



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.

FALL Registration Dates: September 21st – October 2nd, 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 wait-list 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 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 4:45pm, 5:30pm and 6:15pm

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! Thursday, October 29th, 2015 from 6:00-8:30 pm
 - Sheena's Place Annual Client Holiday Party! Friday, December 11th, 2015 from 6:00 – 8:30 pm

Holiday Closures: Monday, October 12th, 2015

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

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

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

NEW! WS PARTNERS' SUPPORT WORKSHOP

This workshop will be a safe space for intimate partners to explore their experiences, thoughts and emotions in relation to a significant other and their eating disorder. Members will gain support from one another while also learning strategies to more effectively support their partner.

When: Saturday, November 21st, 10 am – 12 pm

Offered: 1 session

Facilitator: Brooke Allemang, MSW, RSW

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 on Monday, October 12th, 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 an 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 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 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 6:30 – 8:00 pm

Offered: October 6th, 2015 – December 8th, 2015

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

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: October 8th – December 10th, 2015

Facilitator: Ara Blumenfeld, BA, SSW, RSSW

NEW! OG LIFE BEYOND ACTIVE TREATMENT: LIVING LIFE TO THE FULLEST

This group is a safe space for individuals to explore strategies for having a better quality of life living with an eating disorder, when they don't feel active treatment could be, or has been, a helpful 'fit' for them.

When: Mondays 6:30 – 8:00 pm

Offered: October 5th – December 14th, 2015

Facilitator: Leslie McCallum, MSW, RSW, PhD student

Note: No group on Monday, October 12th, 2015

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

Offered: October 7th – December 9th, 2015

Facilitators: Debbie Anderson, BA, dTATI & Sonya V. Thursby, BA, dTATI: thesis pending

When: Thursdays 1:00 – 3:00 pm

Facilitators: Debbie Anderson, BA, dTATI & Anna Portoraro, dTATI

Offered: October 8th – December 10th, 2015

NEW! OG DROP-IN STUDIO SPACE

Do you have an art project you'd like to work on, but can't seem to find the space, time or encouragement at home? Each week, Sheena's Place will open our art studio for members to use. Feel free to bring your knitting, colouring, painting or whatever else you'd like to work on- use the space for your own creative project!

When: Thursdays 10:00 – 11:30 am

Offered: October 8th – December 10th, 2015

Facilitator: Anna Portoraro, dTATI

Note: Please see Program Registrar at front desk for weekly sign-up.

Drop-in studio space can be attended in addition to your seasonal group selections.

OG ART JOURNALING

Art Journaling is your time to explore where you are and where you want to go. Creatively visualize yourself and your path!

When: Wednesdays 6:00 – 7:30 pm

Offered: October 7th – December 9th, 2015

Facilitator: Debbie Anderson, BA, dTATI

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: October 6th, 2015 – December 8th, 2015

Facilitator: Victoria Freeman, MSW, RSW

🕒 **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: October 7th – December 9th, 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 12:30-1:30 pm

Offered: October 9th – December 11th, 2015

Facilitator: Michelle Hales, PMA certified

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

🕒 **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 5:00 - 6:30 pm

Offered: October 5th, 2015 – December 7th, 2015

Facilitator: Laura Hartley, BA, MES

Note: No group on Monday, October 12th

NEW! 🕒 **NURTURING THE MIND, BODY AND SPIRIT WITH YOGA**

Combining yoga and meditation, this class will help you become present in your body and bring peace to the mind. All levels welcome and no prior experience necessary: the instructor will guide you through a 90 minute class designed to awaken a sense of connection to your true inner self.

When: Thursdays 10:00 – 11:30 am

Offered: October 8th – December 10th, 2015

Facilitator: Christi-An Slomka, BEd, E-RYT 200, RYT 500

*Note: This group is offered off-site at Studio Blue, 1457 Dundas St W, Toronto. *You will need to bring a mat or rent one on site, as well as water and comfortable clothing.**

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: October 6th, 2015 – December 8th, 2015

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

NEW! 🕒 **EFFECTIVE COMMUNICATION: THE ART OF ASSERTIVENESS**

Together, this group will explore strategies to understand communication styles, while learning to recognize, accept and choose when and how to express needs to others using assertiveness skills.

When: Thursdays 6:30 – 8:00 pm

Offered: October 15th – December 10th, 2015

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

Note: No group on Thursday, October 8th

🕒 **CHANGED (Ages 17 - 25)**

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 TIME! When: Wednesdays 4:30 – 6:00 pm

Offered: October 7th – December 9th, 2015

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

🕒 **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 4:30 – 6:00 pm

Offered: October 6th, 2015 – December 8th, 2015

Facilitators: 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 process of recovery and maintaining change.

