

"Thank you from the bottom of my heart for being a beacon of hope to those with eating disorders. For being a soft, safe place to gain strength when we feel only the harshness of our disease. You're truly a light in the dark." Stephanie, Sheena's Place client



SHEENA'S PLACE
Support for eating disorders

Gifts in Action

FALL 2017

Welcome to the inaugural issue of the Sheena's Place newsletter. We want to make sure you are up-to-date about our programs and let you know about our plans for the future.



Thank-You!

This year, **Shout Out for Sheena's Place Gala** was more successful than ever. 400 people enjoyed a memorable night filled with cocktails, dancing and great music by **Dwayne Gretzky**. The evening was hosted by CTV etalk's **Ben Mulrone** and The Social's **Marci Ien**.

The event raised an outstanding total of \$310,259, which will go to fund client group support programs. A very special thank you goes to **Karen and Lembit Janes** for matching everyone's donations and to Platinum Sponsors **Bell Media, Rogers, and Scotiabank** for their generous partnerships.

And last but not least, we want to thank the 2017 gala committee: Susan Walker, Chair, Inka Bari, Randi Bass, Susan Buchanan, Peter Caruthers, Lianne Comish, Phil Frappier, James Jewett, David Kines, Sarah Owen, and Ora Tazmini-Miller.

Sheena's Place does not receive any government or United Way funding and is totally dependent on you ... our generous donors, corporate partners and foundations.

Long-time Sheena's Place supporter, Lembit Janes, with the evening's co-host, Ben Mulrone

JUST THE FACTS

In 2016
Sheena's Place
provided 2,034 hours
of programming

As a result of your
donations, Sheena's Place
was able to accommodate
a 56% increase in new
clients this summer

57% of
Sheena's Place
clients rely on
income support

With an Annual Goal of
\$740,000, we must
raise \$255,000 by
December 31 to keep
programs free of charge

Exciting Times Ahead



Go the Distance

On **Sunday October 22**, join the Sheena's Place team at the **Scotiabank Toronto Waterfront Marathon**. Whether you walk or run in the 5k, Half Marathon, or Marathon, every dollar you raise ensures that Sheena's Place can continue to help parents and loved ones of people living with eating disorders. Be part of the team and get a free Sheena's Place t-shirt.

Library Makeover

Our library is not just a room, it's a comfortable and welcoming place for our clients and support groups. Thanks to a generous anonymous donation of \$60,000, the library has recently been renovated. Talented volunteer interior designers **Katie Schipper** and **Sarah Siwik** have transformed the space with the generosity of **Peaks and Rafters**, a full-service design firm. "We are so excited. It's been our pleasure throughout the process, knowing that we have contributed to such an amazing and deserving cause," shared Katie. **Stay tuned for the Official Opening.**



MARK YOUR CALENDAR

Shout Out for Sheena's Place Gala
will be held at **Artscape Wychwood Barns**
on **Thursday, May 31, 2018**

Visit www.torontowaterfrontmarathon.com to register using the Sheena's Place Charity Discount Codes:

17SHEENAS5K for 5k (\$40)

17SHEENAS5ST for 5k with Stroller (\$50)

17SHEENAS42K for Marathon or Half Marathon (\$80)

Your registration fee is reimbursed if you raise \$350 or more.

Can't join Sheena's Place for the event? Call the office at (416) 927-8900 x25 to sponsor a walker or make a donation!

www.torontowaterfrontmarathon.com

United Way Workplace Giving Campaign

Please consider designating your Workplace Giving contribution to Sheena's Place through a one-time gift or payroll deductions. Sheena's Place is not a United Way member agency and will only receive your gift if you specify Sheena's Place on your campaign pledge card.
(Charitable number: 89878 8948 RR0001)

What's Happening

ANNUAL COMMUNITY ART SHOW

In the lovely month of June, Sheena's Place was made even lovelier for the Annual Community Art Show, showcasing the talent, creativity, and determination of our clients. The show is an opportunity to highlight the positive impact of the Expressive Arts program and this year, for the first time, spoken word and poetry were added to the line-up. Special thanks to the **Haberman family** for sponsoring the Art Show and continued support of the Expressive Arts programs.



Fun in the City

This summer, program staff and clients met biweekly to have some fun and take in all that the city has to offer. They took trips to the AGO, the Bata Shoe Museum, walked and talked through the parks, went to Snakes & Lattes for some board games, and also saw a special TIFF screening. This special recreational program has become an important time for learning, enjoying and relaxing.

MORE THAN JUST A MOVIE

Early in the summer, Sheena's Place held a public screening of the film, *To the Bone*, which depicts a young woman's struggle with anorexia. The screening - for clients, staff and the community - offered a safe and supportive space to watch and then discuss the movie with our professional staff. The film also brought media attention to Sheena's Place with coverage in the **Toronto Star**, as well as Executive Director, Deborah Berlin-Romalis and client Kira McCarthy speaking on **CBC's The National** about the film while promoting public awareness of eating disorders.



Raise Funds, Raise Awareness

Sheena's Place is incredibly grateful to the amazing individuals, businesses, schools, and community organizations who have hosted an event or donated profits in support of our organization. Here are just some of the great fundraisers that were held recently: Fox Tales Art Show, Spin Class at Max Revolution, VOV Fest Concert at St. Clement's School, and a Senior Women-in-Technology Workshop.

"I am a former recipient of services and also volunteer at Sheena's Place. I am forever grateful for all the support I received during my time there, and am always looking for ways of giving back" said Jennifer Hicks, who held a screening of a body image documentary.



Interested in hosting an event?

Let your family, co-workers, and community know about Sheena's Place and the wonderful work we do. You can help to save lives and create futures for individuals living with eating disorders. Please contact us with your ideas by calling our office.



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#VacationFromED

Now in its third year, **Sheena's Camp** is the first and only day camp in Ontario for women affected by eating disorders. This unique, free of charge program is held at Camp Ooch in downtown Toronto and gives participants a summer experience right in the city. Thanks to generous funding from the **R. Howard Webster Foundation**, Sheena's Camp will be expanded to two days this year.



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