



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.

SUMMER Registration Dates: June 22nd – July 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.
In an effort to ensure that we provide support to as many individuals as possible, clients who are absent for 2 sessions of their group without letting us know will be removed from the group. Their spot will then be given to someone on the waiting list.
- OG Ongoing:** Ongoing groups run throughout the year and are available to register/join at any time during the season.
- 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 and Thursdays at 11:00am, 11:45am and 12:30pm
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: Sheena's Place Movie Night! Friday, August 28th, 2015 from 6:00 – 8:00 pm

Holiday Closures: Wednesday, July 1st; Monday, August 3rd; and Monday, September 7th

 Twitter [@sheenasplace](https://twitter.com/sheenasplace)  Facebook: facebook.com/sheenasplacetoronto  Instagram: [@sheenasplace](https://www.instagram.com/sheenasplace)  YouTube: youtube.com/sheenasplace

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about ED & 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: No group on Wednesday, July 1st, 2015.

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 groups on Monday, August 3rd and Monday, September 7th, 2015

When: Fridays 10:00 – 11:30 am

Facilitator: 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

Facilitator: Victoria Freeman, MSW, RSW

OG 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.

NEW TIME! When: Tuesdays 6:30 – 8:00 pm

Offered: July 14th – September 15th, 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: July 16th – September 17th, 2015

Facilitator: Ara Blumenfeld, BA, SSW, RSW

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: Debbie Anderson, BA, dTATI, Anna Portoraro and Jessica Flaman, BA, dTATI candidate

Offered: July 15th – September 16th, 2015

Note: No group on Wednesday, July 1st, 2015

BODY IMAGE GROUPS

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

OG 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: July 14th – September 15th, 2015

Facilitator: Victoria Freeman, MSW, RSW

OG 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: July 16th – September 17th, 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)

SKILL BUILDING GROUPS

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

○ CHANGED (Ages 17 – 22)

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.

NEW DAY AND TIME! When: Wednesdays 5:30 – 7:00 pm

Offered: July, 22nd – September 23rd, 2015

Facilitators: Jessica Watts, RN MScN &

Lauren Drouillard, MSW, RSW

Note: No group on Wednesday, July 1st, 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.

NEW TIME! When: Tuesdays 4:30 – 6:00 pm

Offered: July 14th – September 15th, 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: July 16th – September 17th, 2015

Facilitator: Danielle Woodcock, MSW, RSW

Note: No group on August 6th, 2015

○ 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: Thursdays 1:30 – 3:00 pm

Offered: July 16th – September 17th, 2015

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! ○ PERFECTIONISM IN PERSPECTIVE

Learn about perfectionism and how to work toward pursuing healthy standards rather than unrelenting high standards that can negatively impact your life.

When: Wednesdays 1:30 – 3:00 pm

Offered: July 15th – September 16th, 2015

Facilitator: Sara Robb, MSW, RSW

Note: No group on Wednesday, July 1st, 2015

WORKSHOPS: Limited 1 workshop per person.

NEW! A FREE, FEMINIST, ART WORKSHOP WITH THE GIRLS ART LEAGUE (GAL)

GAL is a Toronto-based art organization with the mission of empowering girls and women through the visual arts. Join this workshop for an opportunity to connect with other women and explore your creative side, in a safe, welcoming and therapeutic setting.

When: Monday, July 27th, 1 pm – 3 pm

Offered: 1 session

Facilitators: Erica Beyea, Co-Founder of Girls Art League (GAL) and Amy Wong, MFA

NEW! WELLMEN PROJECT PRESENTS: A SHEENA'S PLACE ADVENTURE FOR MEN

Wellmen adventures yield a positive, preventative approach to men's health and wellbeing, while challenging limiting belief systems around what it really means to be a man. Through a full day of adventures of the mind, body and soul, our new Wellmen will be encouraged to explore themselves physically, mentally and emotionally; elevating the soul, inviting personal renewal, and a way of being that endorses their 'truest self' with no feelings, tear, or grunt left out.

When: Thursday, August 13th, 1 pm – 9 pm

Offered: 1 day-long session

Facilitators: Shea Emry, Co-Founder of the Wellmen Project and Jesse Hayman, Head of Community Engagement at Movember Canada

Note: This adventure will take place off-site at Evergreen Brickworks, 550 Bayview Avenue, Toronto

NEW! SHEENA'S CAMP: A TWO-DAY CAMP RETREAT FOR TEENS 17-20

Join us at Sheena's Place first ever summer day camp! Together, we'll explore a variety of camp-inspired activities, focusing on team and friendship building, body image, self-esteem, self-compassion and most importantly, fun!

When: Saturday, August 15th and

Sunday, August 16th, 10:00 am – 8:00 pm

Offered: 2 day-long sessions, both sessions must be attended

Facilitators: Ali Henderson, BSW, MSW, RSW;

Debbie Berlin-Romalis, BSW, MSW, RSW; Jen Murphy, BA;

Jessica Watts, RN, MScN; Laura Hartley, BA, MEd;

Lauren Drouillard, MSW, RSW & Sara Robb, MSW, RSW

Note: Registered members will be asked to attend an hour and a half orientation session prior to the 2-day camp retreat.

This 2-day camp retreat will take place at Sheena's Place.

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: Tuesday, August 25th, Wednesday, August 26th, and

Thursday, August 27th from 4:30 – 6:00 pm (all 3 sessions must be attended)

Offered: 3 sessions

Facilitator: Joanna Potkanska, 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, free of charge. 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, educational materials and group updates, follow us on twitter: [@sheenasplace](https://twitter.com/sheenasplace), like us on Facebook:

facebook.com/sheenasplacetoronto, like us on Instagram: [@sheenasplace](https://www.instagram.com/sheenasplace) and follow us on YouTube: youtube.com/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.
- We ask that you please respect other group members and arrive on time for your group. Knowing that life happens, we offer a 20-minute 'cushion' for members who may be running late. Group members who arrive more than 20 minutes after the group begins, however, will not be able to take part in the group.
- We understand that things come up and sometimes, members cannot make it to group. If you are not going to be attending a session, please let us know.
- 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 or symptoms", 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.

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