

Bulimia
Anorexia
Nervosa
Association

2025/26 ANNUAL REPORT



JUNE
17
2026



www.bana.ca



MESSAGE FROM THE BOARD PRESIDENT

As President of the Board of Directors, it is my privilege to share this message on behalf of BANA. Each year, I am reminded that the true strength of this organization lies not only in the services we provide, but in the compassion, resilience, and commitment of the people who make this work possible. I am deeply proud of all we have accomplished together and grateful for the continued support that allows BANA to thrive.

For more than 40 years, BANA has remained a trusted source of hope and healing for individuals and families affected by eating disorders throughout Windsor-Essex. Our mission extends beyond treatment alone. Through prevention, education, and compassionate care, BANA continues to support individuals at every stage of their journey while helping challenge the stigma and misconceptions that too often surround eating disorders.

Our partnerships with Windsor Regional Hospital, Hôtel-Dieu Grace Healthcare, local mental health providers, and the Teen Health Centre remain critical in ensuring timely, coordinated, and specialized care for our community.

This past year, we witnessed the continued impact of collaborative programs such as the Windsor-Essex Intensive Outpatient Program and expanded community outreach efforts that reinforce an important truth: health does not have a single look.

Through Eating Disorders Awareness Week, educational initiatives, and public engagement, BANA has continued to foster understanding, encourage early intervention, and create safer spaces for recovery and conversation.

Throughout this report, you will see the many ways BANA's dedicated staff, volunteers, and partners continue to make a meaningful difference.

Their professionalism, empathy, and expertise are extraordinary, and we remain profoundly grateful for their unwavering commitment. We also extend sincere appreciation to our Board of Directors, healthcare partners, donors, and community supporters whose trust and collaboration sustain this vital work.

Serving as President of the BANA Board of Directors is a responsibility and privilege I value deeply. As we continue building on more than four decades of service, we remain committed to expanding awareness, strengthening care, and ensuring that every person who reaches out to BANA feels seen, supported, and never alone.

On behalf of the Board of Directors, thank you for believing in our mission and standing alongside us as we continue this important work together.

Warmest Regards,

Kelly Gosselin,
President BANA Board of Directors

2025/26 Board of Directors

(as of March 31, 2025)

President
Kelly Gosselin

Treasurer
Marzena Gosselin

Director
Delaney MacDougall

Director
Leon Pilgrim

Vice President
Dana Levin

Secretary
Maria Rivolta-Charles

Director
Don Cyr

Director
Stephanie Johnston

MESSAGE FROM THE EXECUTIVE DIRECTOR



Welcome to our 2025/26 Annual Report, a testament to the dedication and hard work of the entire BANA board, staff, volunteers, students, and membership.

We remain steadfast in our mission, vision, and values, finding renewed purpose each day in providing health promotion, prevention, treatment, and outreach services. Looking back at the past year, I feel immensely proud, energized, and blessed.

BANA continues to lead the way in eating disorder prevention and treatment, both locally and provincially. We recognize that our people are our greatest strength.

To support them, we continue to invest in specialized training, education, and competitive compensation, while prioritizing work-life balance and flexibility. Our staff works with a collaborative spirit to provide the highest standard of care for those we serve.

Personally, I am humbled to lead this team alongside Leta Scott, Manager of Clinical Services, and Alexis Sauls Ramos, Prevention Specialist & West Region Prevention Team Lead. Our leadership team strives for equity, fairness, and transparency, rooted in an "open-door" philosophy.

We are deeply committed to the guiding principles of the Quality Standards for Eating Disorders & Outpatient Program Expectations and continue to enhance our services to exceed these benchmarks.

We are also privileged to be governed by a dedicated and vibrant Board of Directors. Under the outstanding leadership of our President, Kelly Gosselin—and with special recognition to our Treasurer, Marzena; Vice President, Dana; and Secretary, Maria—each member brings invaluable skills and experience to our organization.

Our community partners are fundamental to our success. As a vital regional touchpoint, our collaboration with like-minded organizations has extended our outreach far beyond what we could achieve alone.

Together, we are dismantling the stigma surrounding eating disorders and mental health through open dialogue and education. I recently encountered the term 'Radical Collaboration' and immediately thought of BANA. We prioritize partnership over competition, actively seeking every opportunity to work alongside others to create a healthier community.

We take great pride in the milestones highlighted in this report, particularly our recognition as the Windsor Essex Chamber of Commerce Business Excellence Award winner for "Pillars of Our Community" and receiving the 2025 Gord Smith Healthy Workplace Platinum Level Award. These accolades validate our team's incredible efforts and deepen the trust the community places in us while allowing us to reach new audiences.

