

Anorexia and bulimia Quebec (ANEB Quebec)

August - September 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 the topic of eating disorders in general. We hope that you enjoy this issue—don't hesitate to provide us with your comments and suggestions!

The ANEB Quebec Team

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In the ANEB office

We are happy to welcome Ramona Porumbel, Bachelor of Social Work, as the new coordinator of the help and referral phone line. At the end of August, Mélissa Brien, a B.A. student in Nutrition Sciences at the University of Ottawa, will be finishing up her contract with us. We would like to thank her for her valued contribution over the summer.

Fall is also the time when we welcome new interns at ANEB. This season, five students will be doing their *stages* at with us, and they will be hosting support groups and responding to calls to the help and referral phone line, among other things. We would like to welcome them to our team: Geneviève Derome (Sexology), Daphnée Cortopassi (Sexology) Emilie Poussard (Social Work), Laurence Plauffe (Psychology) and Roxanne Lemieux-Yeon (Human Relations and Communications).

August 31 fundraising fashion show: MELOW Saine et diversifiée

On August 31, you are all invited to support a common cause: helping those who are suffering from an eating disorder. Come discover the MELOW collection by designer Mélissa Bolduc at a fundraising benefit for ANEB.

Various Quebec celebrities in the arts world will be hitting the runway during the fashion show: Catherine Brunet (ANEB Québec spokesperson) Émilie Bibeau (*Annie et ses Hommes*), Édith Cochrane (*Le Sketch Show*), Marie-Thérèse Fortin (*Les Grandes Chaleurs*), Amélie Grenier (*Les Lavigreur*), three-time Olympic medalist Émilie Heymans, and percussionist Mélissa Lavergne (*Belle et Bum*). Marie-Claude Savard will be emceeing this event.

Buy your tickets for the MELOW event now! Tickets can be purchased for \$30 at the Melow store at 3889 Saint-Denis, at ANEB Québec, or at the following stores where the Melow line is sold: Boutique Katrin Leblond, Moov Design, Novo Bas, Belle et Rebelle, Boutique Folle Guenille, Aza et Bela, Boutique Cokluch and Laboratoire Créatif.

Labour Day

Please note that ANEB will be closed on Monday, September 5 for Labour Day. The help and referral phone line will therefore not be available on this day, and the following open support groups will be cancelled:

- OG at CHU Sainte-Justine for those suffering from an eating disorder
- OG at CLSC St-Rose for family and friends
- OG at Centre de bénévolat de la Rive-Sud for family and friends
- OG at UQTR in Trois-Rivières for those suffering from an eating disorder
- OG in Gatineau for family and friends

We thank you for understanding.

ANEB closed support groups, fall 2011

The next ANEB closed support groups will begin in September 2011. If you are interested in attending a closed group, please call ANEB to have your name put on a waiting list. The clinical coordinator will then contact you sometime in August to let you know which group is located closest to you, so as to best meet your needs.

Start up of La Malbaie and Sherbrooke open groups after the summer period

Please note that two open support groups will resume after the summer break as follows:

- The group in La Malbaie for those suffering from an eating disorder will start on Thursday, August 18, 2011.
- The group in Sherbrooke for those suffering from an eating disorder will start on Tuesday, August 30, 2011.

For further details and schedules, please consult the **Our Services – Open groups** section of our website.

Somatic education group

ANEB will be starting up a somatic education group in September. Those interested are invited to call us at 514-630-0907 (Montreal region) /1-800-630-0907 (toll-free).

Somatic education is a way for people to develop “body intelligence,” which means learning to listen to their physical sensations and respecting them. This approach aims to expand your comfort zone—in movement and in the rest of your life—thus improving physical and psychological well-being.

Chat session on September

The next ANEB chat session will take place on September 28. Register ahead of time, or on the day of the session, by visiting www.anebquebec.com (as of 6:50 pm) then clicking on **Our Services** (left side of the page, then **Chat session** (right side of the page).

Training for the public, fall 2011

For the past 20 years, ANEB has been offering free, professional help for those suffering from an eating disorder and for their loved ones. ANEB also provides training for professionals, in order to provide general information on eating disorders as well as specific intervention techniques to treat this illness.

