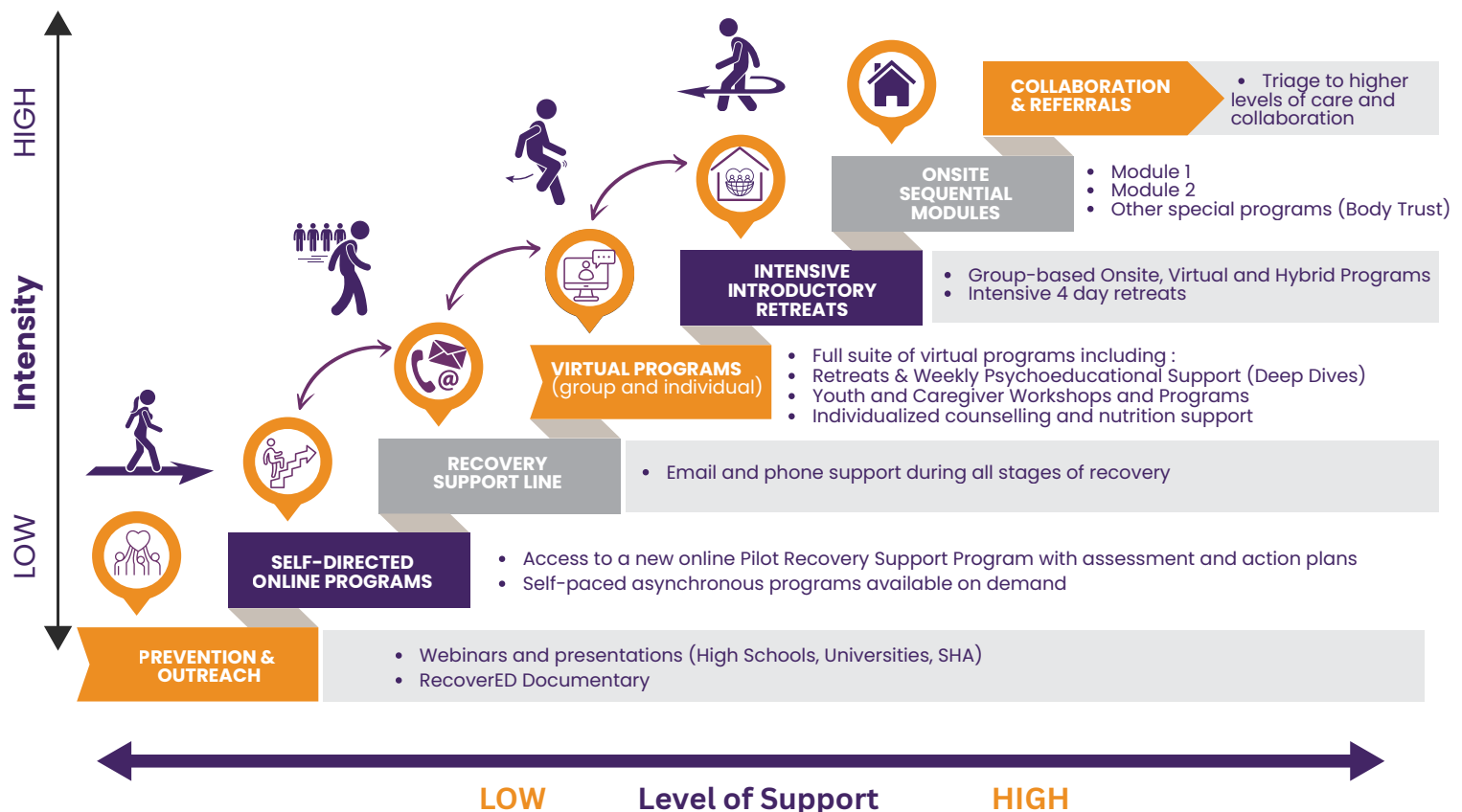
WHY STEPPED CARE MATTERS



Recovery Support Extends Beyond Intensive Programming. These offerings allow engagement earlier in recovery and after intensive treatment. The right support at the right time can make recovery feel possible.

As the field of eating disorder care continues to evolve toward more trauma-informed, accessible, collaborative, and person-centred approaches, stepped care models are becoming increasingly important in helping individuals access the right level of support at the right time. This includes offering a range of flexible supports, from single-session and early intervention options to more intensive group and ongoing recovery programming, recognizing that recovery is not one-size-fits-all and that timely access to support matters.

