

SHEENA'S PLACE
ANNUAL REPORT
2016



Sheena's Place
is the only
community-based
support centre
for eating disorders
in the Greater
Toronto Area

OUR MISSION

Sheena's Place offers support to individuals, families and friends affected by eating disorders by providing a wide range of professionally-facilitated support groups. We are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful help and information at all stages of recovery.

We offer our programs at no charge. We receive no operating funding from any level of government and rely solely on the support of individuals, corporations and foundations.

LEADERSHIP

Founders

Trudy Eagan
Lynn Carpenter
Jane Fenton

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James Jewett
Vice Chair
Susan Walker
Treasurer
Gavin Swartzman
Secretary
Ian Bies

Directors

Inka Bari
Patricia Colton, M.D.
Leeanne Comish
Marisa Fabiano
Dr. Arthur Haberman
Janine Hopkins
Debra Katzman, M.D.
Nikki Moffat
Rose Porter
Rose Savage
Krista Webster

Executive Director

Deborah Berlin-
Romalis

2016 was such an exciting and busy year! Sheena's Place served 1,223 unique clients, 38% of whom walked through our door for the first time. And, of course, we celebrated our 20th anniversary at the Sparkle Party, the Client Art Show, the Community Carnival, and the Robert Pilon and Friends Concert.

Twenty years also means that we have learned a lot. Our clients have taught us what it means to LIVE with an eating disorder—the isolation, the stigma, the misconceptions, and the barriers that continue to exist: wait lists, unaffordable costs and limited treatment options. Perhaps most importantly, we have grown to understand how vital it is to respond quickly, because early intervention increases the likelihood of transforming someone's life consumed by this illness.

That's why we offer 203 programs, 12 months a year – the only community-based support centre for eating disorders in the GTA. Sheena's Place operates with NO government funding along with a commitment to provide all programming free of charge, an objective made more urgent by the knowledge that 57% of our clients live on some form of social assistance.

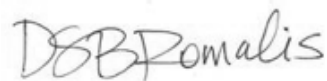
Reflecting on 2016, we wish to thank everyone who worked with us – our Board, our staff, our many volunteers and especially our clients who have had the insight and courage to act. We are deeply grateful to our generous donors who have provided the resources to help tens of thousands of people ever since our Founders created Sheena's Place more than twenty years ago.

We look forward to another 20 years of supporting our clients, learning from them, and raising awareness in the community.

Sincerely,



James Jewett,
Board Chair



Deborah Berlin-Romalis,
Executive Director





New clients
are enrolled in
programs within
24 hours

2,034 HOURS OF PROGRAMMING

506

SUPPORT SESSIONS

Clients are guided by a facilitator as they help one another

- Mothers Living with Eating Disorders
- Life Beyond Active Treatment: Living Life to the Fullest
- Moms Group: Caring for Someone Living With An Eating Disorder
- Eating Disorders Across the Lifespan
- Adult Support
- Young Adult Support
- Be There: Men's Group
- Breaking Through Binging
- Family, Friends, and Partners
- ...and many more

45

WORKSHOPS

Specialized, one-time events, evenings and weekends

- Caregiver Bereavement
- Combatting Calorie Counting
- Dialectical Behavior Therapy
- Siblings Support
- Navigating the Adult Health Care System
- Challenging Societal Norms: Where Do We Fit In?
- Creating Space for Anger
- An Introduction to Nutrition: Grocery Shopping & Meal Planning
- Exploring and Managing Technology with Recovery
- ...and many more

280

SKILL BUILDING SESSIONS

Clients learn to modify behaviors and alter circumstances that impact on healthy living

- A Closer Look at Eating Disorders & Trauma
- Cognitive Behavioral Therapy (CBT) for Eating Disorders & Addictions
- Coping with Binge Eating Disorder
- Perfectionism in Perspective
- Relapse Prevention
- Taking Charge of My Life
- Applying CBT to Eating Disorders and Addiction
- Ways to Stop Binge Eating
- ...and many more

At Sheena's Place we believe that individuals are the experts of their own experience. We offer clients and their loved ones opportunities for engagement across six categories of program activity.

