

# 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](http://www.sheenasplace.org)

Please visit us online at [www.sheenasplace.org/register](http://www.sheenasplace.org/register) for more information and to register for programs.

**FALL Registration Dates: September 6th – September 16th, 2016**

### 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.
- R Recreational:** Recreational Programming is seasonal. Clients can join at any time during the season, in addition to their other group/workshop selections.

For each season, you can register for **up to two** seasonal (OPEN or CLOSED) groups, one workshop, **plus any** of the ONGOING and RECREATIONAL groups.

### 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, 12:00 to 2:00pm, 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 20th Anniversary Celebration, Saturday, September 24th from 1:00 – 4:00 pm

**Holiday Closures:** Monday, September 5th and Monday, October 10th, 2016

## 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

### 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: Wednesdays 3:00 – 4:30 pm

Offered: September 21st – November 23rd, 2016

Facilitator: Corinne Lee, CYC

### NEW! OG CAREGIVING ESSENTIALS: SKILLS TO SUPPORT THOSE LIVING WITH ED

Being a caretaker for someone struggling with ED can be tremendously challenging. In this 10-week skill building group, we will support each other in learning new skills and strategies to provide care to our loved ones and support them in their recovery.

When: Wednesdays 4:30 – 6:00 pm

Offered: September 21st – November 23rd, 2016

Facilitator: Corinne Lee, CYC

### NEW! WS ROMANTIC PARTNERS' SUPPORT WORKSHOP

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

When: Monday, October 24th, 2016 from 6:00 – 8:00 pm

Offered: 1 session

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

### NEW! WS CAREGIVER BEREAVEMENT

In this workshop, we invite you to share your experiences with others who have also lost a family member or friend to an eating disorder. Share in a respectful and safe environment, where you can utilize space to discover your own, personal way of understanding how to live with the death of your loved one. Together, we will bear witness to one another's loss.

When: Monday, November 7th, 2016 from 6:00 – 8:00 pm

Offered: 1 session

Facilitators: Ali Henderson, BSW, 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 **NEW TIME & DAY!**

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

Note: No group on Monday, September 5th and Monday, October 10th, 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 10:30 am – 12:00 pm **NEW TIME!**

Facilitator: Sara Robb, MSW, RSW

Note: No group on Monday, September 5th and Monday, October 10th, 2016

### 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: September 20th - November 22nd, 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: Tuesdays 4:30 – 6:00 pm

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

When: Thursdays 6:30 – 8:00 pm

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

### OG ED ACROSS THE LIFESPAN (AGES 35+)

Together, let's explore the challenges that can come with aging and living with an eating disorder. With people your own age, this group works to build community, break isolation, and create space to share 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 22nd – November 24th, 2016

Facilitator: Anna Portoraro, B.A., dTATI

### OG BE THERE: MONTHLY MEN'S GROUP

A safe and non-judgmental space for self-identifying men to share their thoughts, feelings and struggles, while connecting with one another and learning valuable life skills that provide additional ways to cope, when needed.

When: Last Monday of each month, 6 – 8pm (please inquire)

Facilitator: Jesse Hayman, BA, Director, Men's Health Promotion at November Canada

## 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: September 21st – November 23rd, 2016

Facilitators: Debbie Anderson, B.A., dTATI & Anna Portoraro, B.A., dTATI

When: Thursdays 6:00 – 8:00 pm **NEW TIME!**

Offered: September 22nd – November 24th, 2016

Facilitators: Debbie Anderson, B.A., dTATI & Sonya V. Thursby, dTATI

### 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: Thursdays 3:00 – 5:00 pm **NEW TIME!**

Offered: September 22nd – November 24th, 2016

Facilitator: Debbie Anderson, BA, dTATI

### NEW! OG EXPLORING ALTERED BOOKS

We will destroy books to make something new! By editing, discarding, tearing, transforming, writing, scribbling, collaging, painting, adding, beginning anywhere, redoing, reflecting, reacting, and playing, we will alter a book and explore our own Tree of Life. (Books will be provided—participants are also welcome to bring a book of their own choosing.)

