



# WELCOME

to our new program calendar for Summer 2014

Sheena's Place is a support center for individuals, families and friends affected by eating disorders. We provide a wide range of professionally facilitated therapy groups that are support and skills-based. We are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful and helpful information at all stages of recovery. Sheena's Place groups are offered for individuals 17 years+.

87 Spadina Rd. Toronto, Ontario M5R 2T1 Tel: 416.927.8900 Fax: 416. 927.8844 [www.sheenasplace.org](http://www.sheenasplace.org)

Please visit us online at [www.sheenasplace.org/register](http://www.sheenasplace.org/register) for more information and to register for programs.

**Summer Registration Dates: June 9th-20th, 2014**

## A NOTE ABOUT REGISTRATION & CONFIRMATIONS

We cannot process registrations prior to the dates shown. Confirmations are forwarded a week after the seasons registration period ends. We cannot take registrations over the phone or by mail. Register online, or in person only.

## UNDERSTANDING GROUP CODES

- C Closed:** Closed groups are seasonal and structured- registration is unavailable after the second session.
- O Open:** Open groups are seasonal -available to register/join anytime during the season they are offered. Space allowing.
- OG On Going:** Ongoing groups are available to register/join at any time during the entire year.

For each season you can register for **up to two** seasonal (OPEN & CLOSED) groups, **plus any** of the ONGOING groups.

## INFORMATION SESSIONS

We offer two kinds of information sessions—individual pre-booked information session OR a drop-in information session:

### 1. Individual Information Session

An experienced volunteer will speak with you either by phone or in person about Sheena's Place and our services. You will be able to learn and ask questions about our groups to get help in finding the right one for you. Interviews are open to those struggling with an eating disorder as well as family, friends, partners and professionals.

### Appointment Interview Days & Times

Mondays, Tuesdays & Wednesdays at 5:30pm, 6:15pm, and 7:00pm

Call in advance to book an appointment: 416.927.8900

### 2. Drop In Information Session

Wednesdays, 11:00am to 1:00pm, **NO appointment necessary**

Ask questions about our groups and tour the house. Open to those struggling with an eating disorder, friends, family, partners and professionals.

16th Annual Expressive Art Show, June 19th-July 10th 2014. Gallery Open House, June 19th 5-8pm.

Holiday Closures: July 1st and August 4th, 2014

Follow us on Twitter [@sheenasplace](https://twitter.com/sheenasplace)

Like us on Facebook [facebook.com/sheenasplacetoronto](https://facebook.com/sheenasplacetoronto)

## SUPPORT GROUPS

Connect with others facing similar challenges through the sharing of experience and support.

### OG ADULT SUPPORT (Ages 17+)

For those wanting to talk about the challenges of living with an eating disorder, share successes, offer insights, and find and inspire hope. This group provides a supportive environment to facilitate discussion that encourages the sharing of solutions and strategies.

**When:** Mondays 6:30 – 8:00 pm

(No Group August 4)

**Facilitator:** Maureen Mahan

**When:** Tuesdays 10:00 - 11:30 am **New Day**

**Facilitator:** Ali Henderson (No group July 1 or 22)

### OG YOUNG ADULT (Ages 17 – 30)

This group provides support for young adults who are struggling with their eating and/or body image issues. There is a particular focus on issues specific to this age group, such as living independently, choosing careers, coping with academic pressures, relationship concerns, etc.

**When:** Tuesdays 6:30–8:00 pm (No group July 1)

**Facilitator:** Victoria Freeman

### OG BREAKING THROUGH BINGEING

A supportive environment for those wanting to talk about the challenges of living with bingeing symptoms. Group members gain the opportunity to give and receive support in a facilitated discussion that encourages the sharing of solutions, strategies and inspiring hope.

**When:** Thursdays 4:30 – 6:00 pm

**Facilitator:** Maureen Mahan

### OG FAMILY, FRIENDS AND PARTNERS

Explore your experience of having a family member, partner or friend with an eating disorder.

**When:** Tuesdays 6:30–8:00 pm (No group July 1)

**Facilitator:** Margaret Powell

### OG FABULOUS FORTIES, FIFTIES AND FORWARD

Explore your feelings and experience of having an eating disorder at mid-life.