Furthermore, we have successfully launched our new five-year Strategic Plan and bolstered our competitiveness by introducing the HOOPP pension—a true game-changer for our recruitment and retention.

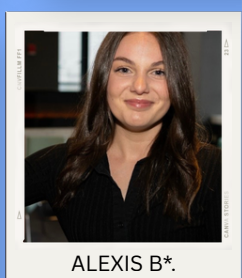
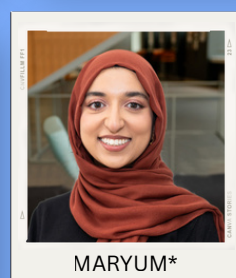
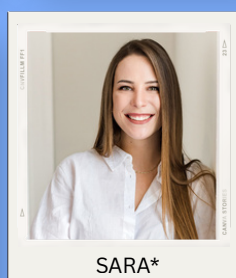
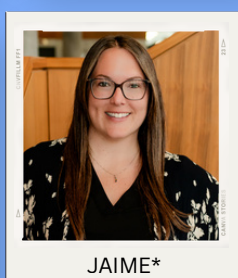
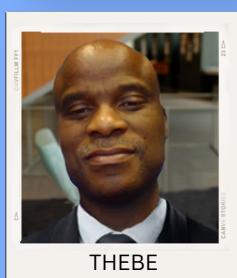
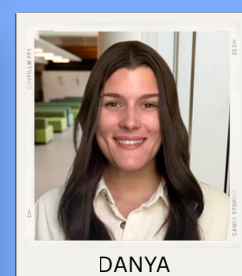
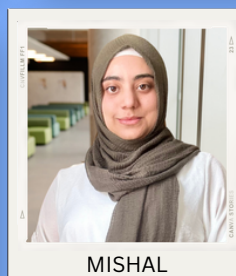
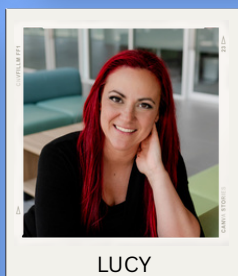
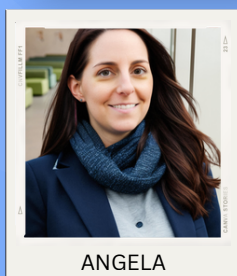
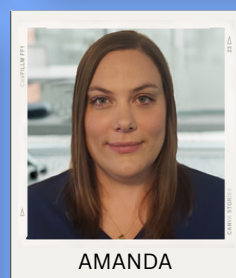
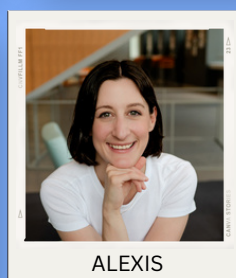
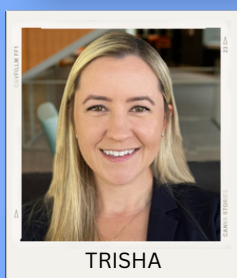
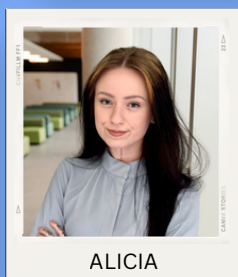
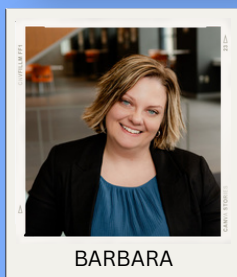
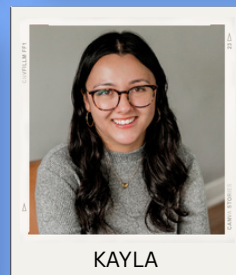
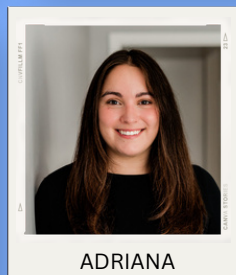
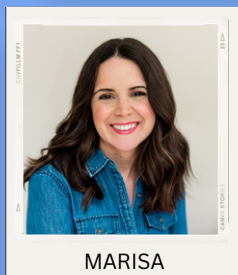
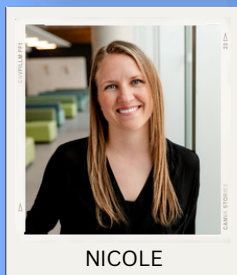
Looking ahead, we remain committed to data-driven clinical outcomes, integrity, DEI (Diversity, Equity, and Inclusion), digital innovation, and the expansion of French language services. As we enter 2026-27, we are setting bold new goals, including the launch of a Capital Campaign to secure a larger space for our growing needs.

"Why Not Us, BANA?" is the motto that continues to fuel our aspirations for a promising future together.