When: Thursdays 6:30 – 8:00 pm

Offered: October 8th – December 10th, 2015

Facilitator: Danielle Woodcock, MSW, RSW

🕒 **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: October 7th – December 9th, 2015

Facilitator: Sara Robb, MSW, RSW

NEW! 🕒 **STORIES OF RECOVERY**

The path to recovery can be dark and long and not always linear, with hope, at times, being difficult to harness. Stories of Recovery is a group designed to give hope through inspiration, sharing and discovery. The group will use the Stages of Change model to help motivate and inspire the transitions in recovery.

When: Thursdays 4:30 – 6:00 pm

Offered: October 8th – December 10th, 2015

Facilitator: Corinne Lee, CYC

NEW! 🕒 **INTRODUCTION TO MOTIVATIONAL ENHANCEMENT: EXPLORING THE POSSIBILITY OF CHANGE**

This group will help you explore how ready you are for change as well as the factors supporting and hindering your efforts towards recovery.

When: Tuesdays 2:00 – 3:30 pm

Offered: October 6th, 2015 – December 8th, 2015

Facilitator: Victoria Freeman, MSW, RSW

Note: This group is best suited for individuals who are thinking about making a change, such as accessing more support or treatment for an eating disorder.

WORKSHOPS Limited 1 workshop per person.

WS INTRODUCTION TO DIALECTICAL BEHAVIOURAL THERAPY (DBT) FOR BINGE EATING AND BULIMIA

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

When: Saturday, October 24th, 2015, 12:00 – 3:00 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! **WS** FINANCIAL PLANNING 101: WORKSHOP

This workshop will provide participants with an overview of skills to feel comfortable taking control of their finances, including strategies for budgeting, investing and general financial management.

When: Saturday, November 7th, 10:00 am – 12:00 pm

Offered: 1 session

Facilitator: Jeffrey J. McKay, BA (Hons), LL.B., Investment Advisor, Manulife Securities Incorporated.

NEW! **WS** BEING THE ME I WANT TO BE

Join us in a workshop where we challenge societal pressures and focus on the 'me' we want to be. Together, we will cultivate our inner goals, desires, and beings, to take control and live the life we want to live.

When: Wednesday, October 14th, 5:30 – 7:00 pm

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

WS HAVING FUN WITH FOOD: COOKING 101

Together with professional chef, Wendy Hernick, participants will get creative touching, smelling, preparing and eating foods, all while learning a variety of basic cooking skills. Combining professional techniques with a whole lot of fun, the group will leave the workshop equipped with their own set of skills to nourish the body from the inside out.

When: Saturday, October 24th and Sunday, October 25th from 9 am – 12 pm (both sessions must be attended)

Offered: 1 weekend-long session

Facilitator: Wendy Hernick

This workshop is recommended for individuals who identify as being 'ready' to participate in activities with food.

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

WS 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: Wednesday, November 18th, 5 pm – 8 pm

Offered: 1 session

Facilitator: Nadia Stolpner, MSW, RSW

NEW! **WS** MINDFUL SPENDING: STRATEGIES TO IMPROVE YOUR FINANCES AND SENSE OF WELL-BEING

This workshop will increase participants' awareness of overspending as a social and personal issue. Over the course of the workshop, participants will be invited to determine personal goals around spending, and will have an opportunity to share, receive support and develop self-compassion as they learn and practice strategies to reduce the harm of overspending.

When: Saturday, December 5th, 12 – 3 pm

Offered: 1 session

Facilitator: Lisa Pont, MSW, RSW, & Roberta Boughton, MEd

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, November 28th, 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 issues. Clients may sign out a maximum of two books at a time and can borrow books for two weeks.

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://instagram.com/sheenasplace) and follow us on YouTube: youtube.com/sheenasplace

HOUSE POLICIES

- We ask that you please respect other group members and arrive on time for the beginning of your group session. 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 their group begins, however, will not be able to join that session.
- Members who arrive late for the beginning of their group session 3 times will not be permitted to attend that group for the remainder of the season.
- We understand that things can come up, and sometimes, members cannot make it to group. If you are not going to be attending a session, please let us know. Members who miss two group sessions consecutively without informing us will be removed from the participant list and their spot will be given to someone on the waiting list.
- We require a minimum of four group members to run a full 90 minute group session. If fewer than four members arrive, the Facilitator will run a 30 minute check-in with present 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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