

Anorexia and bulimia Quebec (ANEB Quebec)

December 2010 – January 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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Holidays

Please note that ANEB will be closed for the Holidays starting at noon (12pm) Friday December 24th. We will open at 8am on Monday January 3rd 2011. The help and referral phonenumber will therefore not be available during this period and no support groups will be offered. We thank you for understanding.

Guest nutritionist at open group for loved ones in Montreal

We invite friends and family members of someone suffering from an eating disorder to meet Marie-Jean Cournoyer, nutritionist specialised in eating disorders. This is an opportunity to have information about the nutritional aspect of eating disorders and to get practical advice about how to deal with various situations regarding food. She will be present at the following group :

Francophone group in Montreal : Wednesday December 8th from 7p to 9pm, CHU Sainte-Justine, 3175 Chemin de la Côte-St-Catherine, room 7149 (7th floor)

Please note that it is not possible for those suffering from an eating disorder to attend. All open groups are free and no registration is required. Please find attached a document about this event, do not hesitate to send or post it.

[Holiday themed open support groups](#)

The weeks of December 13th and December 20th, the subject of the holidays will be explored in the various open support groups. We hope you will be many to participate.

[Photo shoot for ANEB Quebec website and documents](#)

In the past we did a photo shoot in order to have pictures for our new website and various information and awareness documents. On Sunday December 12th, there will be a second photo shoot in order to have even more pictures to represent the real face of those touched by eating disorders.

We are therefore seeking individuals interested in being models for pictures, models who would represent the various activities and services of ANEB Quebec :

Individuals suffering from an eating disorder;
individuals that have recovered from an eating disorder;
friends and family;
volunteers, counsellors etc.

Those interested must write to jchampagne@anebquebec.com for further details.

[New ANEB support groups in La Malbaie \(Charlevoix region\)](#)

We are very pleased to inform you that ANEB open support groups will now be available in Charlevoix.

These groups will be hosted in French and will be held Thursday evenings from 7pm to 9pm at Centre Femmes aux Plurielles in La Malbaie : 62 rue de la Grève, Vision Travail room (door at the back of the building).

The date of the first group will be confirmed shortly, it will be at the end of January or beginning of February 2011.

The groups will alternate every week between those for people 17 and older suffering from an eating disorder and those for friends and family.

[Winter 2011 closed support groups](#)

Contact us in order to be on the list for our level 1 and 2 closed support groups that will be available in the winter of 2011.

[Somatic education group](#)

Contact us to participate in a Feldenkrais group this winter (somatic education). This group will be held in French on Tuesday evenings from 7:45pm to 9:15pm in Montreal. It is not necessary to have completed a level 1 support group to attend this group. You will find attached a document about this group.

[Art support group](#)

Contact us to participate in an Art support group this winter. This group will be held in French on Wednesday evenings from 6 pm to 9 pm in Lachine. It is not necessary to have completed a level 1 support group to attend this group. You will find attached a document about this group.

[2011 Fund raising evening](#)

The committee for the next fund raising evening is working with dynamism and determination in order to ensure that this year's En plein soleil event is a success. The event will be held on Tuesday February 15th 2011 at Métropolis in Montreal. The artists that will deliver performances will be Johanne Blouin, Martin Deschamps, Mario Pelchat and Manon D'Inverness. The Master of Ceremony will be Isabelle Brassard.

Please find attached the sponsor document that contains information about the various ways of sponsoring the event and the form to buy main floor tickets (200\$) or VIP tickets (300\$) (page 10). To purchase regular tickets (20\$) you must use the websites specified in the document (page 9) or you can call Josée Champagne at ANEB.

At the event, there will be many wonderful items for sale at our silent auction.

If you wish to help out with this fund raising evening, you can write to Josée Champagne : jchampagne@anebquebec.com

[Facebook contest : Win a pair of tickets for our 2011 Fund raising evening](#)

ANEB wishes to offer you the possibility to win two tickets for our fundraising event.

In order to do so, you must visit our Facebook group and click on "Like" : <http://www.facebook.com/event.php?eid=172114056134281&index=1#!/group.php?gid=45507968790>

All members of our ANEB Quebec Facebook group will automatically have the chance to win a pair of tickets for the February 15th event. Starting the week of November 30th, every week until the

week of January 24th 2011, a pair of regular tickets (40\$ value) will be drawn. The week of January 24th, there will also be a pair of Main floor tickets drawn (400\$ value).

In order for the Facebook contest to be a success, we need your support. In order to make people aware of this contest and of ANEB, we invite you to post the information on your facebook wall as well as invite your friends to join the ANEB group.

Please find attached the add for this contest, do not hesitate to send it to your contacts.

[Diabetes and eating disorders treatment project](#)

Please find attached a document about a group treatment for those suffering from diabetes and an eating disorder (in French)

[Unbearable lightness by Portia de Rossi](#)

Actress Portia de Rossi recently published a book titled Unbearable lightness. In this book she shares an honest account of her struggle with an eating disorders during many years, including the years when she was a cast member on the very popular show Ally McBeal. She presents the difficult relationship she had with food and her body starting at a young age as well as the various causes that contributed in the development of anorexia and bulimia : the insecurity of joining a hit tv show and the fear of not being up to par, the work related pressures in terms of physical appearance, her feelings of solitude, the anxiety created by the feeling of having to hide her homosexuality by fear of being judged and of how it would affect her career, these are some of the important causes of her eating disorder. She also shares what are certain things that made her realize she needed help for this terrible disease that had taken over her life and was having dangerous consequences. She concludes her book by sharing the well being she now feels after a few years of recovery and how her marriage to Ellen Degeneres has provided her with great happiness.

[ANEB's choice : Porteuses d'humanité by Geneviève Young](#)

This inspiring book contains forty two beautifully written texts by women about how another woman has profoundly affected their life. These testimonials are touching, inspiring and illustrate the depth of relationships between women. This book is a delight to discover at one's own pace, it is impossible upon reading this book not to reflect about what the women in our own life mean to us. It offer to possibility to explore what we want to bring to the women who are dear to us, what we wish to represent for them. We think this can make a great holiday gift that will help begin the new year inspired and filled with a desire to create positive, sincere and healthy relationships with the women around us.

[images newsletter](#)

The next edition of the *images* newsletter will be about the holidays. 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.

Thank you for reading the ANEB Quebec's electronic newsletter !

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