With Gratitude,

Luciana Rosu-Sieza
Executive Director

MEET THE TEAM



*Proud team members who have transition to new roles and industry opportunities, and contract specialists who successfully completed their engagements in 2025/26.



2025/26 FINANCIAL HIGHLIGHTS

It continues to be an honour to serve as Treasurer for the Bulimia Anorexia Nervosa Association (BANA). I remain deeply grateful to the Board of Directors for their continued trust and support, and I am proud to contribute to an organization that provides vital services and advocacy for individuals and families affected by eating disorders.

I encourage all members to review the audited Statement of Financial Position and Statement of Operations for the fiscal year ending March 31, 2026. I am pleased to report that BANA concluded the year with a surplus of \$464.61, reflecting our ongoing commitment to sound financial management and responsible stewardship of resources.

This year, BANA received a 4% increase in base funding, providing additional stability and support for the organization's programs and operations. We also achieved an important milestone by enrolling our employees in the Healthcare of Ontario Pension Plan (HOOPP). This investment in our staff demonstrates BANA's commitment to attracting, retaining, and supporting the dedicated professionals who deliver our services each day.

Throughout the year, BANA continued to balance financial responsibility with the growing needs of the communities we serve. Through careful planning and oversight, we have maintained a strong financial position while ensuring that individuals and families have access to critical support, education, and recovery-focused programming.

I would like to extend my sincere appreciation to the BANA staff, leadership team, volunteers, and fellow Board members. Your dedication, professionalism, and compassion are the foundation of our success. Your collective efforts ensure that every dollar entrusted to BANA is used effectively in support of our mission.

As we look ahead, I am confident that BANA is well positioned for continued growth and sustainability. Thank you for the opportunity to serve as Treasurer and to contribute to the important work of this organization.

Marzena Gosselin, CPA Treasurer

This independent auditors review was conducted by the firm of Julia A. Lee Professional Corporation . The enclosed statements of the Bulimia Anorexia Nervosa Association CAN-AM reflect the financial position as of March 31, 2026, and the statement of general fund operations and fund balance for the year end. A complete Financial Statement and Auditor's Report are available through BANA

Statement of Financial Position

March 31, 2026

	2026	2025
Assets		
Current		
Cash and term deposits	\$ 411,142	\$ 419,505
Accounts receivable	5,871	3,632
Grant revenue receivable (Note 4)	-	4,630
HST recoverable	10,885	11,813
Prepaid	14,932	19,970
	<u>442,830</u>	<u>459,550</u>
Capital (Note 2)		
Furniture and equipment	88,930	88,930
Computer equipment	35,224	35,224
Leasehold improvement	20,985	20,985
	<u>145,139</u>	<u>145,139</u>
	<u>\$ 587,969</u>	<u>\$ 604,689</u>
Liabilities and fund balances		
Current		
Accounts payable and accrued liabilities	\$ 116,965	\$ 107,660
Deferred revenue (Note 3)	220,656	246,946
	<u>337,621</u>	<u>354,606</u>
Fund balances		
General fund	33,520	33,055
Capital reserve fund (Note 2)	71,889	71,889
Equity in capital assets (Note 2)	145,139	145,139
	<u>250,548</u>	<u>250,083</u>
	<u>\$ 587,969</u>	<u>\$ 604,689</u>

Approved on behalf of the Board of Directors:
Bulimia Anorexia Nervosa Association - Can-Am

Julia Gosselin Director *M. Charles* Director

See accompanying Notes to the Financial Statements

Bulimia Anorexia Nervosa Association - Can-Am

Statement of General Fund Operations and Fund Balance

Year ended March 31, 2026

	Community Mental Health 2026	Institutional Health 2026	Other Revenue 2026	EDO-P Grant 2026	IOP Grant 2026	Total 2026	Total 2025
Revenue							
Program funding (Note 7)	\$ 524,829	\$ 280,992	\$ -	\$ -	\$ -	\$ 805,821	\$ 785,621
Donations and memberships	-	-	17,953	-	-	17,953	8,220
Other income	-	-	13,327	-	-	13,327	15,076
Fundraising revenue	-	-	65,305	-	-	65,305	30,988
Grant revenue (Note 4)	-	-	-	723,558	676,704	1,400,262	1,338,612
	<u>524,829</u>	<u>280,992</u>	<u>96,585</u>	<u>723,558</u>	<u>676,704</u>	<u>2,302,668</u>	<u>2,178,517</u>
Expenses							
Insurance	3,744	-	-	-	-	3,744	3,360
Advertising and promotion	-	-	9,980	10,156	-	20,136	10,503
Professional fees	-	4,572	-	20,093	33,313	57,978	38,369
Wages and benefits	470,227	256,306	12,675	662,085	554,456	1,955,749	1,865,102
Office equipment/supplies	-	8,810	12,886	-	44,859	66,555	67,406
Computer maintenance	-	1,316	-	4,639	2,723	8,678	3,736
Telephone	-	5,225	-	-	-	5,225	4,693
Rent and other occupancy	50,858	-	-	-	30,000	80,858	83,326
Staff education & training	-	4,763	-	26,585	11,353	42,701	60,012
Travel	-	-	4,996	-	-	4,996	10,406
Fundraising expenses	-	-	55,583	-	-	55,583	31,487
	<u>524,829</u>	<u>280,992</u>	<u>96,120</u>	<u>723,558</u>	<u>676,704</u>	<u>2,302,203</u>	<u>2,178,400</u>
Excess of revenue over expenses for the year	-	-	465	-	-	465	117
Fund balance beginning of year	-	-	32,682	-	-	33,055	32,938
Fund balance, end of year	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 33,147</u>	<u>\$ -</u>	<u>\$ -</u>	<u>\$ 33,520</u>	<u>\$ 33,055</u>

