

Anorexia and bulimia Quebec (ANEB Quebec)

February - March 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

Inside this issue :

- [Follow-up : Fund raising evening](#)
- [February 23rd : Chat session for loved ones with a nutritionist](#)
- [Chat session summary](#)
- [Workshop : expressing sexual needs](#)
- [Training for professionals about eating disorders](#)
- [Conference about eating disorders in Chicoutimi](#)
- [Conferences May 4th \(in English\), 5th and 6th : Impacts of screen overexposure on young people's health the facts, the damages, the solutions](#)
- [Douglas University Institute of Mental Health : seeking testimonials](#)
- [Conferences presented by the National Eating Disorders Information Center \(NEDIC\)](#)
- [ANEB's suggestion : La chair de l'araignée, comic book about eating disorders](#)
- [images newsletter](#)
- [ANEB Facebook group](#)

Follow-up : Fund raising evening

We wish to thank all those who contributed to the success of our annual fund raising event "En plein soleil" that was held on Tuesday February 15th 2011. It is our pleasure to announce that the 2010-2011 fund raising campaign raised a total of 190 000 \$!

This event was held at Métropolis in Montrea, the evening was filled with touching moments, for example when video testimonials about eating disorders and sports were presented. You can look at these testimonials on the ANEB main page (videos are in French) : <http://www.anebquebec.com/html/fr/accueil/accueil.html>

Johanne Blouin, Martin Deschamps, Mario Pelchat, Manon D'Inverness, Mathieu Provençal and Mike Larock offered dynamic performances under the artistic direction of Pascal Mailloux and the Chorale Lafontaine sang beautifully. Jasmin Roy hosted the event with enthusiasm.

The evening's many volunteers completed a variety of tasks that were essential to the evening going smoothly. We thank them warmly for their support.

We wish to recognize the fantastic work of the 2011 committee. We thank from the bottom of our hearts the 2011 Honorary Cabinet whose generosity made the evening possible.

Thank you to all of goods and services sponsors : TriCYK Communications et marketing, Caroline Néron, SAQ, Métro Chevreuil, Jean Le Magicien, Sésame Communications, Agnus Dei Traiteur, Crilaphoto, Butler's Club, Costco Wholesale, Publicis, Publicité JL

Thank you to our bronze sponsors for the evening : Clin d'œil, Arch Insurance, Heenan Blaikie

Thank you to our gold sponsor for the evening : Dove Fund for Self-Esteem

February 23rd : Chat session for loved ones with a nutritionist

Should a loved one of someone suffering from an eating disorder participate in meal preparation ? By doing the cooking ? By helping with portion size ? Is it normal to eat different foods ? Should we require her presence at the dinner table ? For how long ? During meals should we encourage her to eat ? What are conversation topics that are appropriate and those that should be avoided ? If family meals has become quite a puzzle, we invite you to participate in a chat session with a nutritionist specialised in eating disorders.

Marie-Jean Cournoyer is a nutritionist and a doctorate candidate. She has worked at ANEB for more than eight years.

This chat session will take place on Wednesday February 23rd 2011 from 7pm to 9pm. To participate, you must go to www.anebquebec.com on February 23rd (starting at 6 :45), click on Our Services (left side of the page) and then on Chat session (right side of the page).

You will be able to participate in an exchange with Marie-Jean Cournoyer and other loved ones of someone suffering from an eating disorder. A counsellor will make sure the chat session goes well. Please find attached a document about this chat session, don't hesitate to circulate or post it.

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

Workshop : expressing sexual needs

Contact us to participate in a series of three meetings to learn how to better express needs in terms of sexuality. This group will be held in French on Tuesday March 1st, 8th and 15th from 7pm to 9pm in Montreal. It is not necessary to have completed a level 1 support group to attend this group. For more information and to register, please call ANEB.

Training for professionals about eating disorders

Contact us to We invite professionals to register for our next training about eating disorders. Please find attached a document with information about the content of the next trainings days that will be in March. Please take note that the training will be in French.

[Conference about eating disorders in Chicoutimi](#)

ANEB invites you to a conference [Derrière le miroir : comprendre les troubles des conduites alimentaires](#) (in French) in Chicoutimi in order to raise awareness about eating disorders.

DATE : Monday March 21st 2011 at 7pm

WHERE : Marina du Vieux Port de Chicoutimi, 531, boul. du Saguenay E, Chicoutimi

There is a 10\$ fee per person. The conference is open to all and there is no need to register in advance or confirm your attendance.

[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>

[Douglas University Institute of Mental Health : seeking testimonials](#)

Here is a message from the Douglas University Institute of Mental Health who is seeking testimonials :

Help us get the word out that recovery is possible. We want to hear from you ! We are looking for recovery stories. What should we know about recovery ? We, at the Douglas Mental Health University Institute, would like to hear about your mental health journey to wellness. If you would like to give others hope for the future and insight into how to get better, give us a call. You went through it, so you know best. Why not be heard ? Your input will reach countless others, who are striving to get better. You will be compensated for your participation. For more information : call or email Janina 514-761-6131 ext. 2539, janina.komaroff@douglas.mcgill.ca Recovery Stories Project Coordinator.

[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.

[ANEB volunteer organizes National Eating Disorders Awareness week at her college in the United States.](#)

We wish to recognize the work of Perry Ryan, a former ANEB volunteer, at Hamilton College in the United States for the National Eating Disorders Awareness Week (NEDAW). This week was created to prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. For more information :

<http://www.hamilton.edu/news/hamilton-participates-in-national-eating-disorders-awareness-week>

[ANEB's suggestion : La chair de l'araignée, comic book about eating disorders](#)

We invite you to discover the comic book *La chair de l'araignée* which tells the story of a young man and a young woman struggling with an eating disorder. It explores with sensibility the suffering linked to these disorders and with depth their complexity. The scenario was written by Hubert and the pictures done by Marie Cailloux.

<http://www.glenatbd.com/bd/la-chair-de-l-araignee-9782723464932.htm>

[images newsletter](#)

The next edition of the *images* newsletter will be published this spring. 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 group](#)

We invite you to join our ANEB Québec facebook group :
<http://www.facebook.com/group.php?gid=45507968790>

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

*If you wish to be removed from this mailing list, please write to us at anebnouvelles@hotmail.com by writing **Remove from mailing list** in the subject line. For more information about our organization, please visit our website: www.anebquebec.com*