BridgePoint is uniquely positioned within this evolving landscape through its combination of virtual and onsite programming, multidisciplinary and lived experience-informed care, and commitment to reducing barriers for individuals and families across Saskatchewan. The continued need for both in-person and virtual options remains clear, particularly in a geographically large province where accessibility, connection, community, and continuity of care are essential to supporting recovery.



BridgePoint's stepped care model offers an integrated continuum of services designed to match the intensity of support with an individual's evolving needs. Consistent with the [Stepped Care 2.0 framework](#), the model emphasizes timely access, evidence-informed care, seamless transitions between levels of support, and person-centred decision-making.

Onsite

SEQUENTIAL RESIDENTIAL PROGRAMMING

Where recovery comes to life...

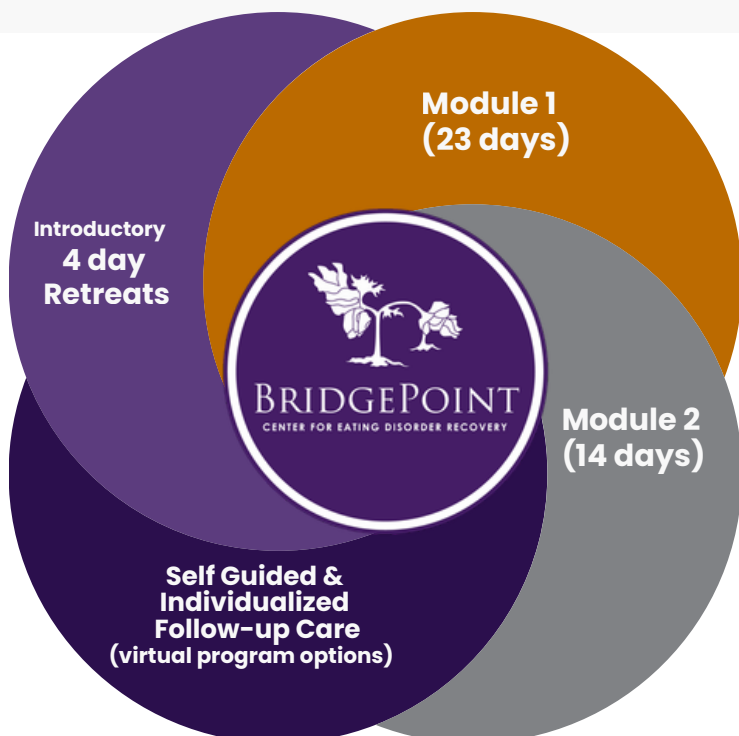
A Place to Breathe, Connect, and Heal

Residential programming remains the cornerstone of BridgePoint's approach, fostering healing through connection, community, and a holistic biopsychosocial framework. Our group-based model combines multi-modal therapy and experiential activities that support deep personal insight and recovery.

Each fiscal year, we offer eight onsite introductory retreats, three Module 1 sessions, and two Module 2 sessions. This year, we continued integrating equine-assisted learning (EAL) and transformational breathwork into our modules. These experiential additions provided participants with powerful tools for emotional regulation, integration, and personal growth.

BridgePoint's onsite programs are designed for individuals who are medically and psychiatrically stable and ready to engage in meaningful change. With eight available rooms, we maximized capacity by incorporating a hybrid format in select sessions—allowing additional participants to benefit from the programming while maintaining a strong sense of connection and community. While not all elements translate seamlessly online, this hybrid approach created greater inclusivity for those unable to attend in person.

Demand for onsite programming remains strong, with wait times often extending several months. During the wait and for post-program support, many participants engage in our virtual programs to maintain momentum. Due to frequent cancellations and no-shows, individuals with flexible schedules are often able to access last-minute openings.



> 75%
of onsite
participants also
accessed
additional virtual
BridgePoint
supports.

70%
of onsite
applicants were
first-time
BridgePoint
participants

Virtual

INDIVIDUAL AND GROUP OPTIONS



Virtual care continues to play a vital role in BridgePoint's stepped continuum of care, expanding access to recovery support for individuals and families across Saskatchewan. Whether participants are seeking early intervention, ongoing recovery support, or connection following more intensive programming, virtual services provide flexible pathways that help people access the right support at the right time.