In Other News



French Language Services

BANA has remained committed to enhancing our French Language Services. In recent years we have conducted services using francophone staff, offered francophone health promotion presentations, and actively recruited within the francophone community for employment opportunities. We have provided French language content through our free Mental Health and Wellness magazine and social media platforms. We placed French language advertising in the Répertoire des services en français du Sud-Ouest de l'Ontario (French services directory) that is distributed in the regions of Windsor-Essex, Chatham-Kent, and London-Sarnia-Woodstock. As we complete the 2025-26 year, 25% of our staff and 12.5% of our board have French language competencies.

Gord Smith Healthy Workplace Awards 2024

BANA was once again successful in receiving the PLATINUM Level Gord Smith Healthy Workplace Award Designation. Award recipients must demonstrate a strong commitment towards improving health by promoting and supporting a comprehensive approach to wellness programming for employees, and ideally, for family members and retirees.

This is the 10th Year that BANA has been an award winner and we'd like to thank the Working Toward Wellness Program for recognizing our efforts and offer our congratulations to all of this year's award winners.



Business Excellence Awards

On May 15th, 2025, Bulimia Anorexia Nervosa Association was honoured to be the recipient of the Windsor Essex Chamber of Commerce - Business Excellence Award under the 'Pillars of Our Community' category.

We were humbled to be considered with our fellow finalists, The United Way Centigrade Windsor-Essex and the WindsorEssex Community Foundation.

Thank you to our presenting sponsor Motor City Community Credit Union -our long time amazing financial institution - and to the BEA Committee along with the judges.

Our small but mighty organization has continued to expand and thrive with passion, resilience and grit. Winning this incredible honour means everything to us.



World Eating Disorder Action Day

On June 2nd, 2025 TEAM BANA reminded the MPPs at Queen's Park about World Eating Disorder Action Day Along with Michael A. Tibollo, Associate Attorney General (PC) and Vijay Thanigasalam, Associate Minister of Mental Health and Addictions (PC)

The event was hosted by the Ontario Eating Disorders Community Alliance, a coalition of seven provincially based organizations: BANA, Body Brave, NEDIC, NIED, The Recovery Project Foundation, Sheena's Place, and WaterStoneFoundation. This gathering brought together healthcare professionals, mental health advocates, policymakers, and families.

BANA was honoured to be part of such a momentous event in provincial Eating Disorder history and we look forward to continuing to work together for a better future.



Motor City Community Credit Union

On behalf of the staff and board of the Bulimia Anorexia Nervosa Association (BANA) would like to express our most heartfelt appreciation to the Motor City Community Credit Union (MCCCU) for a donation in the amount of \$10,000.

As a long-standing member of MCCCU, BANA and Executive Director, Luciana Rosu-Sieze were thrilled to host Rob Griffiths (CEO), Giorge Kaniouras (COO), Sonia Lenhardt (Senior VP) and Costin Beliciu, (VP, Marketing and Community Engagement) at our offices for a tour and cheque presentation. We are gratified to be part of their Values-Based Banking philosophy and look forward to continuing our partnership in the future.



Mapping Day

The 4th Annual Eating Disorder Service Pathway Mapping Day was presented in partnership by Windsor Regional Hospital (WRH), the Bulimia Anorexia Nervosa Association (BANA) and the Windsor Essex Community Health Centre (WeCHC) and was facilitated by Mia Tannous of Tannous and Associates on February 27, 2026

Over 50 representatives from various community agencies gathered to exchange knowledge, share concerns and most importantly work collaboratively to enhance the eating disorder service pathways in our region. Ranging from public health, school boards, mental health agencies across the lifespan to our local eating disorder teams, the array of attendees spoke to the broad impact that eating disorder prevention and treatment services has across our community. It is vital that these key stakeholders continue these meaningful discussions beyond this annual event. It is essential that the dialogue remains open.