160

EXPRESSIVE ARTS SESSIONS

Members find their own voices through various artistic mediums

- Open Art Studio
- Art Journaling
- Creative Writing
- Theatre
- Exploring Altered Books
- Exploring Within Using Cognitive Behavioral Art Therapy
- Drop-In Knitting Circle
- Quilting Together One Stitch at a Time
- Healing Art Chakra Journey
- Nine in Nine

120

BODY IMAGE SESSIONS

Awareness of the connection between mind and body is heightened

- Body Satisfied
- Our Relationship With Exercise
- Reclaim Your Body and Your Health; Learn Taoist Tai Chi
- Taking Action to Living in the Body We're In
- Nurturing the Mind, Body & Spirit with Yoga
- Wen-Do Women's Self-Defense
- A Closer Look at Exercise: Moving Toward Recovery
- ...and many more

55

RECREATIONAL ACTIVITIES

Social connection and community building decrease isolation and daily stress

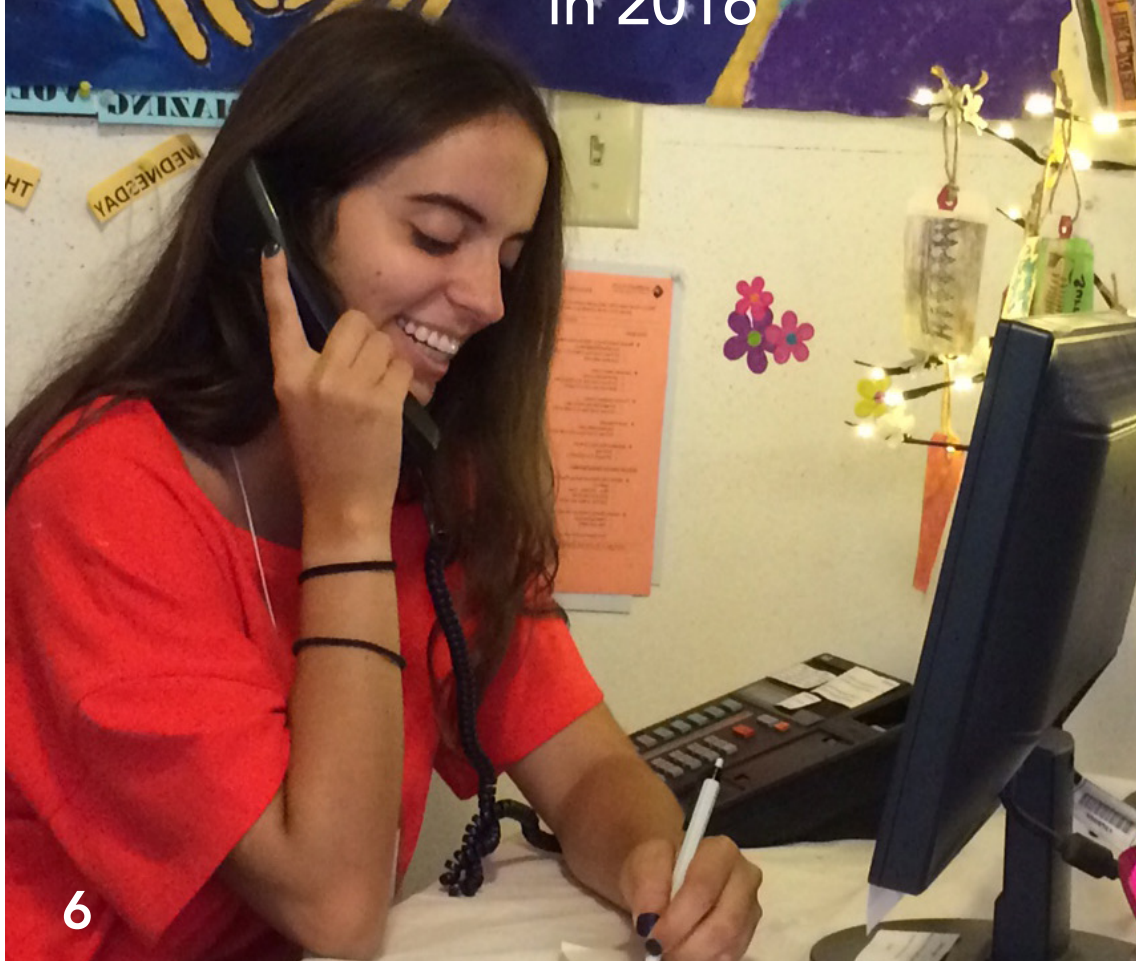
- Sheena's Camp: A Vacation from Eating Disorders
- Drop-In Self Care Space
- Fun in the Sun
- Fall Festivities
- Computer Time