Again this year, participants engaged in a wide range of virtual offerings, including weekly Deep Dives, virtual retreats, specialized virtual series and workshops, individual counselling and nutrition support, self-paced recovery programs, caregiver workshops, youth resources, and our Recovery Support Line. These services helped reduce barriers related to geography, transportation, cost, scheduling, and readiness for treatment.

In addition to our core programming, BridgePoint offered specialized series focused on body trust, nourishment, caregiver support, midlife recovery, and other emerging topics identified by our community. These programs provided opportunities for participants to deepen their recovery, connect with others, and explore topics that may not be fully addressed within broader programming streams.

Virtual care also strengthens continuity of care by supporting participants before, during, and after more intensive programming. Delivered through secure online platforms and informed by participant feedback, these services remain accessible, evidence-informed, and responsive to the evolving needs of those affected by eating disorders and disordered eating.

As demand for services continues to grow, virtual care remains an essential part of BridgePoint's commitment to providing compassionate, recovery-oriented support to individuals, caregivers, and communities throughout Saskatchewan.



Virtual programs can meet many needs.

New to recovery or exploring support?



Recovery Support Line
(email + phone support)
OR

Self-Paced Recovery Programs
Recovery Support Program
Online Recovery Programs
Self-Guided Youth Program
Caregiver Program



Looking for Connection & Community?

Weekly Deep Dives
Virtual Retreats
Caregiver Workshops



Looking for Individualized Support?

Counselling
Nutrition Support
Recovery Coaching



Ready for More Intensive Support?

Onsite Retreats | Module 1
Module 2 | Body Trust

Virtual Counselling

INDIVIDUALIZED SINGLE SESSION SUPPORT

Our counselling team continues to expand, increasing access to individual support for people in recovery and, for the first time, caregivers seeking support for themselves.

With sustainable funding now secured, individual counselling is now a permanent part of our programming. Delivered entirely online through a flexible single-session model, this service helps reduce barriers and improve access for individuals across Saskatchewan, particularly those living in rural, remote, or underserved communities.

Delivered by masters-level registered counsellors and practicum students, participants can book timely, focused sessions tailored to their needs. Whether used alongside BridgePoint programming or as a standalone service, individual counselling provides an important touchpoint throughout the recovery journey. This year, we also launched an EMDR pilot, expanding the therapeutic approaches available through BridgePoint and exploring new ways to support participants in their recovery.

We are excited to have established a new Saskatoon office to support our growing virtual counselling team. We are particularly proud that 100% of our current counselling team first joined BridgePoint through a master's-level practicum placement. This reflects our commitment to mentorship, workforce development, and building specialized eating disorder expertise within Saskatchewan, helping strengthen capacity for eating disorder care across the province.



“What I've learned is there is nothing more powerful than someone feeling seen, heard, and understood and then finding the strength in themselves, that's always there, and taking the next step forward.

- Kelsi Baragar, M.Sc., and M.Ed.
(In progress)



“

Bearing witness to this work, to hold space for stories of pain, healing and hope, is a profound gift and privilege. It is a sacred space to be, in the messiness, the roaring, the quiet resilience of recovery. To walk alongside others as they change their lives inevitably changes mine.

- Hannah Lemke BSW, RSW, MSW



“

Joining the team at BridgePoint has deepened my appreciation for the power of healing in community. I have witnessed how meaningful connection, collaboration, and shared experiences can foster hope and support change. Being part of a multidisciplinary and compassionate team has reinforced the importance of creating spaces where people feel seen, supported, and empowered in their recovery.

- Kailyn Phillips, B.A (hons), M.C



“

BridgePoint fosters a culture of ongoing learning, encouraging us to be brave, take risks, and continually challenge ourselves to grow - something that feels especially important given that this is what we ask of those we support. A meaningful part of this year has been deepening our work through a Body Trust lens, inviting both personal and professional reflection on the broader social and cultural influences that shape our relationship with food and body. This process has challenged us to think critically about systems while bringing greater compassion, awareness, and depth into our work. I feel grateful to be part of a team that values authenticity, collaboration, and trust - in each other and in the wisdom each person brings into the room. I continue to be inspired by our participants, who I experience as some of the most courageous, insightful, and resilient individuals.

- Shay Duschene M.C., Registered Psychologist (Provisional)



Virtual Nutrition Support

Our nutrition team continued to play an important role in both onsite and virtual programming, supporting participants as they rebuild relationships with food and work toward recovery. This year, we expanded access to individual nutrition services to include caregivers and youth, increasing access to specialized support across the province.