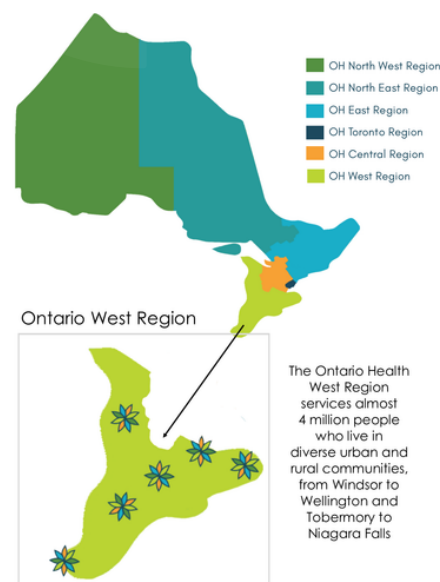


Eating Disorders Ontario Prevention

At the host organization for Eating Disorders Ontario – Prevention (EDO-P) in Ontario Health West, BANA continues to cement its place as a leader in promotion and prevention. This builds on the exceptional work done locally in Windsor-Essex by bringing evidence based prevention across the region. The 2025/2026 year has once again been one of evolution and growth for the EDO-P team at BANA.

Comprised of 6 regulated mental health professionals dispersed in communities across OH West, this team has greatly expanded its reach, taking on new challenges and opportunities each time. A critical area of growth this year has been our movement into post secondary institutions, where training has been conducted with staff and students alike on weight bias, eating disorder informed care for campus health care providers, and facilitator training on an evidence based body image intervention for students. The latter has now been delivered to students on multiple campuses with plans for growth early in the next year.

Looking ahead, we anticipate considerable growth in all areas of delivery, both in the interventions already on the ground, and the development of new resources to support prevention needs province wide. The team is excited and motivated to build on their success in fostering safe, inclusive, and well informed spaces across all of our communities.



2025-26 HEALTH PROMOTION AND EDUCATIONAL SERVICES: A YEAR OF IMPACT

In 2025-2026, the BANA Health Promotion Team expanded its vital footprint across Windsor-Essex. Through strategic partnerships, dynamic school presentations, and innovative digital advocacy, we championed body inclusivity, media literacy, and food neutrality.

By meeting people where they are—in classrooms, on college campuses, at the mall, and on their smartphones—we are actively dismantling stigma and fostering a community rooted in healing and hope.

382 Total Presentations

98 Be Yourselfer's Puppet Shows

26 Self-Esteem & Body Image

25 Sizing Up the Media

16,792

Participants

5

New Podcasts

33

Health Fairs

559

Podcast Engagements

Empowering Youth Across Windsor-Essex

Our team continued deep collaborations with the GECDSB, WECDSB, CSC Providence, and the Youth Wellness Hub Windsor-Essex. By delivering 26 Be Yourselfers Puppet Shows to young children and 123 targeted workshops on body image and media literacy to older youth, we are building a foundation of self-esteem before disordered eating patterns can take root.

Impact in the Classroom:

"The information on eating disorders was very well presented and relevant for students to support themselves and their peers."

— Enver Villamizar, High School Teacher

Deepening Post-Secondary Partnerships

BANA's presence at the University of Windsor and St. Clair College has evolved from simple outreach into deeply integrated, trauma-informed institutional partnerships.

A beautiful example of this ecosystem is Healed UWindsor, a student-led initiative working alongside BANA. Through digital advocacy and campus events like charity raffles, these passionate student leaders raised \$550 to support BANA's ongoing services while actively driving the conversation around physical and mental wellness on campus.

Partner Spotlight:

"They engage our employees and students with compassion and sensitivity using a trauma-informed, equity-centred approach...Marisa and Adriana have contributed immeasurable value to our campus."

— Katie Chauvin, Employee Mental Health Coordinator,
University of Windsor



Eating Disorder Awareness Week 2026: Amplifying the Conversation

From February 1st–7th, 2026, BANA sparked a region-wide conversation to provide tools for support, healing, and prevention. Our impact was felt across four distinct community pillars:

Reclaiming Movement: Partnering with lululemon, we hosted a free community yoga session at Devonshire Mall. Led by instructor k.lee, the event successfully reframed fitness around joyful movement and radical body inclusivity.

Accessible Education: In a historic first, BANA partnered with the Windsor Public Library, Essex County Library, and the University of Windsor's Leddy Library. By distributing custom bookmarks and curating recommended reading displays, we put non-stigmatizing information directly into the hands of thousands of residents.

