

## Anorexia and bulimia Quebec (ANEB Quebec)

August - September 2010

### A word of welcome

Welcome to the seventeenth 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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### At the ANEB offices

We are pleased to welcome to our team Francesca Corso who has been hired to be the new clinical coordinator as well as Mélanie Guénette-Robert who has been hired as an educator for our awareness and prevention program. We also offer a warm welcome to the interns for this year : Ariane Duplessis, student at the Bachelor degree in social work at McGill University, Catrine Beauséjour and Marilyne Dubois, students at the Bachelor of sexology at the Université du Québec à Montréal, Valérie Simard Masters in Psychoeducation from Université du Québec en Outaouais and Patricia Girouard, Masters in Psychoeducation from Université de Sherbrooke.

### Labor day

Please note that ANEB will be closed on Labor day, Monday September 6<sup>th</sup>. The help and referral phonenumber will therefore not be available during this day.

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

- The open support group for those suffering from an eating disorder given at the CHU Sainte-Justine in Montreal.
- The open support group for loved ones given at CSSS St-Rose in Laval.
- The open support group for those suffering from an eating disorder given at UQTR in Trois-Rivières.

We thank you for understanding.

### [Increase of the hours of the help and referral phonenumber](#)

We are pleased to inform you that the hours of the help and referral phone line will soon be once again increased. Starting on Tuesday September 7<sup>th</sup>, the new hours of the help and referral line will be everyday from 8am to midnight.

### [New ANEB support groups in Gatineau](#)

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

These groups will be hosted in French and will be held at Carrefour Réverbère located at 320 boul. St-Joseph room 207-A (in the Galeries de Hull building )in Gatineau ( Hull area).

The first open support group will be held on August 30th from 7 to 9pm and will be an open support group for those 17 and older suffering from an eating disorder. On September 20th from 7 to 9pm, the open support group for friends and family will be held for the first time at the same location. The open support groups will alternate.

We invite you to consult the Our Services – Open Groups section of our website in order to consult the calendars for these groups.

### [Increase of support groups offered in St-Lambert and schedule change](#)

We are pleased to announce that starting on Wednesday September 15<sup>th</sup>, the open support group for those 17 and older suffering from an eating disorder held in St-Lambert will be offered every Wednesday from 7 to 9pm instead of every second Wednesday.

This increase creates a schedule change for the open support group for friends and family held in St-Lambert which starting on Monday September 20th will be held every second Monday from 7 to 9pm.

We invite you to consult the Our Services – Open Groups section of our website in order to consult the calendars for these groups.

### [September 30th 2010 : Annual public session, Annual General Meeting and ANEB conference](#)

The ANEB following events will take place on Thursday September 30<sup>th</sup> 2010 : Annual public session, Annual General Meeting and ANEB conference. We will confirm where these events will take place shortly.

1 ) The **annual public session** will be from 6:30 to 7pm and is opened to everyone. The public session is to give people the opportunity to discover ANEB and to be informed about the last year's activities and accomplishments.

2 ) The **Annual General Meeting** is reserved to members of ANEB and will be held from 7pm-8pm. If you are a member of ANEB and wish to attend the general assembly, we ask that you confirm your presence by contacting ANEB at 514-630-0907 / 1-800-630-0907 or [info@anebquebec.com](mailto: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, having access to a section on our website that is reserved for ANEB members and being able to vote at our Annual General Assembly. Members are essential as they are an important source of income for the association and they participate in the vitality of ANEB. For those who wish to become members, please find attached the membership form. It will also be possible to become a member on the evening of September 30<sup>th</sup>.

3 ) At 8pm, don't miss the opportunity to attend a free conference by **Dr. Jean Wilkins**, eating disorders specialist. Dr. Wilkins is the director of the eating disorders programme at the adolescence clinic at the CHU Sainte-Justine. He will present a conference about **the transition from adolescence to adulthood for those suffering from anorexia, the challenges of this period**. The conference is free, open to all and it is not necessary to register.

### [images newsletter](#)

The summer edition of the *images* newsletter was about how women feel about their bodies during and after pregnancy. The fall edition will be about the impact of eating disorders on siblings. The *images* newsletter is sent to all ANEB members.

If you are interested in becoming involved in the creation of the *images* newsletter, you can contact us at [info@anebquebec.com](mailto: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.

### [ANEB Quebec Group on Facebook](#)

We invite you to join the ANEB Quebec group on Facebook. In the past we have invited you to join the ANEB Cause on Facebook. Because to join a Cause it is necessary to have the Cause application, we have decided to create a Facebook Group so that more people can easily be up to date about news and information from ANEB. [www.facebook.com](http://www.facebook.com)

**[ANEB's pick : DOVE movement for self-esteem](#)**

We invite you to discover the DOVE movement for self-esteem that encourages you to get involved to help built self-esteem and inspire girls and women to reach their full potential. ANEB is very proud to be a partner of DOVE for this very important movement. <http://www.dovemovement.com/en-ca>

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

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