

Anorexia and bulimia Quebec (ANEB Quebec)

April- May 2011

A word of welcome

Welcome to this edition of ANEB's electronic newsletter. We are pleased to provide you with information on what's new at ANEB, various projects and events and on eating disorders in general. We hope that you enjoy this issue: don't hesitate to provide us with your comments and suggestions!

ANEB Quebec Team

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Easter Holiday

Please note that ANEB will be closed on Friday April 22nd, Sunday April 24th as well as Monday April 25th because of Easter. The help and referral phonenumber will therefore not be available during these days.

Please note that the following open support groups will be cancelled :

The open support group for those suffering from an eating disorder given Monday evenings at the CHU Sainte-Justine

The open support group for those suffering from an eating disorder given Monday evenings in Gatineau

The open support group for families and friends given every second Monday in Trois-Rivières

We thank you for understanding.

Fête des Patriotes Holiday

Please note that ANEB will be closed on Monday May 23rd because of Fête des Patriotes. The help and referral phoneline will therefore not be available during this day.

Please note that the following open support groups will be cancelled :

The open support group for those suffering from an eating disorder given Monday evenings at the CHU Sainte-Justine

The open support group for those suffering from an eating disorder given Monday evenings in Gatineau

The open support group for families and friends given every second Monday in Trois-Rivières

We thank you for understanding.

[A warm thanks to our interns](#)

We wish to thank the interns who were part of the ANEB team during the fall 2010 and / or winter 2011 session (s) : Ariane Duplessis, Bachelor's degree in social work at McGill University, Marilyne Dubois, Bachelor's degree in sexologie at Université du Québec à Montréal, Anick Rousseau, Bachelor's degree of social work at Université de Montréal, Émilie Sayegh, Bachelor's degree in communication (humane relations) at Université du Québec à Montréal, Patricia Girouard, Bachelor's in psychoeducation at Université de Sherbrooke. During their internship they hosted open or closed support groups, they responded to calls to the help and referral line, participated in the annual fund raising event, helped out with the promotion of ANEB's services and other various tasks. We are very grateful for their important contribution to ANEB.

[Volunteers needed for the celebration of ANEB's 25th anniversary](#)

2012 will be a big year for ANEB as we will be celebrating our 25th anniversary! If you are interested in helping with the organising of the various activities of this celebration, please write to jchampagne@anebquebec.com

[April 27th : chat session with Dre Stéphanie Léonard, psychologist](#)

The next ANEB chat session will take place on Wednesday April 27th from 7pm to 9pm. To participate, you must go to www.anebquebec.com on the 27th of April (starting at 6 :50), click on Our Services (left side of the page) and then on Chat session (right side of the page).

This chat session will be an opportunity to exchange with Dre Stéphanie Léonard, psychologist. The subject explored will be eating disorder's role in dealing with emotions. This chat session is for those suffering from an eating disorder and will take place in French. A counsellor will supervise the chat session to ensure the exchanges are done in a respectful and organised matter.

[Chat session summaries](#)

We wish to inform you that the summaries of all chat session are available in the Our Services – Chat session of our website : http://www.anebquebec.com/html/en/services_en/chat.html

[Send us your suggestions for chat sessions](#)

We invite you to send us your suggestions of subject you would like to see explored during a chat session or professionals you would like to have the opportunity to exchange with during an ANEB chat session. Please send any suggestions to : info@anebquebec.com

[Conferences May 4th \(in English\), 5th and 6th : Impacts of screen overexposure on young people's health the facts, the damages, the solutions](#)

The YWCA, Edupax and ACMÉ* invites you to the second [Impacts of screen overexposure on young people's health the facts, the damages, the solutions](#) in Montreal on May 4th, 5th and 6th 2011. Speakers from Quebec, Canada and the United States will be presenting about a variety of subjects. The conferences of May 4th will be in English and those on May 5th and 6th will be in French. Professionals from ANEB will be present at this conference. See the following website for more information : <http://2ecolloquesurdosemediatique.edupax.org>

[Conferences presented by the National Eating Disorders Information Center \(NEDIC\)](#)

Please find attached a document presented by the National Eating Disorders Information Center (NEDIC) : [Body image and Self-Esteem : Shades of Grey](#) May 2nd and 3rd 2011.

[Eating disorders training presented at the Douglas University Institute of Mental Health](#)

Please find attached information about a training on eating disorders that will be held at the Douglas University Institute of Mental Health on Friday May 27th. Please note that this training will be in French.

[ANEB's suggestion : La beauté au naturel sur les bancs d'école](#)

We invite you to read the following article (in French) about a great initiative by students in Quebec. It is a great example of how small and big gestures are necessary in order for positive change to happen.

<http://www.cyberpresse.ca/le-soleil/vivre-ici/societe/201103/23/01-4382522-la-beaute-au-naturel-sur-les-bancs-decole.php>

[images newsletter](#)

The next edition of the *images* newsletter will be published in a few weeks and will be about adolescents and eating disorders. To become a member, please consult the ANEB – MEMBERS section of our website.

If you are interested in becoming involved in the creation of the *images* newsletter, you can contact us at info@anebquebec.com We wish to create a committee and are therefore seeking people that wish to share ideas, knowledge, skills or a bit of time. You can also contact us at this email if there are any subjects that you would like to see explored in a future *images* newsletter.

[Facebook Like group and new Twitter account](#)

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<http://www.facebook.com/pages/ANEB-Qu%C3%A9bec/133608710040786>

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http://twitter.com/ANEB_Quebec

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www.anebquebec.com*