

How You Can Help

Whether you or someone you know has a BFRB, there are a number of ways you can help break the stigma associated with these disorders and show support for those who have them.

- Educate yourself and others about BFRBs
- Attend BFRB conferences and information sessions
- Host a BFRB awareness or support event
- Volunteer with a BFRB organization or during BFRB events

Donate

CBSN relies on the generous donations from our supporters to continue to do the work we do. As a non-profit, we are unable to offer tax receipts, but greatly appreciate any and all donations people give to the organization.

Donations go directly towards CBSN's educational events and educational material.

Donations can be made via PayPal using the email address donate@canadianbfrb.org.

Canadian BFRB Support Network



About CBSN



Canadian BFRB Support Network

canadianbfrb.org

facebook.com/CanadianBFRB

twitter.com/CanadianBFRB

info@canadianbfrb.org

About Us



Based out of Toronto, Ontario, the Canadian BFRB Support Network (CBSN) is a federally registered non-profit founded in 2013 and the second organization worldwide to offer information and support to people living with body-focused repetitive behaviours (BFRBs) and their loved ones. Through online material, peer support meetings, and public events, CBSN works to provide accurate and up-to-date information about these relatively unknown disorders.

Our Logo

The thumbprint heart encompasses BFRBs and those affected by them. The hand is the main tool for BFRBs and on the hand can be found the fingerprints which set each of us apart as individuals. Joining the thumbprint into a heart represents the community and coming together in strength.



Disclaimer

CBSN is run exclusively by volunteers. We strongly encourage discussing any changes you want to make to your treatment with your doctor.

What We Do

Peer Support Groups

Peer support groups are an opportunity to meet others with BFRBs in person. We provide a safe space to have open and honest conversations about what we experience as people living with these disorders. These groups are run by volunteers, so are not a substitute for any professional medical help you are seeking for your BFRB, but can be a great asset.

Visit our website or contact groups@canadianbfrb.org for more information and group locations.



Online Peer Support

For those without a support group in their area or who are unsure about meeting anyone in person yet, we also offer online peer support. We connect you with someone else who has the same BFRB(s) as you do and match you based on your preferences. Like the groups, online peer supporters are volunteers and should not be substituted for professional medical help.

Visit our website or contact support@canadianbfrb.org for more information.

The BFRB Blog

The BFRB Blog is a combination of posts from our blogger and guests from the community who discuss topics relevant and important to the BFRB community and share personal experiences. At times, the blog also shares about advocates and other BFRB organizations or companies.

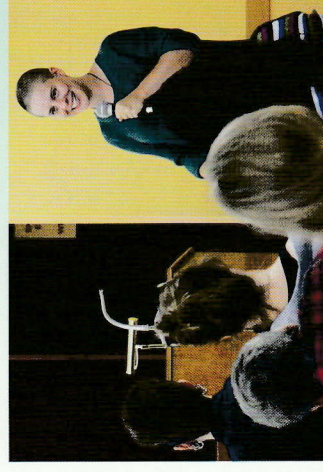
Contact blog@canadianbfrb.org for more information or to submit a guest blog.

Social Media

We use social media platforms to engage with the BFRB community and to continue to spread awareness and educate about BFRBs in any way we can. On our social media, we share blogs, images, and videos created by us or others, and we also aim to engage in conversations and get input from our supporters.

CBSN can be found on Facebook, Twitter, Instagram, and YouTube.

Events



CBSN occasionally hosts and attends events. We have hosted our annual Breaking Down BFRBs event since 2014, featuring speakers from the community and The Frederick W. Thompson Anxiety Centre at Sunnybrook Health Science Centre in Toronto. At our event, we aim to provide information from both our perspective as BFRBs and the medical community.