We were excited to welcome Registered Dietitian Rhea Lewandoski back to the BridgePoint team, further strengthening our capacity to provide specialized eating disorder nutrition support across Saskatchewan.

Through individual appointments, group programming, meal support, and collaboration with our clinical team, our dietitians help participants and families develop a more flexible, compassionate, and nourishing relationship with food.



“

I am often left in awe of the courage of participants to show up and get curious. Connecting with individuals when isolation is so prevalent and providing a sense of common humanity has reminded me that the work we do matters.

A participant I have been working with this past year has experienced a shift, by giving her body what it needs and working towards a gentler relationship with food, she has been able to participate in activities that bring her joy with more energy and ability to be present.

A participant I have been working with has leaned into the discomfort of incorporating fear foods and recently said 'yes' to dessert with little hesitation. Working to get enough, eat regularly, and add tolerable fear foods has allowed her to increase her window of tolerance.

Moments of vulnerability stand out to me, particularly when a participant schedules a one-on-one after attending a virtual retreat. I love nothing more than seeing these notifications. After this year with BridgePoint, hope in recovery looks like increased accessibility to support and human connection.

– Rhea Lewandoski, MSc, RD, CEDS



“

I help build connections that diminish shame and create a sense of safety—especially when the world feels overwhelming. My hope is that this makes a meaningful difference, big or small, in someone's journey through life.

– Janine Lefebvre, RD



“

One of the greatest privileges of this work is walking alongside people as they begin to rebuild trust with themselves and with food. This is possible as we build a framework of care, respect, and safety within which they can nourish their bodies. It is so exciting when participants take those brave steps towards letting go of guilt, shame, and judgment in their relationship with food, and start to access choice and a sense of agency.

Recovery can feel like a daily grind, and when you're the one going through it day after day hope can feel impossible. Some of the times that stand out for me most over the last year are those "lightbulb" moments of hope when we can zoom out together and see that growth and progress have actually been happening.

In working with participants this year, it has become even more clear that BridgePoint's philosophies can support people to do something different. Recovery is not linear; it's built through small shifts and changes, on a foundation of curiosity and compassion (a sense of humour helps too). It is these reminders that support people throughout our work in shifting their relationship with food. It is truly an honour to join these brave humans on their recovery journeys!

– Jackie Reimche, ADII, CCIEDC, RHN, B.Sc.(Nutr.), M.A.



Virtual Youth + Caregiver

BridgePoint remains committed to providing education, connection, and practical support for those supporting a loved one with an eating disorder. Each year, approximately 100 caregivers participate in formal programming, while many others access guidance, resources, and system navigation support through our team.

Current caregiver supports include our self-paced online program, Supporting Your Loved One workshop, Recovery Support Line, and individualized conversations to help caregivers navigate available resources. This year, we partnered with Body Brave to engage with caregivers and pilot a caregiver-focused Recovery Support Program, helping us better understand and respond to caregiver needs.

We also continue to expand supports for youth and their families. Through our partnership with Homebase Saskatchewan and its youth co-design team, we increased access to recovery resources while engaging youth in conversations that will help shape future programming.

There are exciting times ahead as we dive into a three-year "Bridge to Hope Project". With support from the Youth Mental Health Fund, we have strengthened our capacity to provide early intervention, navigation, and recovery support. Looking ahead, we are excited to pilot the FREEDCan early intervention model in partnership with CHEO and national partners, helping connect youth with timely, evidence-informed care earlier in their recovery journey.



“

Supporting and holding space for participants and their loved ones through the recovery journey inevitably impacts and enriches my life and I have so much gratitude for the amazing Team I get to work with.

- Kara Carlson, B.A.(Hons), ADII



Family and caregiver supports continued to expand, recognizing the **critical role loved ones play** in recovery and creating additional pathways for **support, connection, and hope.**



“

I love witnessing the lightbulb moments that occur every day at BridgePoint, whether we are in programming or I am talking to someone on the phone after they have reached out for the very first time. Moments like when someone realizes they are not alone in what they are experiencing, when they realize their eating disorder is not their fault and what we mean when we say to start with the 1%. These are all moments that inspire hope, curiosity and a path forward.

