

## Anorexia and bulimia Quebec (ANEB Quebec)

October - November 2010

### A word of welcome

Welcome to the October-November 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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### Thanksgiving

Please note that ANEB will be closed on Thanksgiving, Monday October 11<sup>th</sup>. The help and referral phoneline 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 those suffering from an eating disorder given at Quartiers en santé in Gatineau.
- The open support group for loved ones given at UQTR in Trois-Rivières.

We thank you for understanding.

### [Follow-up September 30th Annual General Meeting and conference](#)

We wish to thank all members that attended the September 30<sup>th</sup> 2010 Annual General Meeting despite the rain in order to discover what ANEB has accomplished this last year and what projects we are working on now.

More than sixty people were present for the free conference offered by Dr. Jean Wilkins, director of the eating disorder programme at the Sainte-Justine Hospital. His conference titled **The transition from adolescence to adulthood for those suffering from anorexia, the challenges of this period** provided insight into the complexities of anorexia during the teenage years. It is in a professional and human way that Dr. Wilkins delivered a fascinating conference that we hope provided helpful information to those present. We thank him for this important collaboration.

### [Location change of the Montreal support group for loved ones](#)

Please note that starting on Wednesday **October 13th 2010**, the open support group for loved ones that takes place in Montreal will be held at a new location. The group will be offered at **CHU Sainte-Justine located at 3175 Chemin de la Côte St Catherine, room 7149** (7th floor). The group will therefore not be held at the YWCA anymore. However the schedule will remain the same, every second Wednesday from 7pm to 9pm. The calendar for this group is in the Our Services - Open Groups section of our website. We thank you for understanding and apologize for any inconvenience caused by this change.

### [Guest nutritionist in open groups for loved ones in Pointe-Claire \(Anglophone group\), St-Lambert and Laval](#)

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 groups :

**Anglophone group in Pointe-Claire** : Thursday October 7th from 7pm to 9pm, 111 avenue Donegani (WIAIH)

**Francophone group in St-Lambert** : Monday October 18th from 7pm to 9pm, 45 Argyle (CBRS)

**Francophone group in Laval** : Monday November 15th from 7pm to 9pm, 280 boul. Roi du Nord (CSSS St-Rose), Local 525.

**Francophone group in Montreal** : Wednesday December 8th from 7p to 9pm, CHU Sainte-Justine, 3175 Chemin de la Côte-St-Catherine, room 7149 (7<sup>th</sup> 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 documents about these evenings, do not hesitate to send them to contacts and post them.

### [ANEB Conference in Gatineau](#)

ANEB will present a conference titled [Au delà des apparences : comprendre les troubles alimentaires](#) (In French only) in Gatineau in order to provide information and raise awareness about eating disorders. This conference will also be the moment to officially launch the support groups we have recently started to offer in Gatineau.

After the conference, Annie Aimé, PH.D. and teacher at UQO, will present the preliminary results of a research title [Les troubles alimentaires et le diabète : combinaison trop souvent ignorée mais pourtant dangereuse](#)

DATE : October 12th 2010 at 7pm

LOCATION : Université du Québec en Outaouais, 283 boul. Alexandre-Taché (Pavillon Taché)  
Room C0416

This conference is free, open to all and it is not necessary to confirm attendance. Please find attached a document about this event do not hesitate to send them to contacts and post them.

### [October 23<sup>rd</sup> and 24th 2010 : Dove weekend for self-esteem](#)

Join ANEB Québec for a free interactive activity sponsored by the Dove Fund for Self-Esteem. This event is for girls from 8 to 13 and the women who have their well-being at heart. The mentors can be mothers, grand-mothers, aunts, sisters, friends....or women who wish to have a dialogue with girls about their body image, pressure related to beauty and self-esteem.

**Saturday October 23rd, 2010**, Musée des beaux-arts de Montréal, Auditorium Maxwell-Cummings, 1379 Sherbrooke Ouest, 1pm to 3pm

A snack will be served. Space is limited, please register quickly by writing to : [info@anebquebec.com](mailto:info@anebquebec.com) In the title of your email, please write **Weekend Fonds de l'estime de soi**.

You can consult the following link for information about where the various activities held in Canada and the United States. <http://www.dovemovement.com/fr-ca/events?rl=1>

### [Training for professionals](#)

Starting this fall, ANEB will offer on regular basis trainings on eating disorders that professionals can register to attend. Please find attached a document with information about the content of the next trainings days that will be November 9<sup>th</sup> and 16th. Please take note that the training will be in French.

### [EDAC Conference in Toronto](#)

The Eating Disorder Association of Canada (EDAC) will be holding a two day conference in Toronto on November 9<sup>th</sup> and 16<sup>th</sup>. For information on this event, please consult this website :

<http://www.cvent.com/EVENTS/Info/Fees.aspx?i=ee0df7e2-20fc-4dc7-9b7c-ff41e2ab6350>

ANEB Quebec will be present at this conference as co-authors of a research about eating disorders and diabetes. A poster will be presented with information about this research and the authors will be present to answer questions and provided further information.

### **2011 Fund raising gala and raffle**

The committee for the next Fund Raising Gala has begun the planning of this important event. The Gala will be held on Tuesday February 15<sup>th</sup> 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. We will inform you shortly how to purchase your regular or VIP tickets, but we encourage you to as of now save this date in your calendar.

We will once again this year have a fund raising raffle. We will shortly send the form for the tickets along with the list of prizes.

If you wish to get involved in the Gala or the fund raising campaign, you can write to Josée Champagne : [jchampagne@anebquebec.com](mailto:jchampagne@anebquebec.com)

### **Chat sessions with professionals**

We recently informed you that the programme En aCORPS avec soi was now available on our ANEB –Ados website. We are proud to offer this programme that helps teenage girls explore self-esteem and body image. The next addition to our website will be chat sessions with professionnals. We will inform you when the date for the first session will be set.

**[images newsletter](#)**

The fall edition of images was about the impact of eating disorders on siblings. The winter edition will be about the holidays. 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.

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

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