



WELCOME

to our new program calendar for Fall 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.

87 Spadina Rd. Toronto, Ontario M5R 2T1 Tel: 416.927.8900 Fax: 416. 927.8844 www.sheenasplace.org

Please visit us online at www.sheenasplace.org/register for more information and to register for programs.

FALL Registration Dates: August 11th-22nd 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.

Holiday Closures: September 1st and October 13th 2014 • Client Appreciation Party: December 18th 6:30-8pm

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 and encourage the sharing of solutions and strategies.

When: Mondays 6:30 – 8:00 pm (No Group Oct 13th)

Facilitator: Maureen Mahan

When: Fridays 10:00 -11:30 am

Facilitator: Ali Henderson

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

Facilitator: Victoria Freeman

When: Wednesdays 6:30 – 8:00 pm

Facilitator: Deb Berlin-Romalis

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

Facilitator: Margaret Powell

OG FABULOUS FORTIES, FIFTIES AND FORWARD

Explore your feelings and experience of having an eating disorder with people your own age. A great opportunity for building community, breaking isolation, and sharing mid-life's challenges such as career and family changes, hormonal issues, chronic illness, stress and social expectations.

When: Thursdays 6:30 – 8:00 pm

Offered: September 11th-November 13th 2014

Facilitator: Ara Blumenfeld

OG LIFE AFTER 'ED'

Explore your feelings and experiences of being recovered and what life really looks like after the eating disorder.

When: Tuesdays 4:30 – 6:00 pm

Offered: September 9th-November 11th 2014

Facilitator: Shelly Dilawri

C WHAT ABOUT MY EATING?

For mothers who would like to identify, change and work through food issues that have impacted themselves and/or relationships with their children. The group will encourage a thrust toward change, interactive discussion and support. Facilitators will meet with mothers individually prior to the first group session.

When: Wednesdays 9:30 – 11:00 am

Offered: September 10th-November 12th 2014

Facilitators: Marg Bogue & Joanna Anderson

OG MEN'S SUPPORT GROUP

An open forum for men to explore their concerns related to body image, food preoccupation, struggles with weight and shape, or compulsive or excessive exercising.

When: Wednesday 6:30 – 8:00 pm

Offered: September 10th-November 12th 2014

Facilitator: Kinnon MacKinnon

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

Offered: September 9th-October 28th 2014

Facilitator: Victoria Freeman

C POSITIVELY PILATES

Master Pilates Instructor Michelle Hales uses the Pilates method of mindful movement to re-educate, rejuvenate and reawaken your body and spirit. Nurture your mind and body as you develop both inner and outer strength!

When: Friday 12:30-2:00 pm

Offered: September 12th -November 14th 2014

Facilitator: Michelle Hales

Off site: Retrofit Pilates Toronto 2323 Bloor St W, Toronto

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

NEW! C ARTFUL LIFE

This art therapy group will offer you a chance to use art to discover more about yourself in a small, closed, like-minded group. The approach provides a safe way to allow insightful self-expression. Run by art therapist Debbie Anderson, the group's goal is Inner exploration with a focus on self-esteem, and honouring the value of everyone's creative Self.

When: Thursdays 1:00 – 3:00 pm

Offered: September 11th-November 13th 2014

Facilitator: Debbie Anderson

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: September 10th-November 12th 2014

Facilitators: Jennifer Polo & Debbie Anderson

OG CREATIVE SINGING

Discover your natural voice with this unique approach to creative vocal expression. Explore singing, sounding, speaking and song writing. Songs are provided and bring your own.

No experience necessary.

When: Wednesdays, 4:30 – 6:00 pm

Offered: September 10th-November 12th 2014

Facilitator: Honey Novick

C PATCHWORK QUILTING

Be inspired by traditional quilt makers to play with colour, texture, shape and design to create your own mini-quilt. Experiencing calming, restorative sewing techniques that lead to greater body awareness and increased self-esteem.

When: Fridays 10:00 am – noon

Offered: September 12th-November 14th 2014

Facilitator: Patricia Phelan

C PAINTING OUR STORIES

This group takes participants through a series of exercises so they can develop their ability to tell a story visually. Participants will be encouraged to focus on their personal stories and develop imagery to tell them. Participants will then work for several sessions on a painting that tells their personal story.

When: Mondays 4:00 – 6:00 pm (No Group Oct 13th)

Offered: September 8th-November 10th 2014

Facilitator: Jennifer Polo

C DRUMMING FOR WELLNESS AND STRENGTH

Express your natural rhythms in a drumming circle, while learning basic techniques. No experience necessary.

When: Tuesdays 1:00 – 2:30 pm

Offered: September 9th-November 11th 2014

Facilitator: Rhonda Pelshea

NEW! **O** ART-MAKING TO INVITE RELAXATION & REVELATION

In this group you will be invited to focus on a variety of therapeutic art-making activities designed to decrease stress and gently encourage self-awareness. Art experience is not necessary or needed. Drop in and discover how art therapy can enhance your well-being.