There are three training sessions scheduled for the fall:

- On September 26, there will be a workshop entitled “Beyond appearances: Better understanding eating disorders” at CHU Sainte-Justine, room 6821 (6th floor), 3175 Côte Sainte-Catherine, from 9:00 a.m. to 4:00 p.m. The fee for this workshop is 125\$ for an individual.
- On October 7, a workshop entitled “From theory to practice: How to help those suffering from an eating disorder” will be held at CHU Sainte-Justine, room 7149 (7th floor), 3175 Côte Sainte-Catherine, from 1:00 p.m. to 4:00 p.m. The fee for this workshop is 80\$ for an individual.
- On October 21, a workshop will be held on the topic of nutritional intervention as part of eating disorder treatment, and will take place at CHU Sainte-Justine, room 7149 (7th floor), 3175 Côte Sainte-Catherine, from 9:00 a.m. to 4:00 p.m. The fee for this workshop is 125\$ for an individual.

Please note that the workshops will be held in French.

Please fill out the attached form or download it from our website: www.anebquebec.com, **Counsellors** section. For further information, please do not hesitate to call us at 514-630-0907 or e-mail us at info@anebquebec.com.

September 27, 2011: annual public meeting, annual general meeting and ANEB conference

The following ANEB events will take place on September 27 2011 at the Sainte-Justine UHC: our annual public meeting, annual general meeting and ANEB conference. Details on times and locations will be confirmed shortly.

1) The **annual public session** is open to all, and will be held from 6:30 p.m. to 7:00 p.m. The public session provides an opportunity for people to find out about ANEB’s services and to learn more about last year’s activities and accomplishments.

2) The **Annual General Meeting** is reserved for ANEB members and will take place between 7:00 p.m. and 8:00 p.m. If you are a member of ANEB and wish to attend the general meeting, we ask that you confirm your attendance by contacting ANEB at 514-630-0907 / 1-800-630-0907 or info@anebquebec.com. We would like to take this opportunity to invite you to become a member of ANEB. The benefits of being a member are the following: receiving the *images* newsletter four times a year and having the right to vote at our Annual General Meeting. Our members play a

crucial role, as they are an important source of income for our organization and contribute to its vitality. For those who wish to become members, please find attached the membership form. There will also be an opportunity to become a member on the evening of the meeting.

3) Don't miss the free conference at 8:00 p.m. featuring a speaker from the organization. The conference is free of charge and open to everyone, with no sign-up necessary.

[ANEB's suggestion: Québec Charter runways at the Montréal Fashion and Design Festival](#)

There were a couple of events at the Montreal Fashion and Design Festival promoting the principles of the Charter for a Healthy and Diverse Body Image.

On August 3, at the “*Défilé de la diversité corporelle*” (“Catwalk for body image diversity”), a number of Quebec personalities hit the runway to remind us that a beautiful and healthy body can come in many shapes and sizes.

On August 6, at an event called “Fashion Show for Body Image Diversity—Make Room for the Youth!”, the 17 winners (aged 14-17) of the “*Défilez sans cliché !*” competition were given an opportunity to try modelling. The purpose of this competition, launched by the Ministère of Culture, Communications and the Status of Women, in association with Groupe Sensation Mode, was to celebrate beauty in all its forms. Candidates with diverse personal styles, sizes, heights and ethnic origins were selected. An ANEB professional was on-hand to meet with the models and share information on the organization and its services, as well as to host a brief workshop on the media, beauty standards and body obsession.

The festival is opportunity to help promote a healthy and diverse body image, and to celebrate it! Throughout the festival, the public is invited by the Minister to visit the “Quebec Charter” stands and add their signatures to the thousands who have already said “Yes!” to healthy and diverse body image.

[Images newsletter](#)

The next edition of the *images* newsletter will be published in the fall and will focus on the issue of interpersonal relationships and eating disorders.

If you are interested in becoming involved in the creation of the *images* newsletter, you can contact us at info@anebquebec.com. We are currently setting up a committee and are looking for people who would like to share ideas, knowledge, skills or some of their time. You can also email us at the above address if there are any subjects that you would like to see explored in a future *images* newsletter.

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

To support ANEB Quebec on Facebook, visit our “Like” page:
<http://www.facebook.com/pages/ANEB-Qu%C3%A9bec/133608710040786>

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