Lived Experience & Art: At Indigo Devonshire Mall, BANA Board Member and author Stephanie Johnston hosted an exclusive reading of her poetry book, *EDitable*. By sharing her lived experience, Stephanie humanized the statistics of eating disorders for hundreds of weekend shoppers.

Visual Solidarity: The community literally shone a light on our cause. Major landmarks—including the Hanna Water Tower, Caesars Windsor, City Hall Square, and Ouellette Avenue—lit up in purple, serving as a beacon of hope and solidarity for those in recovery.

Digital Advocacy: Meeting the Community Online

In an increasingly digital world, BANA continues to expand its accessible, anonymous, and engaging digital resources.

The "Be Yourself. Happy, Healthy, Hopeful" Podcast: In 2025-26, we released 5 vital new episodes covering critical, nuanced topics including ARFID, integrated care, and the specific intersection of mental health within the POC experience. Available on Spotify, iHeartRadio, Amazon Music, and our website with over 500 engagements.

BANA Be Yourself Magazine: In 2025-26, we web hosted 3 new issues of the magazine with email and mail editions going out around the world with print copies going out to over 50 local and regional locations.



2025-26 CLINICAL SERVICES: OUTPATIENT AND WEIOP

Intake:

1044	Individuals served by the Intake Process
479	Adults
231	Youth (under 25)
334	Age undisclosed
147	Specialized Assessments
2615	Total Intake Interactions

Outpatient:

397	Individuals served by the Outpatient Program
51	Total Sessions of Clinical Consultations
5025	Total Clinical Outpatient Interactions

WEIOP:

51	Individuals served by the WEIOP Program
51	Total Sessions of Clinical Consultations
816	Total Clinical Group Sessions
2685	Total Clinical WEIOP Interactions

Clinical Team's Commitment to Ongoing Training

2025-26
Autism and Eating Disorders:
Dying to be Thin

April 2025
Fundamentals of Race and
Anti-Black Racism

May 2025
Community Mapping Day

June 2025
Interpersonal Psychotherapy

October 2025
National Alliance for Eating
Disorders Training Day

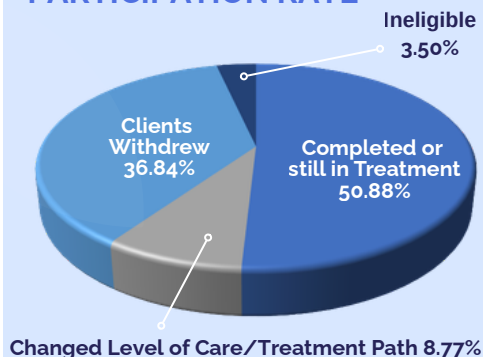
December 2025
Eating Disorders Ontario
Annual Network Meeting

January 2026
GLP-1's and the Psychology of
Eating: Implications for Eating
Disorder Recovery

