

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

December 2009 – January 2010

A word of welcome

Welcome to the thirteenth 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

Please note that ANEB Québec will be closed for the holidays starting at noon on December 24th 2009 and will open on Monday January 4th 2010. During this time the services of ANEB including the help and referral phoneline as well as the open support groups will not be available. We thank you for understanding.

Search of testimonial of someone that has suffered and recovered from binge eating disorder

ANEB Quebec is currently looking for someone who has suffered and recovered from binge eating disorder in order to give a testimonial. Participants of ANEB level 1 closed support groups have the opportunity to meet someone who shares their experience with them. We are seeking someone to give a testimonial on a Wednesday evening in December or January in our closed group for those suffering from binge eating disorder that takes place in Montreal. Please note that that this is a francophone group, therefore the testimonial must in French. For more information, please communicate with Anne-Marie Bérard by calling ANEB.

Search for room for open group in Laval

ANEB Quebec is actively searching for a place to host the open support groups in Laval. Our North-Shore groups are temporarily being held in Rosemère but this is on a temporary basis so we are still seeking rooms in Laval. Do not hesitate to invite community centers, teaching establishments or other places that you are in contact with and that might be able to offer us free space to communicate with us by calling ANEB or writing to info@anebquebec.com. You can also send us any suggestions of places so that we can communicate with them.

New website

ANEB Quebec is pleased to announce that the new website has been available since December 6th : www.anebquebec.com

This new website has a whole new look and includes many sections of information and tools. There are many new elements to this site and on the main page of the website it is possible to access a whole other website that was created specifically for teenagers. We invite you to invite teenagers around you to use this new service of ANEB that has been created for them. This new site is more complete, clearer and more user-friendly. We hope that this new site will help you find the information and support you seek. Do not hesitate to send us your comments at info@anebquebec.com

[Financial campaign and media campaign](#)

On Friday November 27th 2009 the 2010 ANEB financial campaign as well as the new media campaign of ANEB were launched. The event was a breakfast that took place in the offices of National Bank in Montreal. We invite you to keep your eyes open for the new advertisements for ANEB that will be in many magazines of TVA Publications in the following months.

[Public session, Annual General Assembly and conference of ANEB on January 21st 2010](#)

The ANEB Quebec following events will take place on Thursday January 21st 2010 : annual public session, annual general assembly and conference. These events will take place at Collège Jean-de-Bréboeuf located at 5625 Descelles in Montreal (Auditorium Paul-Vanier, G1-52). These events were planned for November 5th but were cancelled.

The annual public session will be from 6:30-7pm and is open to all. The Annual General Assembly will be from 7pm-8pm and is for members of ANEB only. If you wish to become a member of ANEB, please consult the Member section of our website. It will also be possible to become an ANEB member the evening of January 21st. The Assembly will be followed by a conference at 8pm by Dr. Howard Steiger of the Douglas Institute of Mental Health and the subject will be What's new on eating disorders. Please find attached an invitation for these events.

Please communicate with ANEB by writing to info@anebquebec.com or calling us in order to confirm your presence at these events.

[2010 Fundraising Gala and annual fund raising raffle](#)

ANEB's fundraising Gala will be held on February 3rd 2010, under the presidency of Mr. Richard Lupien, Vice-President of National Bank, financial group. The Gala will begin at 6:30pm and will take place at Metropolis located at 59 St-Catherine est in Montreal. During this evening, the following artists will perform under the musical direction of Pascal Mailloux : Daniel Lavoie, Luc De Larochelière, Marie-Denise Pelletier, Manon D'Inverness and Sophie Beaudet.. There will be many touching moments during the evening that promises to be a very special event for ANEB.

The tickets for the gala are now on sale. General admission tickets are 40\$ and VIP tickets are 200\$. Parterre tables can be reserved for 2000\$ for 10 people and VIP tables for 3000\$ for 10 people. We are still seeking sponsors for the gala. Donations of all types are welcome. Please find attached a form with information about the different ways to sponsor the gala, about donations and about buying VIP tickets or tables.

We are pleased to present this special offer to you as you are part of our mailing list : with the purchase of one general admission ticket (40\$), get one free. This offer is good until January 15th 2010. For the purchase of general admission tickets please contact Josée Champagne at 514-630-0907 / 1-800-630-0907 or jchampagne@anebquebec.com

The organisation of such an event requires the collaboration and involvement of many and we invite to write to Josée Champagne, director ANEB, at jchampagne@anebquebec.com if you to get involved as a volunteer for this important ANEB event.

Once again this year ANEB will have an annual raffle. The tickets will be on sale in the next few days and we will end you information about the prizes and how to purchase tickets. Each ticket will cost 10\$ and the raffle will be done on the evening of February 3rd 2010. It will not be necessary to be at the Gala in order to get your prize as we will put the names of the winners on the website and we will contact the winners. It will be possible to buy tickets through ANEB

and tickets will also be available in 15 Archambault stores in Quebec. We will also soon send the information about the specific stores where the tickets will be available.

[Open support groups](#)

We remind you that ANEB offers open support groups for those 17 and older that suffer from an eating disorder and well as open groups for friends and family. We invite you to consult the Services Offered section of our website for the details on the places and time.

[images newsletter](#)

That last edition of the images newsletter was published this fall and was about eating disorders and diabetes. The next edition will be published soon and will be about the holidays.

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.

[Text in honor of Nelly Arcan by Stéphanie Tessier](#)

Please find attached a text written by Stéphanie Tessier in honour of author Nelly Arcan..

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