

Resources

Health at Every Size info: <https://haescommunity.com/>

Trans resource for those experiencing disordered eating: <https://fedupcollective.org/>

ANEB website: <https://anebquebec.com/en>

Overcoming binge eating:

<https://www.amazon.ca/Overcoming-Binge-Eating-Second-Program-ebook/dp/B00DG1H8V4>

A useful book for understanding the relationship between food and feelings:

https://www.amazon.ca/Intuitive-Eating-4th-Anti-Diet-Revolutionary/dp/1250255198/ref=asc_df_1250255198/?tag=googleshopc0c-20&linkCode=df0&hvadid=459345252856&hvpos=&hvnetw=g&hvrnd=5989981448914977881&hvpone=&hvptwo=&hvmqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9000414&hvtargid=pla-917102359336&psc=1

La grossophobie: Edith Bernier <https://grossophobie.ca/>

Support groups: <https://edrsc.ssmu.ca/services/>

ANEB conferences: <https://anebquebec.com/en/services/conferences>

Previous events: <https://edrsc.ssmu.ca/events/>

Food chaining for ARFID:

<https://drive.google.com/file/d/1m7geTh29KsigbuK3oJBf1WB-wncmBWIm/view?usp=sharing>

Coming up events!

Stories of recovery: <https://www.eventbrite.ca/e/stories-of-recovery-tickets-252399362287>

Research showcasing on compulsive exercise:

<https://www.eventbrite.ca/e/research-showcase-on-compulsive-exercise-tickets-239299831237>

Colonialism and the body: <https://www.eventbrite.ca/e/colonialism-and-the-body-tickets-252429652887>