- Alicia Johnson, RD, RN



In 2025–26, BridgePoint was awarded funding through the Government of Canada's **Youth Mental Health Fund** to launch **Bridge to Hope**, a four-year initiative designed to strengthen eating disorder prevention, early intervention, and recovery supports for youth across Saskatchewan.

Bridge to Hope focuses on improving access to care, building workforce capacity, strengthening community partnerships, and ensuring young people and their families can access support earlier in their recovery journey.

BRIDGE TO HOPE

Financial contribution:



Health
Canada

Santé
Canada

Year One Highlights

Community Engagement and System Planning

- Completed a provincial environmental scan with Stepped Care to better understand service gaps and opportunities.
- Engaged service providers, caregivers, youth, and individuals with lived experience through workshops, interviews, and surveys.
- Gathered insights to inform future service pathways and priorities for Saskatchewan.

Saskatchewan Eating Disorder Community of Practice

- Launched the province's first Eating Disorder Community of Practice.
- Hosted in-person and virtual engagement events with professionals, educators, healthcare providers, community organizations, and individuals with lived experience.
- Developed a shared vision focused on collaboration, knowledge sharing, and improving access to care across Saskatchewan.

Training and Knowledge Mobilization

- Expanding access to free evidence-informed training opportunities.
- Established partnerships with organizations including Body Brave, Homebase Saskatchewan, FREEDCan, and Stepped Care Solutions.
- Began development of a provincial resource directory and knowledge-sharing infrastructure.

Expanding Youth and Family Supports

- Increased capacity for youth-focused navigation, counselling, nutrition, and early intervention services.
- Strengthened partnerships to support youth and caregivers across the province.
- Planning engagement opportunities for youth in program design and service planning.



What we heard...

“I was given so many tools from helping my daughter with eating, to understanding how to speak to her and be supportive. I was also given many resources this program is so needed and amazing.”

-Caregiver

Knowing I have access to tools and knowledge to support myself supporting my loved one is an amazing weight lifted off my shoulders.”

-Caregiver

“BridgePoint is an exceptional center that truly cares about people's health and well-being.

The tools and knowledge they share shine a very needed light on a topic that is usually brushed under the rug. They truly do change lives.

-Participant

I'm always leaving with so much knowledge, a full cup and warm heart.

-Deep Dive Participant



“**Being at BridgePoint opened space for clarity** changing the narrative from where I believed my power derived from the **Eating Disorder to my Authentic Self.**

The Team offered a **new perspective** and I allowed myself to trust the process and **trust myself.** Decades of attempts followed by disappointment, blaming my body for letting me down and all the while my disordered eating patterns were controlling my decisions.

It's been six weeks since arriving home with **ongoing support** offered to me, **reinforcing all the tools** I was introduced to while being there. My gratitude runs deep and **my body trust gets stronger every day.”**

-Participant

It's important for people going through it to not feel alone.

-Participant

“**I've successfully dealt with several traumas already, to my great shock & enormous gratitude.”**

-Participant accessing EMDR Pilot

“In my small rural area there is almost nothing for eating disorders... it felt like there was nothing but to keep suffering in silence until BridgePoint.”

-Participant

“Virtual supports have made it possible for me to not need on-site retreats or modules.”

-Participant

“

Before coming to BridgePoint, I felt completely stuck and isolated in my eating disorder. This program gave me a safe space to be honest about my struggles and connect with people who truly understood what I was experiencing. I am leaving with practical tools, greater self-awareness, and, most importantly, hope. For the first time in a long time, I believe recovery is possible for me.

-Participant

”

"For the first time in a long time, I felt understood."

-Participant

“ I arrived exhausted and defeated. I am leaving with hope.”

-Participant

“

I came here feeling hopeless and am leaving believing recovery is possible.

-Participant

”

BridgePoint gave me the confidence to keep choosing recovery.

-Participant

Across all programs, participants described the program as a place of **healing, connection, self-discovery, practical recovery tools and hope.**

88%

of participants attending Module 1 demonstrated improvement across all 12 quality-of-life domains measured by the EDQLS.

“

One of the most meaningful parts of this experience was realizing that other people shared many of the same thoughts, fears, and challenges that I do. The sense of connection and belonging I felt here helped reduce the shame I have carried for years. I am leaving with greater self-compassion and a reminder that I deserve care, support, and recovery.

-Participant

”

“

"The connections I made reminded me that I am not alone."

