



WELCOME

Program Calendar

Sheena's Place is a support center for individuals, families and friends affected by eating disorders. We provide a wide range of professionally facilitated 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.

SPRING Registration Dates: March, 30th – April 10th, 2015

REGISTRATION & CONFIRMATIONS

You may register online or in person. Unfortunately, we are unable to take registrations via email, over the phone, or by mail. Confirmation emails are forwarded a week after the season's registration period ends. We encourage you to register as early as possible. We are only able to accommodate a certain amount of individuals in each group, and they are filled on a first come, first serve basis. Each group has a maximum number of participants. Registrations submitted prior to the opening of the official registration period will not be accepted.

UNDERSTANDING GROUP CODES

- C Closed:** Closed groups are seasonal. Registration is unavailable after the second session.
Clients who do not attend the first two sessions are removed from the group. Individuals from the waitlist will then be added into the group for the third session. In order to establish a trusting and comfortable group dynamic, new participants will not be able to join the group after the third session.
- O Open:** Open groups are seasonal. Clients can register anytime during the season they are offered, space allowing.
- OG Ongoing:** Ongoing groups are available to register/join at any time during the year.
- WS Workshop:** Workshops are one-two day sessions exploring specific topics. Topics change by season.

For each season you can register for **up to two** seasonal (OPEN or CLOSED) groups, one workshop, **plus any** of the ONGOING groups. Seasonal groups are 8-12 weeks long and offered anywhere from one to four seasons a year.

INFORMATION SESSIONS

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

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 and Wednesdays at 5:30pm, 6:15pm and 7:00pm; Thursdays at 11:00am, 11:45am and 12:30pm; and Fridays at 1:00pm, 1:45pm and 2:30pm. **Call in advance to book an appointment: 416.927.8900**

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 as well as friends, family, partners and professionals.

Events: Annual Art Show on Thursday, May 14th, 2015 • Sheena's Place Movie Night! Friday, May 22, 2015 from 6:00-8:00 pm

Holiday Closures: Friday, April 3rd and Monday, May 18th

Follow us on Twitter [@sheenasplace](https://twitter.com/sheenasplace)  Like us on Facebook facebook.com/sheenasplacetoronto  Follow us on Instagram [@sheenasplace](https://www.instagram.com/sheenasplace) 

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about eating disorders & how to support someone struggling, while gaining needed support for yourself

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, BSc.OT (Reg), MEd, Psych

When: Wednesdays 5:30 – 7:00 pm

Facilitator: Deb Berlin-Romalis, BSW, MSW, RSW

Note: Wednesday sessions do not begin until May 6th, 2015.

WS FATHERS' SUPPORT WORKSHOP

An open forum for fathers to explore their experiences, thoughts and emotions in relation to a daughter or son and an eating disorder.

When: Saturday, May 9th, 1 pm – 3 pm

Offered: 1 session

Facilitator: Jim Cerswell, father

WS NEW! SUPPORTING YOUR YOUNG ADULT THROUGH TRANSITIONS: A WORKSHOP FOR PARENTS

Wondering how to effectively support your young adult with an eating disorder? Thinking about how your role will change as your child grows into an adult? This workshop will explore strategies to help parents best support their adolescent during their transition to college, university, independent living and young adulthood.

When: Saturday, June 20th, 12 pm – 2 pm

Offered: 1 session

Facilitator: Brooke Allemang, MSW, RSW

Note: This workshop is recommended for parents of children who are between the ages of 16-25.

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

Facilitator: Maureen Mahan, RN, BA, MEd (OISE)

Note: No group Monday, May 18th, 2015

When: Fridays 10:00 – 11:30 am

Note: No group Friday, April 3rd, 2015.

Facilitators: Sarah Sterlin-Altman, BAH, MSW candidate
& Lauren Drouillard, MSW, RSW

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, academic pressures and relationship concerns.

When: Tuesdays 6:30 – 8:00 pm

& Wednesdays 5:30 – 7:00 pm

Facilitator: Victoria Freeman, MSW, RSW

OG NEW! MOTHERS LIVING WITH 'ED'

This group is a safe space for mothers with eating disorders to have their voices heard. Members will meet to offer one another support, share personal insights and strategies and nourish an overall sense of hope.

When: Tuesdays 4:30 – 6:00 pm

Offered: April 21st – June 23rd, 2015

Facilitator: Shelly Dilawri, BSc., OT (Reg)

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 and strategies.

When: Thursdays 4:30 – 6:00 pm

Facilitator: Maureen Mahan, RN, BA, MEd (OISE)

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: April 23rd – June 25th, 2015

Facilitator: Ara Blumenfeld, BA, SSW

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

OG ART STUDIO

Every week participants are lead through different art projects using specific materials. The goal is to use art-making to build self-esteem, take risks, and find your creative voice.