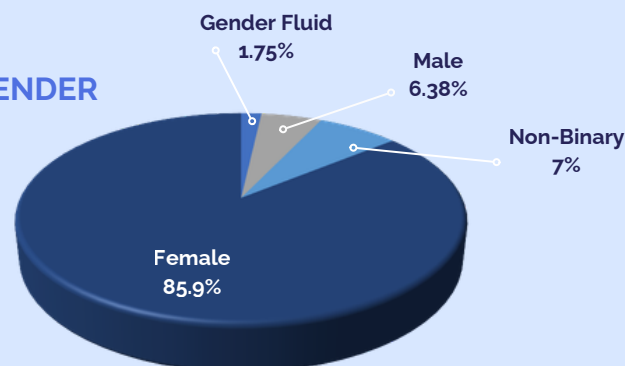
February 2026
Community Mapping Day

OUTPATIENT CLIENT SNAPSHOT

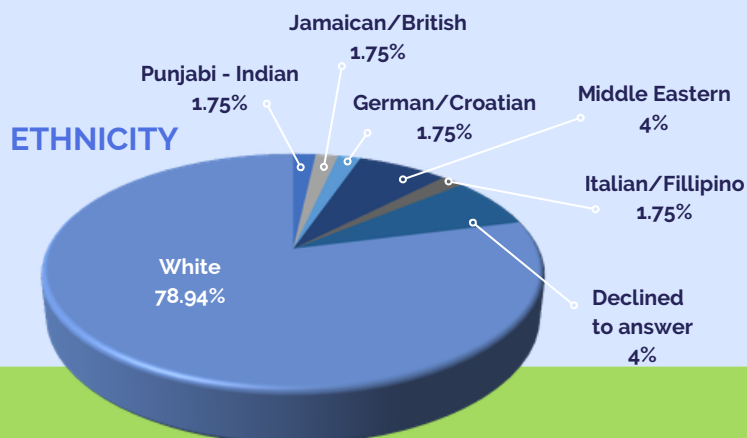
PARTICIPATION RATE



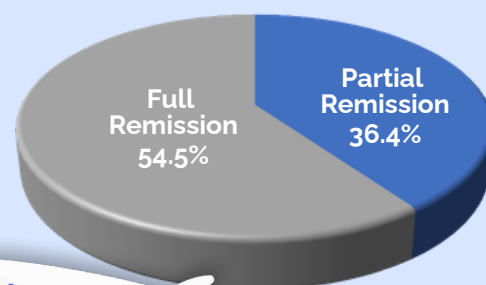
GENDER



ETHNICITY



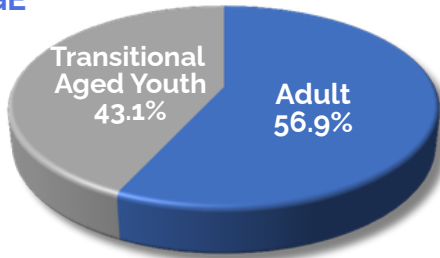
REMISSION RATES



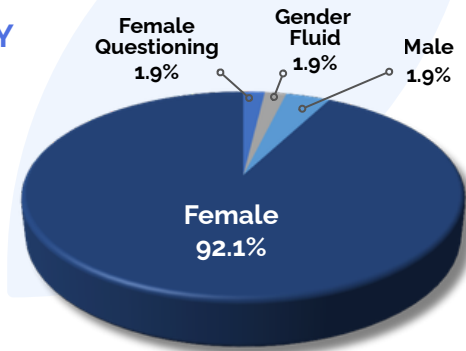
91% of participants who completed the program were in full or partial remission by the end of treatment.

