



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - SUMMER 2018



Sheena's Place is a support centre 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. All programs free of charge.

Summer Registration June 18th–June 22nd, 2018

Visit us online at www.sheenasplace.org/register for more information and to register for programs

REGISTRATION & CONFIRMATIONS

Registration opens Monday, June 18th at 10 a.m. either online at www.sheenasplace.org/register or in person. We're unable to take registrations via email, over the phone or by mail. Confirmation emails are released before the start of each season. We encourage everyone to register as early as possible. During any one season, we welcome you to register for up to two seasonal groups (**O** or **C**), one workshop (**WS**), and any ongoing group (**OG**) or recreational group (**R**). Each group has a maximum number of participants and groups are filled on a first-come, first-served basis. Registrations submitted prior to the opening of the official registration period will not be accepted.

ALL PROGRAMS FREE OF CHARGE

Sheena's Place receives no public or United Way funding. We rely on donations alone to keep all programs and services free of charge. We hope you'll consider making a donation today at www.canadahelps.org/en/dn/12552

UNDERSTANDING GROUP CODES

- O** Open groups are seasonal. Clients can register anytime during the 8 – 10 week season, space allowing.
- C** Closed groups are seasonal. Registration is unavailable following the second session. Registrants who miss the first 2 sessions are removed from the group so that waitlisted clients can be invited to join. To ensure a trusting and comfortable group dynamic, no one joins a closed group following the third session.
- OG** Ongoing groups run continuously across the seasons and can be joined at any time.
- WS** Workshops are single or multi-day sessions exploring special topics that change seasonally.
- R** Recreational groups are special social programs that happen seasonally.

INFORMATION SESSIONS: We host information sessions for those wanting to learn more about our programs and services. This includes those struggling with an eating disorder as well as family, friends, partners and professionals. These one-on-one meetings with a knowledgeable volunteer can be booked by calling (416) 927-8900 OR simply drop in any Tuesday, 1–4 p.m.

HOLIDAY CLOSURES: Monday, May 21st; Monday, July 2nd; Monday, August 6th; Monday, September 3rd 2018

EVENTS: 4th Annual Sheena's Camp – September 8th and 9th, 2018

SAVE THE DATE: Sheena's Place Annual Client Art Show in Honour of Jennifer Haberman – Wednesday, September 12th

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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 child/adult child 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: June 27th – August 29th, 2018

Facilitator: Corinne Lee, CYC

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: Occurs ongoing, based on demand, 6:00 – 8:00 pm

Offered: One session - Please Inquire

Facilitator: Ali Henderson, BSW, MSW, RSW

WS What Is Family Based Therapy For Eating Disorders? - New!

What is family based therapy (FBT) for eating disorders? Learn about the model, receive support, share strategies with others using the model, and ask questions in this interactive workshop.

When: Thursday, July 12th from 4:15 - 6:15 pm

Offered: One session

Facilitator: Cynthia Shea, MSW, RSW

Note: This workshop is intended for caregivers of children and adolescents currently undergoing FBT

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 insights and strategies.

When: Thursdays 6:30 – 8:00 pm

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

When: Mondays 1:00 – 2:30 pm - **New Day and Time!**

Facilitators: Sara Robb, MSW, RSW & 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: Thursdays 1:00 – 2:30 pm

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

OG Support For Binge Eating Disorder

A supportive environment for those wanting to talk about the challenges of living with binge eating disorder (BED) symptoms. Through a safe and facilitated discussion, group members will gain the opportunity to give and receive support, share insights/strategies, learn varying perspectives, and hold space for difficult emotions.

When: Mondays 6:30 – 8:00 pm

Offered: June 25th – August 27th, 2018 (no group July 2nd and August 6th)

Facilitator: Kelsey Johnston, MSW, RSW

Note: This group operates from a health at every size, non-dieting mentality. While no formal BED diagnosis is required, this group is intended for folks who struggle with BED symptoms.

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 explore experiences of eating disorders, build self-esteem, take risks, and find your creative voice. No art experience necessary!

