



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.

WINTER Registration Dates: December 7th – December 18th, 2015

HOLIDAY Registration Dates: December 7th – December 11th, 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.

If you are interested in scheduling an Individual Information Session, please call us ahead at: 416.927.8900 and we will happily provide more information on appointments.

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, February 19th, 2016 from 6:00 – 8:30 pm
- Save the Date: Eating Disorder Awareness Week (EDAW) is February 1st – 7th, 2016

Holiday Closures: Thursday, December 24th; Friday, December 25th; Monday, December 28th; Thursday, December 31st; Friday, January 1st; and Monday, February 15th, 2016

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

DECEMBER 2015



SHEENA'S PLACE
Support for eating disorders

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

7

8

9

10

11

12

13

Client Holiday Party
6:00 – 8:30 pm

14

15

16

Adult Support Group
6:30 – 8:00 pm

17

Young Adult Support
6:30 – 8:00 pm
Family, Friends & Partners
6:30 – 8:00 pm

18

Art Studio Group
1:00 – 3:00 pm
Supporting Your Loved One
Workshop
3:00 – 5:00 pm
Men's Adventure- 3
6:00 – 8:00 pm

19

Drop-in Knitting Circle
12 – 2 pm in library

20

Quilting Workshop
1:00 – 4:00 pm

21

Seeing 'Elf' in Theatres!!
2:45 pm at
Bloor Hot Doc Cinemas
(506 Bloor St. W)

22

23

Adult Support Group
6:30 – 8:00 pm

24

Young Adult Support
6:30 – 8:00 pm
Family, Friends & partners
6:30 – 8:00 pm

25

Art Studio Group
1:00 – 3:00 pm
Coping with the Holidays
Workshop
5:30 – 7:30 pm

26

CLOSED **CLOSED** **CLOSED**

27

28

CLOSED

29

Young Adult Support
6:30 – 8:00 pm

30

Art Studio Group
1:00 – 3:00 pm
Ringing in the New Year
Workshop
5:00 – 7:00 pm

31

CLOSED

1

CLOSED

2

Bowling!!
12:30 – 1:30 @
Bowlerama
(5429 Dundas St. W)

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: Thursdays 6:30 – 8:00 pm **NEW TIME AND DAY!**

Facilitator: Corinne Lee, CYC

NEW! OG MOMS' GROUP: CARING FOR SOMEONE LIVING WITH AN EATING DISORDER

Being a mother is one of life's most rewarding and challenging roles.

Together, we will share our experiences of caring for a son/daughter living with an eating disorder, while learning to increase our own self-compassion and self-care in a safe and non-judgmental environment.

When: Fridays 11:30 am – 1:00 pm

Offered: January 8th, 2016 – March 11th, 2016

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

NEW! WS SIBLINGS' SUPPORT WORKSHOP

Together, we will share and support one another around our experiences having a sibling living with an eating disorder. In a safe environment, we will discuss strategies to support our siblings as well as to support ourselves and increase our self-care.

When: Monday, March 7th 5:30 – 7:30 pm

Offered: 1 session

Facilitator: Lauren Drouillard, 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, February 15th, 2016

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

When: Mondays 1:30 – 3:00 pm **NEW TIME AND DAY!**

Note: No group on Monday, February 15th, 2016

Facilitator: Sara Robb, 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.

When: Tuesdays 6:30 – 8:00 pm

Offered: January 5th, 2016 – March 7th, 2016

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: January 14th – March 17th, 2016

Facilitator: Ara Blumenfeld, BA, SSW, RSSW

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: January 4th, 2016 – March 7th, 2016

Facilitator: Leslie McCallum, MSW, RSW, PhD student

Note: No group on Monday, February 15th, 2016

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 & Sonya V. Thursby, BA, dTATI, thesis pending

Offered: January 6th, 2016 – March 9th, 2016

When: Thursdays 1:00 – 3:00 pm

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

Offered: January 7th, 2016 – March 10th, 2016

NEW! OG Exploring Within using CBAT (Cognitive Behavioural Art Therapy)

Our thoughts drive our feelings and behaviours. Learn alternate skills to feel better and act more effectively. This group combines CBT techniques and art-making to explore, discover, and understand the self in a safe and supportive environment.

When: Tuesdays 1:00 – 3:00 pm

Offered: January 7th, 2016 – March 10th, 2016

Facilitator: Anna Portoraro, dTATI

NEW! DROP-IN KNITTING CIRCLE

Each week, we welcome you to drop-by our library to cozy up on the couch, knit and chat!

When: Thursdays 12:00 – 2:00 pm

Offered: October 7th – March 10th, 2015

Note: This is a drop-in space and not a formal 'group.' There will not be a facilitator present, & members can come and go as they please. We ask that members please bring their own knitting supplies. No registration required.

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: Tuesdays 6:30 – 8:00 pm **NEW TIME AND DAY!**

Offered: January 5th – March 8th, 2016

Facilitator: Debbie Anderson, BA, dTATI

BODY IMAGE GROUPS

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

NEW! OG LIVING IN THE BODY WE'RE IN: TAKING ACTION

Using principles from Acceptance and Commitment Therapy (ACT), we will explore, together, ways to accept our thoughts and reactions to our bodies, without judgment, to take action in moving toward the life we truly value. Come with an open mind and willingness to adventure into new places.