When: Wednesdays 1:00 – 3:00 pm

Facilitators: Jennifer Polo, BSc, MA, OACA & Debbie Anderson, BA

Offered: April 22nd – June 24th, 2015

When: Thursdays 1:00 – 3:00 pm **NEW TIME AND DAY!**

Facilitators: Debbie Anderson, BA, DTATI & Jessica Flaman, BA, DTATI candidate

Offered: April 23rd – June 25th, 2015

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: April 21st – June 23rd, 2015

Facilitator: Victoria Freeman, MSW, RSW

NEW! LEARN TAOIST TAI CHI: RECLAIM YOUR BODY AND YOUR HEALTH

Through the gentle continuous moving meditation of Taoist Tai Chi you will begin to calm your mind, body and soul. In a supportive environment, learn to let go of the cares and worries of everyday life and be in the present.

When: Thursdays 5:00 – 6:30 pm

Offered: April 23rd – June 25th, 2015

Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

Note: This group is offered off-site at Fung Loy Kok Taoist Tai Chi: 134 D'Arcy St. (one block north of Dundas W./Spadina Ave).

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: Fridays 12:30 – 2:00 pm

Offered: April 24th – June 26th, 2015

Facilitator: Michelle Hales, PMA certified

Note: This group is offered off-site at Retrofit Pilates Toronto: 2323 Bloor Street West, Toronto.

NEW! WEN-DO WOMEN'S SELF-DEFENCE

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

When: Mondays 6:30 – 8:00 pm

Offered: May 4th, 2015 – June 15th, 2015

Facilitator: Laura Hartley, BA, MES

Note: No group on Monday, May 18th

SKILL BUILDING GROUPS

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

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: April 21st – June 23rd, 2015

Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

WHOLEHEARTED LIVING

Weekly sessions will focus on understanding and developing self-compassion, courage and worthiness. Discussions are guided to encourage the development of strategies to address vulnerability and shame as well as the fostering of a wholehearted approach to living.

When: Tuesdays 10:00 – 11:30 am

Offered: April 21st – June 23rd, 2015

Facilitator: Joanna Potkanska, MSW, RSW

TRAUMA, EDs, 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: Wednesdays 6:30 – 8:00 pm

Offered: April 22nd – June 24th, 2015

Facilitator: Joanna Potkanska, MSW, RSW

NEW! CHANGED (Ages 17-20)

Change is complicated, exciting, scary, and an integral part of life! Through discussion, activities and education this group will go over some specific strategies and life skills associated with moving from adolescence to young adulthood.

When: Mondays 4:30 – 6:00 pm

Offered: April 20th – June 22nd, 2015

Facilitators: Jessica Watts, RN MScN & Lauren Drouillard, MSW, RSW

Note: No group May 18th, 2015

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: April 21st – June 23rd, 2015

Facilitator: Shelly Dilawri, BSc., OT (Reg)

RELAPSE PREVENTION

Preventing relapse is a complex process that involves making and maintaining change in a variety of different areas of life. Participants are assisted in acknowledging where they are in their recovery, understanding what to expect during the recovery process, learning new ways to cope in recovery, and exploring life beyond an eating disorder.

Participants will receive information and support, develop skills to cope with symptoms and the challenges of daily-life, and better understand the processes of recovery and maintaining change.

When: Thursdays 6:30 – 8:00 pm

Offered: April 23rd – June 25th, 2015

Facilitator: Danielle Woodcock, MSW, RSW

INTRODUCTION TO DIALECTICAL BEHAVIOURAL THERAPY FOR BINGE EATING AND BULIMIA

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

When: Thursday 10:00 – 11:30 am **NEW DAY!**

Offered: April 30th – June 25th, 2015

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! DISCOVERING YOUR IDENTITY

This group will discuss ways to explore ourselves, our values, and our interests to begin building a positive and authentic identity independent from an eating disorder.

When: Tuesdays 1:00 – 2:30 pm

Offered: April 21st – June 9th, 2015

Facilitators: Sarah Sterlin-Altman, BAH, MSW candidate & Lauren Drouillard, MSW, RSW

ASSERTIVENESS SKILLS TRAINING & ED

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

When: Mondays 4:30 – 6:00 pm

Offered: April 20th – June 22nd, 2015

Facilitator: Kimberly Murdoch, BSW, RWS, dipl.HSC, NTS

Note: No group May 18th, 2015



WORKSHOPS: Limited 1 workshop per person.

WS NEW! INTRODUCTION TO ANXIETY MANAGEMENT FOR MEN: A WORKSHOP WITH SLY SARKISOVA

This introduction to anxiety management for men will provide a much needed starting point for understanding anxiety and its relationship to our functioning.

