

Dear Friend of ANEB,

After a three-year break, we are pleased to invite you to ANEB's annual fundraising event, under the theme "Celebrating the pleasures of eating", which will take place on Tuesday, May 16th, 2023 at the Cathcart's Biergarten, 1 Place Ville-Marie, Montreal. The evening will be co-chaired by **Jean-Philippe Cousineau, Sophia Zito, Martin Roberge and Sybil Dahan.**

Since 1987, ANEB is the only community organization that guarantees immediate, specialized and free help to people suffering from an eating disorder as well as their loved ones for the entire province of Quebec. ANEB is committed to helping people with eating disorders; however, the task is huge. Even today, it is difficult to talk about eating disorders because they cause discomfort, they are misunderstood and they are still a taboo subject. This is very worrisome because we know that eating disorders and the number of hospitalizations related to them are on the rise, the people affected are younger and younger and there are more young boys than before.

Eating disorders are a complex disease that brings a lot of emotions for the person who suffers from it, but also for the people close to them. ANEB supports the loved ones by promoting the development of strategies and the adoption of tools to reduce the feeling of powerlessness.

ANEB is counting on your generosity for its fundraising event, the largest of the year. The money raised will be used to:

- Maintain our front-line services;
- Increase our chat and texting service hours;
- Develop new support groups;
- Accompany the loved ones of people suffering from a mental illness to develop a better understanding of their reality;
- To increase the number of conferences and kiosks we offer in schools.

We must unite to make a difference! That's why we invite you to be a sponsor, a donor or to attend our event. The form in the attached Sponsorship Program allows you to confirm the type of support you have chosen.

To purchase your tickets or to make a donation, click [here](#).

We thank you for your support and invite you to send your form to ANEB by email at jchampagne@anebquebec.com.

Josée Champagne
Josée Champagne
Executive director

