

The Quebec Association for assistance to persons suffering from anorexia nervosa and bulimia (ANEB Quebec)

February-March 2010

A word of welcome

Welcome to the fourteenth edition of the electronic newsletter of ANEB Quebec. We are pleased to offer this service so that you can stay up-to-date on what's going on at ANEB Québec. Each issue will contain information on the organization, projects or 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

ANEB has the pleasure of having in our team since the end of January Estelle Patureau who will be doing an internship at ANEB until the end of April. Estelle is completing her studies in "Anthropologie des représentations du corps et de la santé" at Université Lumières Lyon 2 in Lyon, France. During her internship she will be hosting a closed support group, she will be responding to calls on the help and referral phoneline and will participate in various ANEB projects.

Follow-up : Public session, Annual General Assembly and conference of ANEB

We wish to thank all those present at one or many of the following events that took place on January 21st : annual public session, annual general assembly and conference about eating disorders. Your presence was greatly appreciated and we hope that these events were interesting and helpful for you. We thank Dr.Howard Steiger, Director of the eating disorders programme of the Douglas Institute of Mental Health, for his very interesting conference that helped the people present to better understand their own eating disorder or the disorder of a loved one. We hope you will among us once again next year for these important ANEB events.

Follow-up : 2010 Fundraising Gala and annual fund raising raffle

ANEB's fundraising Gala was held on February 3rd, under the presidency of Mr.Richard Lupien, Vice-President of National Bank, financial group. The evening was filled with touching moments such as the reading of a testimonial, the presentation of a video about binge eating disorder and a few words from various individuals involved with ANEB. The artistes present, Marjo, Daniel Lavoie, Luc De Larocheillère, Marie-Denise Pelletier, Manon D'Inverness, Angel Forrest and Sophie Beaudet provided beautiful and entertaining performances. The fund raising raffle was also done that evening, the list of winners was posted on the main page of our website and we contacted the lucky winners so they could get their prize.

It is with great pleasure that we announce that the fund raising campaign was a real success and that was 100 000\$ raised for ANEB. We wish to sincerely thank all those who contributed in any way to this great success. We thank all those who came to the gala and who bought ticket for the raffle.

We thank all the members of the Honorary Board, the coordinators and members of the 2010 Organizing Committee as well as all the volunteers who helped in any way in the organisation of the gala or who helped out during the evening.

We thank all the sponsors and partners of the 2010 fund raising gala : Banque Nationale Groupe Financier, Heenan Blaikie, TVA Publications, Samson Bélair/Deloitte & Touche, Butler's Club, BCP, Espace Canoe, Club de Gold Le Sélect, Martel et compagnie, Metro Chevrefils, Agnus Dei traiteur, SAQ, TriCYK, Archambault, Publicis.

We hope to have your support once again next year !

[Guest at open support groups in Laval : Josée Guérin of the Clinique Psychoalimentaire](#)

ANEB Quebec is pleased to invite those 17 and older suffering from an eating disorder to meet Josée Guérin, B.Sc. Dt.P. Nutritionist-Psychotherapist, President-Founder and clinical-supervisor of the Clinique Psychoalimentaire in Laval. This will be an opportunity to obtain information about psychotherapy treatment possibilities available for eating disorders. This meeting will take place on Thursday February 11th from 7-9pm during the francophone open support group that is held on the north-shore at CSSS Ste-Rose located at 280 boul. Roi du Nord, Ste-Rose, Laval, room 525. Please note that the group will be held in French only and that loved ones cannot attend. The support group is free of charge and no registration is required.

ANEB Quebec is pleased to invite family and friends of someone with an eating disorder to meet Josée Guérin, B.Sc. Dt.P. Nutritionist-Psychotherapist, President-Founder and clinical-supervisor of the Clinique Psychoalimentaire in Laval. This will be an opportunity to obtain information about psychotherapy treatment possibilities available for eating disorders. This meeting will take place on Monday February 22th from 7-9pm during the francophone open support group for family and friends that is held on the north-shore at the CSSS Ste-Rose located at 280 boul. Roi du Nord, Ste-Rose, Laval, room 525. Please note that the group will be held in French only and that it is not possible for those suffering from an eating disorder to attend. The support group is free of charge and no registration is required.

[Open support groups in new regions](#)

ANEB is presently organising the development of open support groups for those suffering from an eating disorder and open support groups for loved ones in new regions : Trois-Rivières, Sherbrooke, Gatineau and Charlevoix. We are aiming to start these groups this spring, the exact dates will be confirmed shortly. We will keep you informed through this mailing list and well and through the main page of the website. For the moment will have open support groups in Montreal, Laval, St-Lambert and Pointe-Claire (in English).

[Books of NEDIC for sale](#)

In order to better face an eating disorder whether it is one's own disorder or the disorder of a loved ones, it is important to gain knowledge about eating disorders as they are very complex. Better one understands eating disorders, better they can continue with their own recovery progress or better they can support others. We invite you to consult the website for reading suggestions but we wish to inform you that it is also possible to purchase through ANEB books by NEDIC : National Eating Disorders Information Center. There are three books by NEDIC that are in French, please use the attached form to order one or a few of these booklets.

[images newsletter](#)

That last edition of the images newsletter was published this winter and was about the holidays. The next issue will be published shortly and will be about exercise.

We would like to take this opportunity to invite you to become members of ANEB. The benefits of being a member of ANEB 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 to ANEB 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 of ANEB, please consult the Members section of our website or contact us by phone.

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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www.anebquebec.com