When: Wednesdays 1:00 – 3:00 pm

Facilitator: Debbie Anderson, BA, dTATI, RP

Offered: June 27th – August 29th, 2018

C Mindfully Altering Books To Re-Story - New!

Single storying often neglects other meaningful aspects of our lives. Using guided meditation and altered book techniques, we will widen our self-view by noticing positive experiences in our unique stories. By editing, discarding, tearing, writing, scribbling, collaging, painting, adding, removing, beginning anywhere, responding, reflecting and playing we will alter a book to create an alternative to the single stories we might have about ourselves.

When: Tuesdays 3:00 – 5:00 pm

Offered: June 26th – August 28th, 2018

Facilitator: Sonya V Thursby, dTATI

Note: Books will be provided – participants are welcome to bring a book of their own choosing

C Art Journaling About Eating Disorders

This group will begin with an eating disorder concern as the discussion topic. We will make notes in the safety of our sketchbook, and then take our thoughts a bit further using art-making to find the inner strength and love we all have within.

When: Thursdays 6:00 – 8:00 pm - **New Time!**

Offered: June 28th – August 30th, 2018

Facilitator: Debbie Anderson, BA, dTATI, RP

Note: No group on July 11th

“Thank you, thank you, thank you. You’ve offered me a safe and supportive place to learn about myself and start my recovery.”

- Client Quote

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BODY IMAGE GROUPS

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

G 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: Fridays 1:30 – 3:00 pm - **New Day and Time!**

Offered: June 29th – August 31st, 2018

Facilitator: Emma Baril, RYT 400

Note: This group is offered off-site at Roots Yoga Studio, (1073 Yonge St, 3rd floor). *You will need to bring a mat or rent one on-site, as well as water and comfortable clothing.* **New Studio!**

C Using DBT Distress Tolerance To Cope With Negative Body Image

Negative feelings about one's body, strong urges, and distressing feelings in general, can interfere with making healthy behaviour changes and living the life you want to live. Often the first step in dealing with difficult emotions is to learn to be able to tolerate them, so that you can skillfully get through them while not making things worse. In this group, you will be taught and practice the skills from DBT's Distress Tolerance module to help you manage difficult emotions, paying special attention to those that come from negative body image.

When: Tuesdays 1:00 – 3:00 pm

Offered: June 26th – July 31st, 2018

Facilitator: Lauren Goldhamer, M.Ed., RP

RECREATIONAL PROGRAMS

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

R Sheena's Camp: A Vacation From ED

Join us at the 4th annual Sheena's Camp: a Vacation from ED. This will be a safe and non-judgmental space for female identified folks to take a break from the stresses of daily living and explore a variety of camp-inspired activities; focusing on team and friendship building, self-esteem, self-compassion, and most importantly, fun!

When: Saturday, September 8th & Sunday, September 9th, 2018 both from 1:00 – 8:00 pm

Offered: One weekend session

Facilitators: Jen Murphy, BA; Jessica Watts, RN MScN; Lauren Drouillard, MSW, RSW; & Sara Robb, MSW RSW

Note: Registration for Sheena's Camp requires a \$10 deposit, which is returned to campers at camp. Sheena's Camp is held off-site at Gilda's Club of Greater Toronto (24 Cecil St.)

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: June 26th – August 28th, 2018

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: Fridays from 1:00 – 2:30 pm

Offered: June 29th – August 31st, 2018

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.

R Drop-In Garden Green Space - **New!**

Looking for some safe green space to go read a book, enjoy the sun, or take a break? Come to the Sheena's Place gorgeous back garden, sit in the flowers, and enjoy!

When: Mondays from 3:00 – 5:00 pm

Offered: June 25th – August 27th (closed on July 2nd and August 6th)

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 GROUPS

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

C Welcoming Self-Care And Self-Compassion - **New!**

We all deserve to take time for ourselves and appreciate the small moments in life. In this group, we will learn and practice carving out time for our wellness, while learning how to motivate ourselves with love and kindness rather than criticism.