When: Saturday, April 25th, 12:00 pm – 2:30 pm

Offered: 1 session

Facilitator: Sly Sarkisova, BSW, MSW, RSW

WS NEW! CREATING AN EMPOWERED FEMALE COMMUNITY

Through a feminist lens, this workshop will explore why women are portrayed a certain way throughout North American culture, and discuss what we can do to raise critical awareness, and make change on a daily basis. Let self-love, self-compassion, and a critical eye guide us through this journey together.

When: Monday, April 27th, 6:00 – 8:00 pm

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

WS NEW! Cooking 101: A Two Day Weekend Workshop

This workshop is for clients who feel comfortable and ready to get creative touching, smelling, preparing and eating foods, all while learning a variety of introductory cooking skills. Participants will leave this two day weekend workshop with their own set of skills to nourish the body from the inside out.

When: Saturday, May 9th and Sunday, May 10th
from 9 am – 12 pm (both sessions must be attended)

Offered: 1 weekend-long session

Facilitator: Wendy Hernick

Note: This workshop takes place off-site at Sage Café, 166 McCaul Street

WS NEW! MOVING SANCTUARY

Journey to a lasting place of home, peace, love and beauty within you using conscious dance/movement, meditation and music. All activities are gently guided and each person is invited to participate to their level of comfort. No conscious dance/movement or meditation experience is needed to participate. Cultivate kind awareness towards yourself and find a source of rejuvenation within.

When: Monday, May 11th, 5 pm – 8 pm

Offered: 1 session

Facilitator: Nadia Stolpner, MSW, RSW

WS NEW! POSITIVE PSYCHOLOGY

This workshop is for individuals who want to learn strategies to cultivate happiness and live a joyful life using positive psychology

When: Monday, May 25th, 6 pm – 8 pm

Offered: 1 session

Facilitators: Sarah Sterlin-Altman, BAH, MSW candidate
& Lauren Drouillard, MSW, RSW

WS NEW! REIKI SHARE

Reiki share is for those new to Reiki to come and experience Reiki energy for the first time, or for practitioners of all levels to get together and "share" this healing art form. Each exchange begins with a meditation and features information on Reiki as a tool for self-care.

When: Saturday, June 6th, 10 am – 1 pm

Offered: 1 session

Facilitator: Joanna Sipos, BA

WS CULTIVATING HEALTHY, SUPPORTIVE RELATIONSHIPS WITH OTHERS AND WITH YOURSELF

This workshop focuses on cultivating supportive relationships with friends, family, significant others and, most importantly, yourself.

Safety during disclosures, effective communication and self-care will be among the topics covered.

When: Saturday, June 13th, 12 pm – 3 pm

Offered: 1 session

Facilitator: Victoria Freeman, MSW, RSW

OTHER SERVICES

ART GALLERY OF ONTARIO (AGO)

In partnership with the AGO, Sheena's Place offers clients free passes to a variety of exhibitions. The AGO card is available at the front desk for Sheena's Place clients to borrow one week at a time. It will admit two people to the Art Gallery of Ontario's permanent and special exhibitions for free. We require a \$5 deposit, which will be returned to you when you return the AGO card.

LENDING LIBRARY

Our on-site library provides books and reference materials on eating disorders, mental health, body image, self-care, spirituality, gender, health education, and relationship challenges. Clients may sign out a maximum of two books at a time and can borrow books for two weeks. Please sign out books at the front desk.

WEBSITE

Our informational website provides an overview of our support services as well as information about eating disorders and some of the populations we serve.

SOCIAL MEDIA

For inspirational quotes and group updates, follow us on twitter: @sheenasplace, like us on Facebook facebook.com/sheenasplacetoronto, and like us on Instagram @sheenasplace

HOUSE POLICIES

- You may arrive (no more than) 30 minutes before your group. Following your group, please leave the room as quickly as you can so that members of the next group have time to get settled.
- Group members who arrive more than 20 minutes after the group begins will not be able to take part in the group.
- Your room may have a group in progress when you arrive, therefore please do not enter the room until the door is open. Signs will be posted indicating when groups are in session.
- Sheena's Place closes promptly at 8pm Monday - Thursday.
- We require a minimum of four group members to run a full 90 minute session. If fewer than four members arrive, the facilitator will run a 30 minute check-in with present group members.

A FEW GROUP GUIDELINE REMINDERS

- In an effort to keep Sheena's Place as safe as possible for all members and to discuss emotions underlying eating disorders, specific food, weight, dieting, calories, specific eating disordered behaviours or exercise behaviours are off-limit topics. You can refer to "struggling with behaviours", but you cannot say, for example, "I used to weigh x number of pounds" or "I ran x miles".
- While it's wonderful to be around people who can relate to challenges with ED, everyone has an individual recovery journey. With this in mind, own your feelings by speaking from an "I" perspective. The use of "you" may be interpreted as offering advice or an interpretation of someone else's experience.