Sheena's Place
operates with no
government funding

All programs
are free of charge



Volunteers
contributed
1,648 hours
of their time
in 2016



OUTREACH

The Program Team at Sheena's Place has been effective in raising awareness of eating disorders and the services offered at Sheena's Place. They are sought out by other counselling professionals and have been invited to speak to corporate groups, media outlets as well as high schools and universities.

VOLUNTEERS

Sheena's Place continues to thrive due in large part to the dedicated and important work done by our committed volunteers. They are the people who serve on the Board or on the various committees or those who volunteer in the Program Office and at the Front Desk making Sheena's Place a safe and supportive environment for people suffering from an eating disorder.

STUDENT PLACEMENTS

The Program staff provides clinical supervision to Master's-level students seeking a placement in the field of eating disorders. These graduate students are studying in the faculties of social work, medicine, nutrition communication, occupational science, and occupational therapy.



UNIVERSITY OF
TORONTO

Ryerson
University

FINANCIAL SUMMARY

12 Months Ending
December 31, 2016

Audited

(Financial Statements are
available on our website)

Revenue

Donations	202,125
Special Events	206,277
Investment Income	137,203
Other	17,920
	563,525

Expenditures

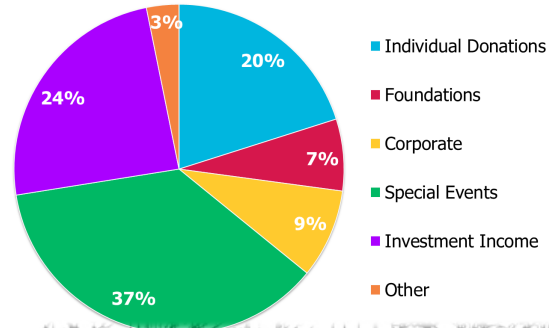
Program Service Delivery	547,477
Administration & Occupancy	133,008
Fundraising	122,738
	803,223

Net Assets

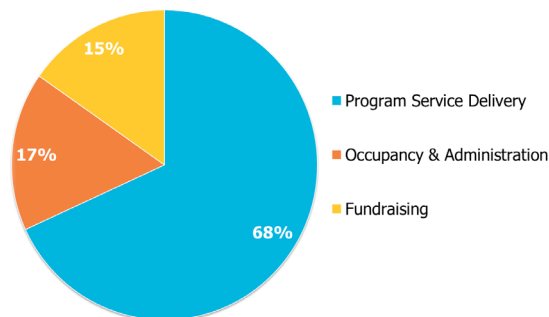
Unrestricted	408,494
Internally restricted	462,312
Externally restricted	2,749,589
	3,611,395

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REVENUE SUMMARY



EXPENDITURE SUMMARY



Every dollar
raised at these
events
ensures that
the programs
at Sheena's
Place are
fully funded
and free

SPARKLE PARTY



Spring saw Lainey Lui and Cynthia Lyst co-host the third annual Sparkle Party at Koerner Hall. Thanks to the support of our Sponsors, including Platinum Sponsors Bell Media, Rogers and Scotiabank, the event raised \$208,411.

EVENTS

ANNUAL ART SHOW



The Annual Art Show in memory of Jennifer Haberman took place in June and raised \$7,932. Following the event, members of the public were invited to an Open House showcasing the artwork of our clients created in the Expressive Arts program at Sheena's Place.