When: Mondays 6:30 – 8:00 pm

Offered: June 25th – August 27th, 2018

Facilitator: Sezgi Ozel, OT Reg. (Ont)

Note: No group on July 2nd and August 6th

C Radically Open DBT - Letting Go Of Perfectionism And Over Control - **New!**

Do you struggle with perfectionism, self-judgments, and fear of losing control? Based on the work of Dr. Thomas Lynch, this group will use a new form of Dialectical Behaviour Therapy (DBT) to focus on openness, flexibility, and the importance of social connections.

When: Mondays 6:30 – 8:00 pm

Offered: June 25th – August 27th, 2018

Facilitator: Amanda Buckingham, MSW, RSW

Note: No group on July 2nd and August 6th

C Skills For Developing Assertiveness - **New!**

Expressing ourselves or saying no can feel hard! In this group, we will learn what it means to be assertive, how it differs from passive and aggressive communication, and how to express our opinions in a forward and constructive manner.

When: Tuesdays 6:30 – 8:00 pm

Offered: June 26th – August 28th, 2018

Facilitator: Sezgi Ozel, OT Reg. (Ont)

Note: No group on July 3rd

C Practicing Mindfulness Skills

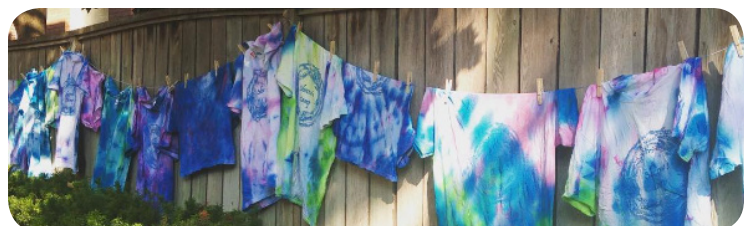
Mindfulness is one of the core elements of dialectical behavioral therapy (DBT), and can be a useful skill in recovery work. Together in this group, we will explore mindfulness strategies of observing our thoughts, describing them nonjudgmentally, and allowing them to pass, as they occur in the moment.

When: Wednesdays 6:30 – 8:00 pm

Offered: June 27th – August 29th, 2018

Facilitator: Ilona Wulfhart, MA, MSW, RSW

Note: No group on August 22nd



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WORKSHOPS

Limited 1 workshop per person.

WS Befriending The Body - New!

A 2-hour workshop offering knowledge, skills and experiences for developing a healthier body image and a kinder relationship with yourself.

When: Wednesday, July 4th from 6:00 – 8:00 pm

Offered: One session

Facilitator: Kimberly Murdoch, MSW, RSW, dipl HSC NTS

WS Nourishing Social Supports

A 2-hour workshop offering knowledge, skills and experiences for identifying and planning ways to increase meaningful social supports that nourish your wellbeing and reduces stress and eating disorder symptoms.

When: Wednesday, July 11th from 6:00 – 8:00 pm

Offered: One session

Facilitator: Kimberly Murdoch, MSW, RSW dipl, Hsc Nts

WS DBT And My Recovery - New!

What is Dialectical Behavioral Therapy (DBT) and may it be useful in my recovery? Learn about DBT, practice DBT core skills and ask questions in this interactive learning workshop.

When: Thursday, July 12th from 12:30 – 3:30 pm

Offered: One session

Facilitator: Cynthia Shea, MSW, RSW

WS Working Through Shame - New!

This workshop will be a safe space for members to come and discuss the shame that can too often, come 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, August 8th from 5:30 – 8:00 pm

Offered: One session

Facilitator: Lisa Pont, 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 for a \$5 deposit, which is returned when the books are returned.

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 relevant articles, news, inspirational quotes, and group & event updates, follow us on twitter @sheenasplace, like us on Facebook facebook.com/sheenasplacetoronto, and follow us on Youtube youtube.com/sheenasplace



"Great place, great atmosphere, very unique place. I'm glad I came, and wish I had made this decision years ago!"

- Client Quote