WEIOP CLIENT SNAPSHOT

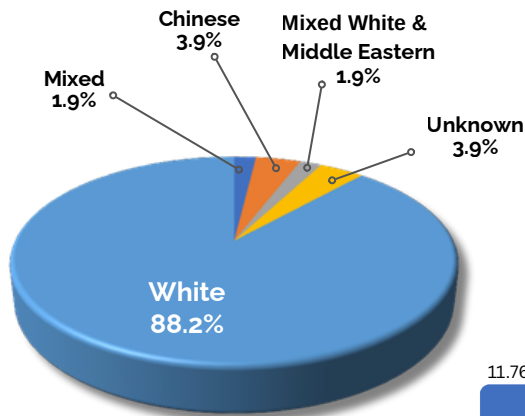
AGE



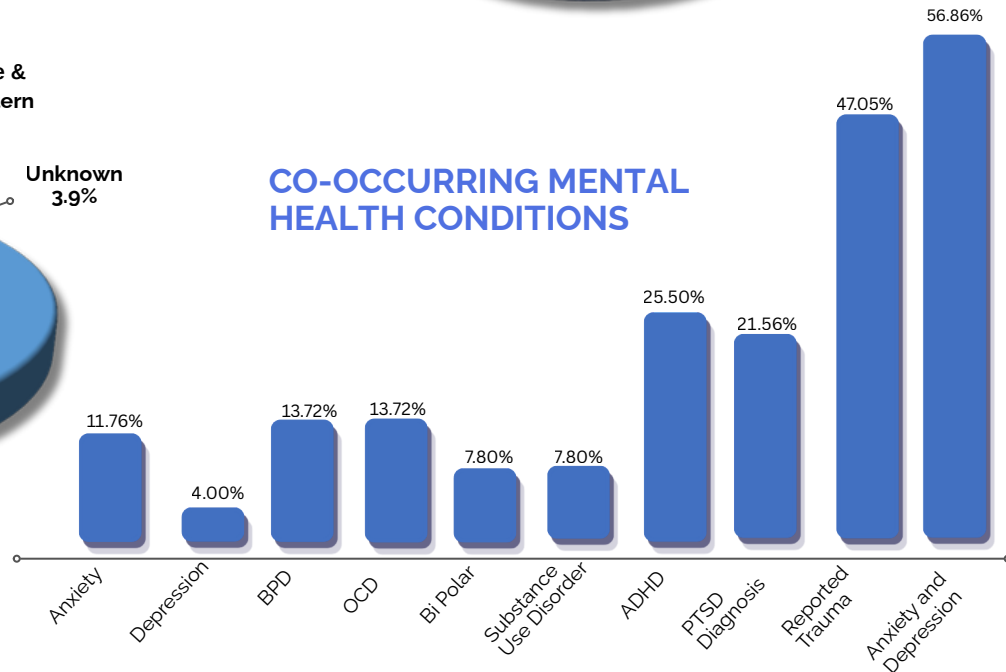
GENDER IDENTITY



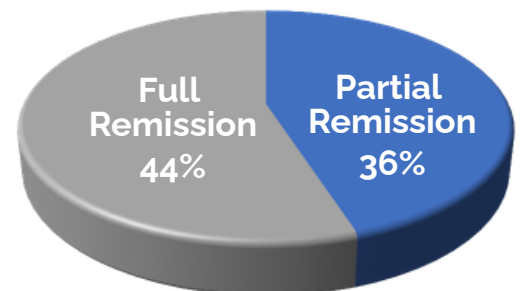
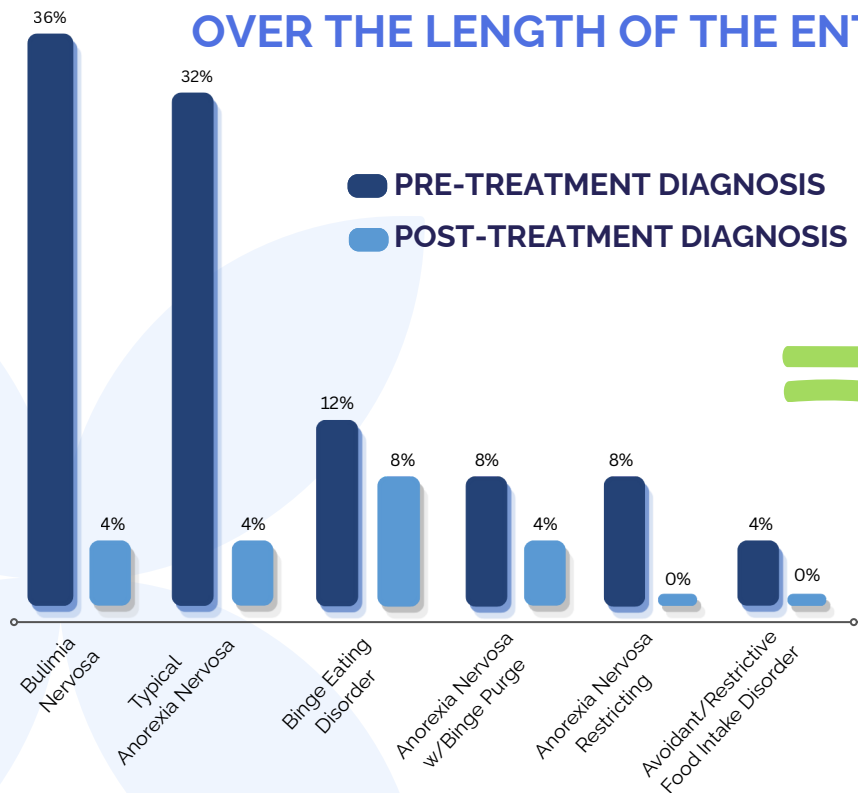
ETHNICITY



CO-OCCURRING MENTAL HEALTH CONDITIONS



OVER THE LENGTH OF THE ENTIRE WEIOP PROGRAM



80% of participants who completed the program were in full or partial remission by the end of treatment.

2026-27 BANA Board of Directors



Kelly Gosselin
President



Marzena Gosselin
Treasurer



Maria Rivolta-Charles
Secretary



Don Cyr
Director



Stephanie Johnston
Director



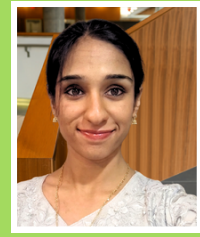
Leon Pilgram
Director



Yesmina Captan
Director



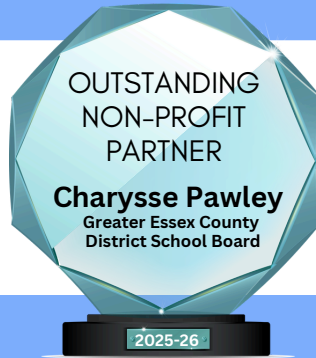
Allie Telfer
Director



Jeevan Matharu
Director

2025/26 BANA Awards

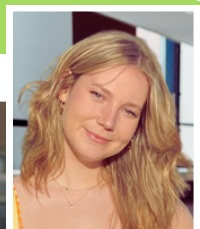
Each year, BANA takes a look at those in our community who are making a difference and whom demonstrate a commitment to the enhancement of healthy lifestyles in the truest spirit of our mission and vision. Please join us in recognizing the following outstanding agencies and individuals as our 2025/26 Community Health Promotion Award recipients.



On behalf of the staff and Board of Directors, we extend our sincere gratitude to Dana Levin and Delaney MacDougall for their years of dedicated service to BANA. Your commitment, leadership, and passion have helped strengthen our organization and advance our mission, leaving a lasting impact on the individuals and families we serve.



Dana S. Levin
2016-2026



Delaney MacDougall
2022-2026