ANNUAL GOLF TOURNAMENT



In September, 250 players participated in the Annual Charity Golf Tournament presented by Postmedia and Toronto Sun at Glen Abbey. Players enjoyed unseasonably good weather and a total of \$50,210 was raised.

20TH ANNIVERSARY CONCERT



In mid-October, 400 guests joined Robert Pilon & Friends for a musical evening at the St. Lawrence Centre for the Arts. This celebration of the 20th Anniversary of Sheena's Place raised a total of \$84,568.

SCOTIABANK TORONTO WATERFRONT MARATHON



In late October, Team Sheena participated in the Scotiabank Toronto Waterfront Marathon 5K Walk. Our team, together with other walkers and runners who collected pledges in support of Sheena's Place, raised a total of \$7,358.

As many as
1 million Canadians
suffer from eating
disorders

2016 SUMMARY

1,049
clients in
151
groups
including
22
new groups
30
new workshops
and
463
first-timers
150
one-hour visits with
prospective clients
27
community
presentations
reaching a total of
3,630
people

OUR SUPPORTERS

Pillar \$50,000-\$99,999

Karen and Lembit Janes

Benefactor \$25,000-\$49,999

Bell Media

Rogers Communications Inc.

Scotiabank

TD Securities Inc.

Fellow \$10,000-\$24,999

Donald F. Hunter Charitable Foundation

Jay Mehr

Edie Neuberger & Norman Jesin

Peerage Realty Partners Inc.

Slaight Communications Inc.

The Toskan Casale Foundation

Patron \$5,000-\$9,999

Arrow Capital Management

Annemarie & Walter Cimowsky

Pattie & John Cleghorn & Family

Susan & Frederick Dalley

Deloitte & Touche Foundation Canada

Entertainment One Television International

Evald Torokvei Foundation

The Lawrence & Judith Tanenbaum Family
Foundation

Donald K. Johnson

KPMG LLP

Marsan Foods Limited

Nancy & John McFadyen

McKay Custom Brokers

The Nadir & Shabin Mohamed Foundation

9 Story Media Group

Lois Rice

Yacoub Elite Search

The Yellow Bus Foundation

Sponsor \$1,500-\$4,999

Audrey S. Hellyer Charitable Foundation

Alex Bellamy

Blue Ant Media

Chestnut Park Real Estate Limited

Concierge Insurance Services Inc.

The Co-Operators

Element Financial Corporation

Marisa Fabiano

Sandra Faire & Ivan Fecan

Hicks Morley Hamilton Stewart Storie LLP

The Jeff Rice Family Foundation

Sarah & Elliot Johnson

Konica Minolta

Lara & Brahm Nathans

Park Place Technologies

R. Howard Webster Foundation

Red Tag Vacations

Roadsport Limited

Stingray

Wiley Group Inc

Leader \$500-\$1,499

AMJ Campbell Inc.

Baker Real Estate Incorporated

Walter M. & Lisa Balfour Bowen

Inka Bari

Martin Beal

Cathy & Dave Beattie

Deborah Berlin-Romalis

Better Box Inc.

Ann Clavelle

Collombin Family Fund

Deluxe Toronto Ltd.

Peter Devine

John Donnelly

Dunk & Associates

E. & G. Odette Foundation

Eileen Farrow

Jill Fewster-Yan

Dennis Fortnum

GAP Inc.

Griggs Family Foundation

Anuk Gunasena

Arthur Haberman

Ellen & Scott Hand

James Harbell

Janine Hopkins

Horn Family Fund

Daniel Horowitz

Hull Life Insurance Agencies Limited

Melissa & Tim Hylton

Christina Jennings

Kenneth E. Jewett

Debra Katzman

Andrew Lee

Ted Macklin

Martin Merry & Reid Limited

Suzanne & Ken Mayhew

Angela Mazza

Cathy Miner
Florence Minz
Shauna Morgan
Nathan & Lily Silver Family Foundation
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Gwyneth Pearce
James Renihan
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Ronald Holbrook & Associates
Landscape Architects Inc.
Arlene Russell
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Anne & Jeffrey Schwartz
Meg Sintzel
David Smyth
Stonemaier Games
Conor Turley
Stuart Waugh
Annelies Weiser

