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OTF Helps Body Brave Deliver Tech-Based Eating Disorder Supports

Hamilton, ON – In May 2021, Body Brave received a \$116,800 Resilient Communities Fund grant from the Ontario Trillium Foundation (OTF) to rebuild and recover from the impacts of COVID-19. This support allowed the organization to successfully build and adapt their services to an online environment and improve their technological capacity to deliver community-based eating disorder support and treatment services across the province.

“As the first program in Canada to offer virtual treatment for eating disorders, Body Brave has been at the forefront of revolutionizing how we treat and talk about eating disorders,” said Hamilton Centre MPP Andrea Horwath. “Thanks to support from the Ontario Trillium Foundation (OTF), Body Brave has an improved technological capacity to provide accessible treatment and support for people struggling with eating disorders as well as training and education for the community. Congratulations to Body Brave for providing crucial care to our community.”

With support from OTF, Body Brave purchased software and equipment and engaged a technological consultant to transition all services to a virtual format, scale programs to meet increased demand, and improve the quality and security of its technology. These upgrades allowed Body Brave to find more sustainable sources of funding and streamline administrative processes - reducing the burden and stress on staff, and improving overall communication with their clients, the community, and their students and volunteers amid the COVID-19 pandemic.

“I would like to express my heartfelt thanks to the Ontario Trillium Foundation for their generous support of our work,” says Dr. Karen Trollope, Chief Medical Director of Body Brave. “We are innovators in the eating disorder landscape, leveraging the use of technology to bring appropriate care to people when they need it most. [With this funding] we were able to expand our programming to meet the need for services for people struggling with eating disorders, as well as widen our network and connect with other organizations doing similar work.”

Body Brave is a registered federal charity committed to providing accessible eating disorder treatment and support, as well as advancing community training and education. This investment has allowed us to build a more resilient, sustainable organization that will continue to serve the community well beyond the pandemic. For more information, please visit bodybrave.ca.

The Ontario Trillium Foundation is an agency of the Government of Ontario, and one of Canada’s leading granting foundations. Last year, nearly \$112M was invested into 1,384 community projects and partnerships to build healthy and vibrant communities and strengthen the impact of Ontario’s non-profit sector. In 2020/21, OTF supported Ontario’s economic recovery by helping non-profit organizations rebuild and recover from the impacts of COVID-19. Visit otf.ca to learn more.

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