**When:** Thursdays 6:30 – 8:00 pm

**Offered:** July 3-August 14 2014

**Facilitator:** Ara Blumenfeld

## BODY IMAGE GROUPS

Through Discussion and/or gentle movements, learn skills to reconnect with your body

### C SELF IMAGE

For anyone struggling with body image, develop new strategies to improve your self-image while also exploring the thoughts, behaviours and emotions that affect your feelings about your body. Using principles from Cognitive Behavioural Therapy (CBT), learn practical coping skills and share your challenges with others experiencing similar concerns.

**When:** Tuesdays 4:30 – 6:00 pm (No group July 1)

**Offered:** July 8-August 12 2014

**Facilitator:** Victoria Freeman

### C REIKI: A TOOL FOR SELF-HEALING

All Reiki levels and experience welcome! This group will utilize healing from a creative perspective, including guided meditations, breathing exercises, and crystal point/gemstone work.

**When:** Thursdays 3:00 – 4:30 pm

**Offered:** July 3-August 14 2014

**Facilitator:** Jane Boyle

## EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

### OG ART STUDIO

Create something wonderful using paper, fabric or other art material on your own or with the help of a facilitator. **No art experience necessary.**

**When:** Wednesdays 1:00 – 3:00 pm

**Offered:** July 2-August 13 2014

**Facilitators:** Jennifer Polo & Debbie Anderson

## SKILL BUILDING GROUPS

Structured groups with a focus on learning new skills for coping, reducing harm and creating change

### NEW! C ASSERTIVENESS & EDS

Learn and practice assertiveness skills and ways to communicate your needs while respecting the feelings and rights of others.

**When:** Mondays 4:30 – 6:00 pm

(No Group August 4)

**Offered:** June 30-August 11 2014

**Facilitator:** Kimberly Murdoch

### OG RELAPSE PREVENTION

The transition from treatment can be hard. Use this group to build upon the skills you already have, and to develop other strategies to cope with slip-ups and to deal with life challenges. This group is for anyone working toward maintaining recovery following treatment.

**When:** Thursdays 6:30 – 8:00 pm

**Offered:** July 3-August 14 2014

**Facilitator:** Danielle Woodcock

### C WOMEN, ILLNESS & EATING DISORDERS

Body image relates to how you feel about your appearance. Changes to your body image from an illness (i.e. Cancer, Depression, Fibromyalgia, Chronic Fatigue) also effects your self-image, which includes how you see your personality, abilities, potential, values, and interests, as well as how you relate to others. Even if your illness leaves no permanent physical changes, you may still feel different about your body after taking medication and/or receiving treatment. This group will provide support and education regarding ones experience of illness and help group members maximize areas of wellness in their lives.

**When:** Thursdays 1:00 – 2:30 pm

**Offered:** July 3 – August 14 2014

**Facilitator:** Deb Berlin-Romalis

### C INTRODUCTION TO DIALECTICAL BEHAVIOURAL THERAPY FOR BINGE EATING & BULIMIA

This group will introduce individuals to skills such as mindfulness, distress tolerance, and emotional regulation in a safe and supportive environment.

**When:** Friday 10:00 – 11:30 am

**Offered:** July 4-August 15 2014

**Facilitator:** Cynthia Shea

### C WAYS TO STOP BINGEING

Do you 'watch' and 'listen' to your thoughts and feelings? Explore becoming an informed and non-judgmental 'observer' of your eating patterns. Learn new ways of relating to food and yourself.

**When:** Wednesdays 4:30 – 6:00 pm

**Offered:** July 2-August 13 2014

**Facilitator:** Deb Berlin-Romalis

## WORKSHOPS

Limited 1 workshop per person.

### NEW! BACK-STRAP WEAVING MADE EASY

Be transported to an earlier time of simplicity exploring the back-strap loom. Connect with your body by practising this ancient form of weaving. Learn how to set up your own portable, unique loom on which intricate designs may be created.

**When:** July 7th, 8th, 9th, 9:30-12:30 pm

**Offered:** 3 sessions

**Facilitator:** Patricia Phelan

### NEW! LINKING EDS & ADDICTIONS

Connect with others as you increase your understanding about the links between eating disorders & addictions. Learn skills to manage triggers & practice alternate ways of coping. Get support to identify goals & resources for change.

**When:** July 12th, 1:00-4:00 pm

**Offered:** 1 session

**Facilitator:** Kimberly Murdoch

### NEW! TRAUMA, EDS, THE BODY & YOU

Understand the link between trauma and eating disorders, while learning to quiet the distress in your mind while reconnecting to your body.

**When:** July 15th, 16th, 17th, 6:30-8:00 pm

**Offered:** 3 sessions

**Facilitator:** Joanna Potkanska