Supporter \$250-\$499

Anne Alper
Jennifer Beal
Kaye & Paul Beeston
Catherine Code
Dan Cook
Jean Desgagne
Linda Devost
DPB Insurance & Financial Services
Ronald Elbers

Leary Foster
Hans & Helga Gerhardt
Darren Austin Hall
James Jewett
Kijiji
George G. Macri
Barbara MacKenzie
Rick Malatesta
Joanne Ng
Witold Oleszek
Kate Redford
Gail Regan
Lorraine & Jim Robb
Rock-It Promotions Inc.
David Satok
Anyia Seerveld
Lydia Sharpe
Ross Stuart
Sharon Susin
Gavin Swartzman
Lisa Swartzman
Stan Swartzman
Susan Wheeler
Donna Wilson
Leonarda Zoffranieri

Friends \$100-\$249

Alisa Arbucke
Jennifer Baldachin
Mary Balint
Rosemary Barnes
Sue Banting

OUR SUPPORTERS

Joan Bar
Brenda Barker Scott
Kerry Bayram
Tyler Blacquiere
Evamary Bonner
Vessela Borchoukova
David Brown
JTS Brown
Moira Callahan
Harry & Diane Campbell
Harry & Mary Carmichael
Sharon Casey
Ann-Marie Ceballo-Jones
Sunny Choe
Dani Cohen
Felicity Cormier
Chrysoula Courlas
Lisa Dale
Erin Davis
Jeanie Davis
Detail My Car
Valerie Di Mascio
Karen Dingwall
Erica Donner
Tia Downer
Anne Marie Eadie
George Eadie
Paul Findlay
John Fulton
Ryann Girard
Matthew Grossman
Hugh Gunz

Christine Haegeman
Jeannie Haller
Jennifer Hamilton
Michelle Harkness
David Higgins
Nathan Ho
Margaret Holden
David Holland
Hydro One Employees' & Pensioners'
Charity Trust
Tim Irwin
Tracy Jennings
Inta Kierans
Cast & Crew of Kinky Boots
Selwyn Kletz
Susan Knight
Don Kottick
Jenine Krause
Stan Krawitz
Michael Krestell
Kula Yoga Studio
Louise Lacchin
Peter Lam
Patricia & Michael Lang
Anne Louise Layton
Laurie Leece
Marla Lehberg
Diane & David MacNicol
Manulife Financial
Mary Marano
Marigolds & Onions Ltd.

Jean Mason
Kira McCarthy
Michael McCormack
Islay McGlynn
Deborah McGrath
Carolyn McMaster
Robert Munro
Stephanie & Michael Nicholas
Peter Nixon
Dianne Norman
Lydia Oleksyn
Cara Orzech
Gerald Owen
Tetyana Pekar
Doran Pettyjohn
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Diane Presley-Stewart
Margit Pukonen
Diane Reynolds
Joanne Rivard
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Roger Rowan
Vida Savino
Mauro Scanga
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Meghan Seaman
Shaw Communications Inc.
Shirley Shields
Colin Simpson
Sue Sinclair
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Anya Sorkin
Jackie Stewart
Daniel Stronach
Philip Swartz
Amrik Takhar
Victoria Tan
Sharon Tarshis
Lisa Telio
TELUS
Maria Theofilakous
Carolyn Thompson
Towne Centre Private High School
Chris Vaughan
Elaine Walker
Susan Walker
Teresa Walsh
Adam Warner
Joan Weppler
Jeanne Wilkinson
Joan Younes
Lucia Yu
David Zitzerman

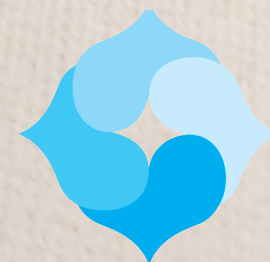
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 [@SheenasPlace](https://twitter.com/SheenasPlace)

 youtube.com/SheenasPlace



SHEENA'S PLACE
Support for eating disorders

