

Anorexia and bulimia Quebec (ANEB Quebec)

June - July 2010

A word of welcome

Welcome to the sixteenth 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

Inside this issue :

- [At the ANEB offices](#)
- [Saint-Jean-Baptiste and Canada Day](#)
- [Increase of the hours of the help and referral phonenumber](#)
- [Real me experience available through the ANEB ADOS website](#)
- [Guest at francophone open support group for loved ones in Montreal : Dr.Danielle Taddeo, pediatrician at adolescent medical clinic of the CHU Sainte-Justine](#)
- [Research project about eating disorders and diabetes](#)
- [Sac à papier event on June 10th](#)
- [Blog : Aimons les courbes des femmes](#)
- [New website about eating disorders : \[www.drestephanieleonard.com\]\(http://www.drestephanieleonard.com\)](#)
- [Images newsletter](#)
- [ANEB's pick : La fille invisible, New comic book about eating disorder](#)

At the ANEB offices

Valérie Collin, student of the Bachelor of Social Work at McGill University, has been hired as a summer student for ANEB. We are very pleased that she will be part of our team for the summer period.

We wish to inform you of the departure of Anne-Marie Bérard, clinical coordinator of ANEB Québec. Anne-Marie was an important part of the ANEB team and worked with enthusiasm, professionalism and a great desire to be involved in the development of services to those touched by eating disorders. We wish her great success in her new professional projects.

Julie Bourgeois, an ANEB counsellor since June 2009 will be the clinical coordinator by interim until a new full time person has been hired.

[Saint-Jean-Baptist and Canada Day](#)

Please note that ANEB will be closed on Thursday June 24th as well as Thursday July 1st because of Saint-Jean-Baptiste and Canada Day. The help and referral phonenumber will therefore not be available during these days.

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

Thursday June 24th and Thursday July 1st : The open support group for those suffering from an eating disorder given Thursday evenings in Laval

Thursday July 1st : The open support group for families and friends given every second Thursday in Pointe-Claire

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 have been increased on the weekend. The new hours of the help and referral line are from Monday to Friday from 8am to midnight as well as Saturday and Sunday from noon to midnight. Please find attached a document about this service which you can send to contacts, copy or post.

[Real me experience link available on the ANEB ADOS website](#)

ANEB is pleased to announce that the Real me experience will be available in a few days through the ANEB ADOS website. This online programme created for girls and teenagers includes information, guidance, tools, quizzes and stories in order to explore self-esteem and body image. It is a great programme ANEB is very pleased to be able to include it on the ANEB ADOS website. When the programme is online it will be announced on the main page of the ANEB website and of the ANEB ADOS website.

[Guest at francophone open support group for loved ones in Montreal : Dre.Danielle Taddeo, Pediatricist at adolescent medical clinic of the CHU Sainte-Justine](#)

ANEB Quebec is pleased to invite family and friends of someone with an eating disorder to meet Dre.Danielle Taddeo, pediatricist at the adolescent medical clinic of the CHU Sainte-Justine. This will be an opportunity to have information about eating disorders, particularly the medical and physical aspect.

Dre.Taddeo will be present on Wednesday June 20th from 7pm to 9pm during the francophone group for friends and family that it held in room 419 of the YWCA located at 1355 René-Lévesque Ouest in Montreal.

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.

[Research project about eating disorders and diabetes](#)

Please find attached information concerning a research project about eating disorders and diabetes. People suffering from an eating disorder as well as people suffering from both an eating disorder and diabetes are invited to participate in this project.

[Sac à papier event on June 10th](#)

In order to speak out against non realistic beauty standards that are valued in our society and the impact they have on girls, women, and yes men, three students of Collège Durocher St-Lambert have created the event Sac en papier. This will be a unique experience to unite and get involved for change. If you wish to make a difference you can join this event on Thursday June 10th at 5pm at Métro Berri-UQAM (after the turnstill, near the circled shaped seat) The more people unite to speak out against unhealthy beauty standards the more possible change will become.

You can visit the following site for more information about this unique event : <http://weartobe.com/sac-en-papier/>

A facebook event has also been created :

<http://www.facebook.com/event.php?eid=113781478663981&ref=ts>

[ANEB Cause on facebook](#)

We wish to invite you to join the ANEB Cause on Facebook :

<http://www.causes.com/causes/51857> ANEB wishes to have 5000 members of our Facebook Cause so that more and more people will discover ANEB and find information and support for those touched by eating disorders. To help us reach this goal, we invite you to join the Cause and to invite your facebook contacts to do the same.

[Blog : Amons les courbes des femmes](#)

We invite you to discover the Blog Amons les courbes de la mère. This site was created by Marie-Claude Guilbaut who also created the facebook page of the same name : <http://aimonslescourbesdelamere.com/> This new website provides even more information, pictures and sections in order to value the body of women following pregnancy. This website offers guidance and information to help women face the pressures they feel concerning their body and to achieve a healthy self esteem, a positive body image and a good physical and mental health.

[New website about eating disorders : www.drestephanieleonard.com](http://www.drestephanieleonard.com)

We invite you to discover the website of Dre Stéphanie Léonard, psychologist. She has created this website about eating disorders, nutrition and body image in order to offer information, guidance, tools and resources.

[images newsletter](#)

The latest edition of the *images* newsletter is about exercise. It has just been published and sent to all ANEB members.

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.

[ANEB's pick : La fille invisible, New comic book about eating disorders](#)

A comic book that centers on the subject of anorexia has recently been published. [La fille invisible](#) was written by Émilie Villeneuve with images by Julie Rocheleau. Dr. Jean Wilkins, Director of the eating disorders clinic at the CHU Sainte-Justine, participated in the creation of this book by offering information and guidance for the script. Addressing the mental health issue of anorexia by way of a comic book is an innovative and original idea that we hope will help inform and touch many people and adolescents in particular. Adolescence being the period when there is the most risk of developing an eating disorder, it is important that adolescents be aware of what behaviours and thoughts can indicate a possible eating disorder that they might be developing or that a friend might be struggling with. This comic book provides insight into the complexity of eating disorders by talking about the difficulties and the suffering that go beyond what is seen in terms of behaviours around food and weight. You can consult the following website for more information :

<http://actu-glenatquebec.blogspot.com/>

Thank you for reading the ANEB Quebec'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*