When: Fridays 1:00 – 3:00 pm

Offered: September 23rd – November 25th, 2016

Facilitator: Sonya V. Thursby, dTATI

## BODY IMAGE GROUPS

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

### **NEW!** **G** A CLOSER LOOK AT EXERCISE: MOVING TOWARD RECOVERY

This group will encourage members to explore and reflect on the current relationship they have with exercise and their body. The aim will be moving toward exercise that is kind to our body, by learning skills and strategies to combat compulsive and compensatory exercise, and work toward recovery.

**When:** Mondays 3:00 – 4:30 pm

**Offered:** September 19th – November 21st, 2016

**Facilitator:** Dr. Jamie Farquhar, PhD, CPsych

**Note:** No group on Monday, October 10th

### **G** 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 10:30am – 12:00pm

**Offered:** September 20th – November 22nd, 2016

**Facilitator:** Lauren Drouillard, MSW, RSW

### **G** 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 6:00 – 7:30 pm

**Offered:** September 22nd – November 24th, 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)

### **G** NURTURING THE MIND, BODY, AND SPIRIT WITH GENTLE 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:** September 22nd – November 24th, 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.

## RECREATIONAL PROGRAMS

Through fun, social connection, and community building with others, let's decrease isolation and the stresses of daily living.

### **NEW!** **R** FALL FESTIVITIES

Let's meet monthly to have some fun and take in all that the fall season has to offer, together! Movies, pumpkin carving, and hangouts in the park to see the changing leaves, are some potential ideas. Activity suggestions are also welcomed!

**When:** Last Friday of each month, from 1:30 – 3:30 pm

**Offered:** Friday, September 23rd, Friday, October 28th and Friday, November 25th, 2016

**Facilitators:** Sara Robb, MSW, RSW & Lauren Drouillard, MSW, RSW

### **R** COMPUTER TIME

Need access to the internet and/or a computer? Join us in the Sheena's Place library and sign up to use one of our laptops!

**When:** Tuesdays from 3:00 – 4:30

**Offered:** September 20th – November 22nd, 2016

**Note:** Please sign up at the front desk for a computer use period of 20 minutes. This is not a formal 'group' and a Facilitator will not be present.

### **R** DROP IN SELF-CARE SPACE

Scheduling in self-care can be a challenge. We welcome folks to use this weekly space to drop by the Sheena's Place library and colour, knit, or read each week. Let's prioritize time for ourselves!

**When:** Thursdays from 1:00 – 2:30 pm

**Offered:** September 22nd – November 24th

**Note:** This is a drop-in space and not a formal 'group.' A Facilitator will not be present & members can come and go as they please.

## SKILL BUILDING GROUP

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

### **G** A CLOSER LOOK AT TRAUMA & ED

A safe and supportive space to begin exploring the link between eating disorders and trauma. Together, we will discuss various strategies, including art, to establish safety, learn to regulate our emotions and tolerate distress, while reconnecting with ourselves and our bodies.

**When:** Mondays 1:00 – 3:00 pm

**Offered:** September 19th – December 5th, 2016

**Facilitators:** Lia Falzon, dTATI, Dip.ATPPP, R.P., and Sonya V. Thursby, dTATI

**Note:** No group on Monday, October 10th, 2016

### **NEW!** **G** MAINTAINING MOTIVATION: MEETING OURSELVES WHERE WE'RE AT

We are all unique individuals with a unique recovery journey. This group will use the Stages of Change model to meet members where they are at, and support one another in identifying weekly goals to continue moving forward in their path to recovery.

**When:** Mondays AND Thursdays 6:30 – 8:00 pm

**Offered:** September 19th 2016 – November 24th, 2016

**Facilitator:** Corinne Lee, CYC

**Note:** This group meets twice a week

### **G** TAKING CHARGE OF MY LIFE

Learn how to take on everyday responsibilities. Topics including 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 20th – November 22nd, 2016

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

### **G** APPLYING CBT TO EATING DISORDERS & ADDICTION

Cognitive Behavioural Therapy (CBT) is a practical, goal-oriented therapy that can be used to develop strategies for recovery and relapse prevention. As a group, we will discuss the complexities of living with ED and an addiction, while learning CBT-based skills to problem-solve and manage everyday life challenges in an effective, healthy manner.