When: Thursdays 4:30 – 6:00 pm

Offered: September 11th-November 13th 2014

Facilitator: Kristen Gane & Marie-France Essiembre
(Toronto Art Therapy Institute)

SKILL BUILDING GROUPS

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

C BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS

Explore the various relationships in your life (partners, friends, family) and the challenges you face within them. Learn how to build, maintain and repair new and old relationships through effective interpersonal skills.

When: Tuesdays 6:30 – 8:00 pm

Offered: September 9th-November 11th 2014

Facilitators: Shelly Dilawri and Ilona Wulffhart

O WHOLEHEARTED LIVING

Through the recognition, understanding, and appreciation for self-compassion, courage, and worthiness, discussions are guided to develop strategies in addressing vulnerability, and shame. Weekly sessions will be pieced together to generate self-compassion, and growth for wholehearted living.

When: Tuesday 10:00 – 11:30 am

Offered: September 9th-November 11th 2014

Facilitator: Ali Henderson

NEW! **C** GOALS WITH SOUL

How many times have you reached a goal only to find that you didn't feel the way you thought you would when you got there? What if you started with the question "How do I want to feel?" and worked backwards from there to create goals with soul? Inspired by the book *The Desire Map* by Danielle LaPorte, we will do just that through writing exercises, meditation and maybe just a little bit of fun. Please bring a journal and your favorite pen.

When: Wednesdays 4:30 – 6:00 pm

Offered: September 17th-November 12th 2014

Facilitator: Cecilia Moorcroft

NEW! **C** TRAUMA, ED'S, THE BODY & YOU

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

When: Wednesday 6:30 – 8:00 pm

Offered: September 24th-November 12th 2014

Facilitator: Joanna Potkanska

O 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: September 11th-November 13th 2014

Facilitator: Danielle Woodcock

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: September 10th-November 12th 2014

Facilitator: Deb Berlin-Romalis

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: September 11th-November 13th 2014

Facilitator: Deb Berlin-Romalis

O TAKING CHARGE OF MY LIFE

Learn how to take on everyday responsibilities. Empowerment, work roles, sexuality and conflict resolution will be tied to practical life skills and weekly goal setting.

When: Tuesdays 4:30 – 6:00 pm

Offered: September 9th-November 11th 2014

Facilitator: Margaret Powell

WORKSHOPS

Limited 1 workshop per person.

NEW! INTRO TO DIALECTICAL BEHAVIOURAL THERAPY

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

When: Friday, September 12, 9:00-12:00 pm

Offered: 1 session

Facilitator: Cynthia Shea

NEW! HOW TO HELP YOUR TEENAGER BEAT AN EATING DISORDER

Help Your Teenager Beat an Eating Disorder: An informative and interactive workshop designed to inform parents about a family oriented approach – leave with tools to build a united family front against your child's eating disorder.

When: Saturday, September 13, 9:00-11:30 am

Offered: 1 session

Facilitator: Cynthia Shea

NEW! VISION BOARD

Create a collage of images, pictures and affirmations of what makes you happy and what you wish to bring into your life. The premise of a vision board

Is the law of attraction that "like attracts like" and as such by focussing one's attention on the items on the board, and in particular, by holding the good feelings that they create, we can draw more positivity and manifest things in our life that make us happy.

When: Monday, September 15, 6:00-8:00 pm

Offered: 1 session

Facilitator: Joanna Sipos

NEW! MEN, BODY-IMAGE & SELF-ESTEEM

A workshop for men to explore the issue of masculinity, sexuality, body image and self-esteem. The workshop will explore where messages about masculinity and being a man come from as well as beliefs about sexuality, and how these have impacted the attendees' senses of self-esteem and identity. The workshop will also explore attendees' thoughts, feelings and relationship with their bodies, including relationships with food and exercise, and how self-worth can be developed away from physical appearance.

When: Saturday, September 27, 10:00-2:00 pm

Offered: 1 session

Facilitator: Keith Thurlow-Bishop & Carmine Malfitano

WEN-DO WOMEN'S SELF-DEFENCE

This introductory Wen-Do Women's Self-Defence workshop will offer participants a safe space for women of all ages, sizes and abilities to learn simple, effective verbal and physical self-defence techniques.

When: Saturday, October 4, 1:00-4:00 pm

Offered: 1 session

Facilitator: Laura Hartley

EXPRESS YOURSELF

Join us for creative explorations! With guided exercises, we will experience a combination of expressive art forms, including art-making, sound, gentle movement and poetry, to see what resonates and replenishes our spirits.

When: Saturday, October 25, 1:00-3:30 pm

Offered: 1 session

Facilitator: Patricia Ki & Rhonda Pelshea

NEW! MOTHERS, PREGNANCY & EDS

This workshop will provide the opportunity to learn about nutrition and pregnancy while connecting with others around pregnancy and motherhood and the relationship with eating.

When: Monday, October 20, 5:30-8:00 pm

Offered: 1 session

Facilitator: Erin Rudolph & Samantha Goren

NEW! ADDICTIONS & EATING DISORDERS

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

When: Monday, November 17, 4:30-7:30 pm

Offered: 1 session

Facilitator: Kimberly Murdoch