When: Tuesdays 1:30 – 3:00 pm

Offered: January 5th, 2015 – March 8th, 2015

Facilitator: Lauren Drouillard, 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: January 7th – March 10th, 2016

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: January 8th – March 11th, 2016

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: Wednesdays 5:00 - 6:30 pm **NEW DAY!**

Offered: January 13th – February 17th, 2016

Facilitator: Laura Hartley, BA, MES

🕒 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: January 7th – March 10th, 2016

Facilitator: Emma Baril, RYT 500

Note: This group is offered off-site at Lotus Yoga Centre, 100 Harbord St, 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: January 5th – March 8th, 2016

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

🕒 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: January 7th – March 10th, 2016

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

🕒 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: January 5th – March 8th, 2016

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: Wednesdays 6:30 – 8:00 pm **NEW DAY!**

Offered: January 6th – March 9th, 2016

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: January 6th – March 9th, 2016

Facilitator: Sara Robb, MSW, RSW

🕒 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: January 7th – March 10th, 2016

Facilitator: Corinne Lee, CYC

NEW! 🕒 MINDFUL SPENDING: STRATEGIES TO IMPROVE OUR FINANCES & SENSE OF WELL-BEING

Overspending is a social, as well as personal, issue. Together as a group, we will collaborate to develop personal goals around our spending, and support one another and share strategies as we work towards these goals. This group will strengthen our self-compassion as we learn and practice strategies to reduce the harm of over-spending.

When: Wednesdays 6:30 – 8:00 pm

Offered: January 6th – March 9th, 2016

Facilitator: Lisa Pont, MSW, RSW & Roberta Boughton, M.Ed

WORKSHOPS

Limited 1 workshop per person.

NEW! **WS** LEARNING DBT CORE CONCEPTS: AN INTRODUCTION TO MINDFULNESS

Mindfulness is one of the core elements of dialectical behavioural therapy (DBT). Together in this workshop, we will explore mindfulness strategies of observing, describing and moving beyond our thoughts nonjudgmentally, as they occur in the moment.

When: Saturday, January 9th, 9 am – 12 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! **WS** LEARNING DBT CORE CONCEPTS: AN INTRODUCTION TO EMOTIONAL REGULATION

Emotions can feel intense and overwhelming as they arise. Together in this workshop, we will explore how to identify and label our emotions, move from our 'emotional mind' toward our 'wise mind' and how to take opposite action in the face of difficult emotions.

When: Saturday, January 16th, 9 am – 12 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! WS CHOOSE YOUR OWN ADVENTURE: CREATE YOUR PATH

Take control in directing your life. There are bountiful options and possibilities ahead of us. Let's work together, to be creative and empowered, to direct our own path in life. We will create our very own Choose Your Own Adventure, come with creativity and willingness to explore new possibilities.

When: Monday, January 25th, 5:30 – 7:00 pm

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

NEW! WS LEARNING DBT CORE CONCEPTS: AN INTRODUCTION TO INTERPERSONAL EFFECTIVENESS

In this workshop, we will explore ways to manage interpersonal conflict. Together, we will discuss strategies to assert our needs and have them met, while maintaining meaningful relationships and our own self-worth.

When: Saturday, February 6th, 9 am – 12 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! WS NAVIGATING THE ADULT HEALTH CARE SYSTEM

Transitioning from the pediatric to adult health care system can come with its own set of challenges. This workshop will provide participants with information on what to expect, as well as strategies to take control over your own health care and well-being.

When: Monday, February 8th, 5:30 pm – 7:30 pm

Offered: 1 session

Facilitator: Jessica Watts, RN, MScN

Note: This workshop is recommended for transition-aged youth (17-25).

NEW! WS LEARNING DBT CORE CONCEPTS: AN INTRODUCTION TO DISTRESS TOLERANCE

In moments of distress, our reaction can understandably be to try to change what is distressing to us. In this workshop, we will instead focus on strategies to radically accept, find meaning for and tolerate distress in self-soothing ways.

When: Saturday, February 20th, 9 am – 12 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! WS CHALLENGING SOCIETAL NORMS: WHERE DO WE FIT IN?

Let's challenge what society tells us to do, think and feel. Through a feminist lens, let's work together to explore an alternative narrative to who we are, and where we fit in.

When: Monday, February 22nd, 5:30 – 7:00 pm

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

NEW! WS ART-MAKING TO INVITE RELAXATION AND REVELATION

Explore a variety of therapeutic art-making activities designed to decrease stress, gently encourage self-awareness and reveal hidden strengths! Art experience is not necessary. Discover how art-therapy can enhance your well-being!

When: Saturday, February 27th, 1:00 – 3:00 pm

Offered: 1 session

Facilitator: Kristen Gane, dTATI

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

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

When: Saturday, January 23rd from 12 pm – 3 pm AND Saturday, March 5th from 12 pm – 3 pm

Members may only register for one session of this workshop

Offered: 1 session

Facilitator: Victoria Freeman, MSW, RSW

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

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](#), like us on Facebook: [facebook.com/sheenasplacetoronto](#), like us on Instagram: [@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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