**When:** Tuesdays 1:30 – 3:00 pm

**Offered:** September 20th – November 22nd, 2016

**Facilitators:** Anna Portoraro, B.A., dTATI & Nadine Salz, OT (prov. Reg)

### **G** 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:** September 21st – November 23rd, 2016

**Facilitator:** Sara Robb, MSW, RSW

### **G** NAVIGATING RECOVERY: CREATING A PATH THAT WORKS FOR YOU

Each week, this group will explore and discuss a variety of strategies that members personally relate to for having a better quality of life while working toward recovery.

**When:** Wednesdays 4:30 – 6:00 pm

**Offered:** September 21st – November 23rd, 2016

**Facilitators:** Leslie McCallum, MSW, RSW, PhD student & Julia Pearce, OT (prov. Reg)

### **G** 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 1:30 – 3:00 pm

**Offered:** September 21st – November 23rd, 2016

**Facilitator:** Roberta Boughton, M.Ed

### **NEW!** **G** BUILDING A LIFE OUTSIDE OF THE ED

In this group, we will work to build up various areas of our lives (e.g. relationships, hobbies, growth/learning) in order to strengthen a life and an identity outside of the eating disorder.

**When:** Wednesdays 6:30 – 8:00 pm

**Offered:** September 21st – November 23rd, 2016

**Facilitator:** Annie Basterfield, MSW, RSW

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## WORKSHOPS

Limited 1 workshop per person.

### **NEW!** **WS** MEN AND BODY IMAGE

This workshop is a safe space for any self-identified male to explore and discuss the challenges they face with their body image. Together, let's learn skills and strategies to begin to work through these challenges.

**When:** Monday, November 7th, 2016 from 6 – 8 pm

**Offered:** 1 session

**Facilitator:** Dr. Jamie Farquhar, PhD, CPsych

### **NEW!** **WS** SELF COMPASSION THROUGH HEALING & RECOVERY: A MINI-SERIES

This workshop series will focus on the role and importance of self-compassion, mindfulness and grounding through all steps of recovery as well as ways to cultivate it. Together, we will discuss what self-compassion can look like for you, the barriers to self-compassion, and how to foster an attitude of self-kindness.

**When:** Wednesday, November 9th; Wednesday, November 16th; AND Wednesday, November 23rd from 4:00 - 6:00 pm

**Offered:** 3 sessions

**Facilitator:** Joanna Potkanska, MSW, RSW

### **NEW!** **WS** DBT MINI-SERIES

Learn skills from all four DBT modules- Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness- in an interactive environment. With the support of the group, discuss how to apply these skills to further your recovery from an eating disorder.

**When:** Saturday, October 22nd; Saturday, October 29th; Saturday, November 5th; AND Saturday, November 12th from 9:00 am - 12:00 pm

**Offered:** 4 sessions

**Facilitator:** Cynthia Shea, BSW, MSW, RSW

### **WS** INTRO TO 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:** Saturday, November 19th from 1 – 4 pm

**Offered:** 1 session

**Facilitator:** Laura Hartley, BA, MES

### **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, October 15th from 1 – 4 pm

**Offered:** 1 session

**Facilitator:** Victoria Freeman, MSW, RSW

### **WS** WORKING THROUGH SHAME

This workshop will be a safe space for members to come and discuss the shame that all too often, comes with an eating disorder. Let's support each other in open and honest discussion around the challenges shame can pose, and learn strategies together, of how to work through this difficult emotion when it arises.

**When:** Wednesday, October 5th from 6 – 8 pm

**Offered:** one session

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

### **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, November 12th from 1 – 4 pm

**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.

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## 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 and group updates – Follow us on Twitter (@sheenasplace), and Like us on Facebook (facebook.com/sheenasplacetoronto).

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## 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 require a minimum of three 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.

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## 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.

Printing of this document was  
generously supported by:

