

Anorexia and bulimia Quebec (ANEB Quebec)

June-July 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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In the ANEB offices

We wish to inform you of the departure in May of Francesca Corso, clinical coordinator and of the departure in July of Corinne Sylvestre, coordinator of the help and referral phoneline service. We wish to thank them both for their hard work and dedication during their time at ANEB and we wish them great success in their personal and professional projects. Geneviève Dumont who has a master's degree in sexology is the new clinical coordinator, we welcome her to our team. ANEB is in the process of recruiting a new coordinator for the help and referral phoneline service.

Mélissa Brien, a student of the Bachelor in Nutrition Sciences at University of Ottawa has been hired as a summer student for ANEB. Mélissa has been a volunteer for our help and referral phoneline since August 2010, we are very pleased that she will be part of our team for the summer period.

St-Jean Baptiste and Canada Day

Please note that ANEB will be closed on Friday June 24th and on Friday July 1st because of St-Jean Baptiste and Canada Day. The help and referral phoneline will therefore not be available during these days. We thank you for understanding.

New location for our Gatineau Open Groups

We inform you that starting on Monday June 6th, the open groups offered in Gatineau will be held at a new location : 115 Sacré Coeur, Gatineau, secteur HULL., local 210. (Ancienne Église). You can find the calendar at : http://www.anebquebec.com/html/en/services_en/opengroup.html

[Suspension of our La Malbaie Open Groups for the summer period](#)

Please note that during the summer, the open support groups for those suffering from an eating disorder offered in La Malbaie will be cancelled. The last group will be held on Thursday June 16th 2011 and the groups will start again on Thursday August 18th.

[Suspension of our Sherbrooke Open Groups for the summer period](#)

Please note that during the summer, the open support groups offered in Sherbrooke will be cancelled. The last group will be held on Tuesday June 21st 2011 and will be a group for loved ones. The groups will be offered again starting on Tuesday August 30th 2011 with a support group for those suffering from an eating disorder.

[Chat session June 29th : Eating disorders and interpersonal relationships](#)

The next ANEB chat session will take place on Wednesday June 29th from 7pm to 9pm. To participate, you must go to www.anebquebec.com (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 Julie Bourgeois, sexologist and trainer at ANEB, as well as Mélanie Guénette-Robert, sexologist and educator at ANEB. The subject explored will be eating disorders and interpersonal relationships. 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 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

[Volunteers needed for the help and referral phoneline](#)

We are currently seeking new volunteers for our help and referral phoneline service. For more information, please contact Corinne Sylvestre at anebcorinne@hotmail.com or 514-630-0907

[Volunteers needed for an August 31st fund raising fashion show](#)

On August 31st there will be a fashion show organized as a fund raising event for ANEB. Those interested to help with this great event can contact Josée Champagne at jchampagne@anebquebec.com or 514-630-0907.

[Online survey and group therapy for those suffering from diabetes and an eating disorder](#)

The weight research laboratory is conducting an online survey for those suffering from diabetes and an eating disorder. For more information about this survey as well as information about group therapy for those struggling with an ED and diabetes visit : www.eddiabetes.com

[Contest : My girl je suis Dove de toi](#)

It is with great pleasure that in August an ANEB counsellor will host Dove activities about self-esteem at Spa Eastman for the young girls and their mentors who will have won the contest My girl Je suis Dove de toi.

If between April 18th and May 19th 2011 you purchased two Dove products at Jean Coutu and presented your Air Miles card, you were automatically registered for this contest.

[ANEB's suggestion : Men Get Eating Disorders Too website](#)

Even though eating disorder affect mostly girls and women, we must not forget that men also suffer from eating disorders. It is important to talk more and more about this reality so those affected will not hesitate to seek support and that eating disorders in men will not go unnoticed. We therefore applaud the follow UK website that was created to raise awareness and provide information about eating disorders in men : <http://mengetedstoo.co.uk/>

[ANEB's suggestion : Journal d'Ana Morphose by Cynthia Laferrière](#)

As part of project with Jeunes Volontaires Emploi Québec, Cynthia Laferrière wrote a book titled Journal d'Ana Morphose (in French) It presents the experience of an adolescent struggling with an eating disorder. Those interested in getting a copy can contact Josée Champagne at jchampagne@anebquebec.com

[images newsletter](#)

The next edition of the *images* newsletter will be published in the summer. 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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