-Participant

”

FINANCIAL STEWARDSHIP

Snapshot

BridgePoint remains committed to responsible stewardship of public, grant, and donor funding.

In 2025–26, we continued to expand access to eating disorder recovery services across Saskatchewan while maintaining a strong financial position that supports future growth and sustainability.

82¢ of every dollar spent supported participant programming and recovery services.

Canadian charities spend approximately 75¢ of every dollar on program delivery on average.

Source: Charity Intelligence Canada, Sector Snapshot (2024)

REVENUE SOURCES

Saskatchewan Health Authority 81.5%

Grants 17%

Donations, Interest and Other Revenue 1.5%

FINANCIAL HIGHLIGHTS

	2024-25	2025-26
Revenue	\$979,737	\$1,360,780
Program Investment	\$750,468	\$1,021,644
Program Spending Ratio	79%	82%

Financial information is based on audited financial statements for the year ended March 31, 2026.

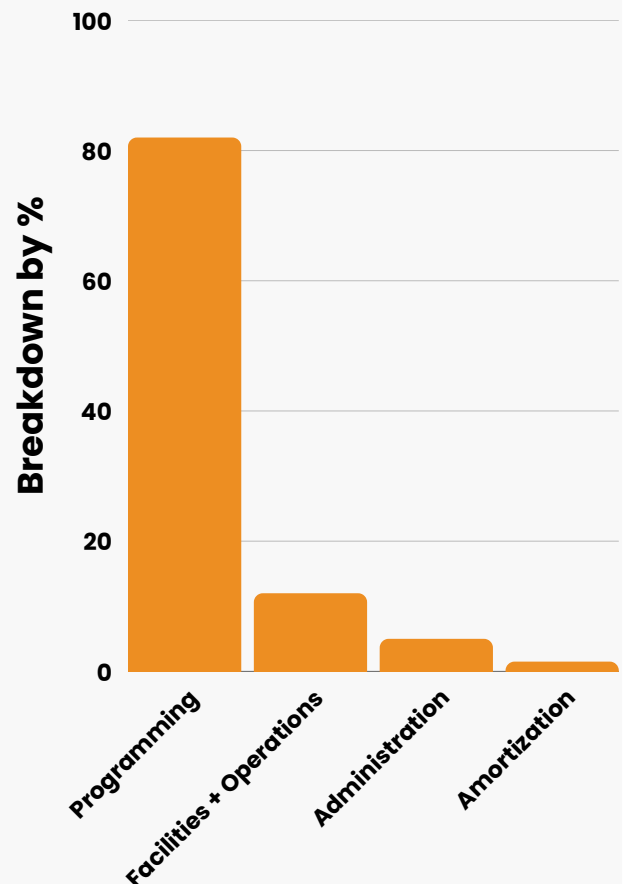
+ 39%

increase in revenue to support expanded services

+ 36%

increase in direct program investments

EXPENSE ALLOCATION



Gratitude

COMMUNITY PARTNERS & CONTRIBUTORS

BridgePoint's work is strengthened through collaboration, shared leadership, and the collective expertise of partners across Saskatchewan and beyond.

We are grateful to the consultants, guest facilitators, subject-matter experts, and community partners who contributed to program development, evaluation, training, service innovation, and system planning throughout the year. Their knowledge, insight, and commitment have helped ensure our programs remain evidence-informed, responsive to community needs, and grounded in recovery-oriented care.

Most importantly, we thank the youth, caregivers, participants, and alumni whose lived experience continues to guide and shape this work. Your voices remain at the heart of everything we do.

Guest Facilitators

- Ashley Breland, RSW, BA, BSW, MSW
- Betsy Brenner, Author, Speaker & Mentor
- Candace Fox, Psychosensory/Somatic Practitioner & Provisional Recovery Coach
- Dawn Kellington, RSW, MSW
- Heather Kernohan, RSW, BSW, MSW
- Erin Redekop, RSW, MSW, BSW
- Sarah Rzemieniak, Certified Eating Disorder Recovery Coach
- Jade Sibbald, Equine-Assisted Learning Facilitator
- Kimberley Stevens, RN, Breathwork Practitioner

Consultants

- Body Brave
- Erin Beckwell, Heard & Seen Consulting
- Stepped Care Solutions

**Recovery happens
through connection.
Thank you to every partner,
facilitator, participant,
caregiver, volunteer, donor,
and supporter who helped
make this work possible.**



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