



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.

SPRING Registration Dates: March 14th – March 25th , 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.

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, May 13th at 6:00 pm

Holiday Closures: Friday, March 25th, 2016 and Monday, May 23rd, 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

When: Thursdays 6:30 – 8:00 pm

Facilitator: Corinne Lee, CYC

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.

NEW Time & Day! When: Wednesdays 3:00 – 4:30 pm

Offered: March 30th, 2016 – June 15th, 2016

Facilitator: Corinne Lee, CYC

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 strategies.

When: Mondays 6:30 – 8:00 pm

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

Note: No group on Monday, May 23rd, 2016

When: Fridays 10:00 – 11:30 am

Facilitator: Lauren Drouillard, MSW, RSW

Note: No group on Friday, March 25th, 2016

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

Facilitator: Sara Robb, MSW, RSW

Note: No group on Monday, May 23rd, 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: March 29th, 2016 – June 14th, 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.

NEW Time! When: Thursdays 6:30 – 8:00 pm

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

NEW Day! When: Tuesdays 4:30 – 6:00 pm

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

NEW! 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: March 31st – June 16th, 2016

Facilitator: Ara Blumenfeld, BA, SSW, RSW

NEW! BE THERE: MONTHLY MEN'S GROUP

A safe and non-judgmental space for 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 (please inquire)

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

Facilitators: Debbie Anderson, BA, dTATI & Sonya V. Thursby, dTATI

Offered: March 30th – June 15th, 2016

When: Thursdays 1:00 – 3:00 pm

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

Offered: March 31st – June 16th, 2016

DROP-IN KNITTING CIRCLE

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

NEW Day & Time! When: Mondays 3:00 – 5:00 pm

Offered: March 28th – June 13th, 2016

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 drop-in space on Monday, May 23rd

OG QUILTING TOGETHER, ONE STITCH AT A TIME

This group will explore the therapeutic advantages of quilting by bringing members together to bond and engage in self-care. No prior quilting experience necessary. Come out and have some fun!

When: Fridays 12:30 – 2:30 pm

Offered: April 1st – April 29th, 2016

Facilitator: Patricia Phelan

Note: Funding for this group was provided by the Ontario Arts Council



ONTARIO ARTS COUNCIL

CONSEIL DES ARTS DE L'ONTARIO

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NEW! HEALING ART CHAKRA JOURNEY

This is a fun, creative and playful way to bring you into balance and alignment, remove blocks that limit you, in order to heal and transform.

All are welcome, absolutely no artistic experience or 'talent' necessary!

When: Tuesdays 6:00 – 8:00 pm

Offered: March 29th – June 14th, 2016

Facilitator: Debbie Anderson, BA, dTATI

BODY IMAGE GROUPS

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

Ⓞ 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: March 29th – June 14th, 2016

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.

NEW Time! When: Thursdays 6:00 – 7:30 pm

Offered: May 12th – July 14th, 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)

Ⓞ 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: March 31st – June 2nd, 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: April 19th – June 14th, 2016

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

NEW! Ⓞ 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: Tuesdays 4:30 – 6:00 pm

Offered: March 29th – June 14th, 2016

Facilitator: Leslie McCallum, MSW, RSW, PhD student

NEW! Ⓞ 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: Thursdays 3:30 – 5:30 pm

Offered: March 31st – June 9th, 2016

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

NEW! Ⓞ 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: March 29th – June 14th, 2016

Facilitators: Anna Portoraro, B.A., dTATI

Ⓞ 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

Offered: March 30th – June 15th, 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: March 30th – June 15th, 2016

Facilitator: Sara Robb, MSW, RSW

Ⓞ WAYS TO STOP BINGE EATING

You don't have to struggle with bingeing in isolation! In a psycho-educational, skill-building group, discuss and learn new coping strategies for reducing/stopping binge eating. Explore how information, guidance, support and encouragement can bring about growth and change. Examine the factors and triggers that promote bingeing, as you take your own steps to breaking the cycle.

When: Fridays 11:30 – 1:00 pm

Offered: April 1st – June 17th, 2016

Facilitator: Debbie Berlin-Romalis, BSW, 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: March 31st – June 16th, 2016

Facilitator: Corinne Lee, CYC

Ⓞ 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: Mondays 6:30 – 8:00 pm

Offered: March 28th – June 9th, 2016

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

Note: No group on Monday, May 23rd, 2016

WORKSHOPS

Limited 1 workshop per person.

NEW! **WS** CREATING SPACE FOR ANGER

Anger has power. When we honour our own anger, it can give us the strength to challenge injustice and reach for what we need. But there is a lot of pressure to deny and misdirect our anger, so that it harms us and others instead of helping us grow. Come explore ways of creating space for anger's healing power in our lives.

When: Thursday, March 31st, 1:00 – 3:00 pm

Offered: 1 session

Facilitator: Bess Jarvis, BA, MSW candidate

NEW! **WS** LEARN TO REDUCE STRESS & ANXIETY WITH KNITTING! A FUN & INTERACTIVE WORKSHOP

Did you know that knitting can reduce stress and anxiety? Learn the basics or bring a current project. An afternoon of knitting and self-care awaits. No knitting experience needed. Please bring knitting needles and one ball of wool!

When: Monday, April 11th and Monday, April 18th, both from 3:30 – 5:00 pm

Offered: 2 sessions

Facilitator: Kristen Gane, dTATI

WS WEN-DO WOMEN'S SELF-DEFENCE WORKSHOP

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, April 23rd, 1:00 - 4:00 pm

Offered: 1 session

Facilitator: Laura Hartley, BA, MES

WS MOVING SANCTUARY: CONNECT WITH WHOLENESS WITHIN

Journey to a place of love, wholeness and home within you. Listen to your embodied soul's wisdom. With conscious movement/dance, journaling and circle sharing. In a non-judgmental loving space. No experience needed.

When: Monday, April 25th, 6:00 pm – 8:00 pm

Offered: 1 session

Facilitator: Nadia Stolpner, MSW, RSW

NEW! WS AN INTRODUCTION TO NUTRITION: GROCERY SHOPPING & MEAL PLANNING

Grocery shopping and meal planning can feel like overwhelming tasks, with a great deal of confusing and mixed messaging attached to them. Together, let's explore strategies to nourish our bodies, grocery shop and meal plan with ease.

When: Monday, May 2nd, 3:00 pm – 5:00 pm

Offered: 1 session

Facilitator: Samantha Goren, RD

Note: This workshop is recommended for folks who identify as being ready to talk more explicitly about food, nutrition and meal-planning strategies.

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, May 7th, 9:00 am – 12:00 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

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, May 14th, 9:00 am – 12:00 pm

Offered: 1 session

Facilitator: Cynthia Shea, BSW, MSW, RSW

NEW! WS DIVERSE IDENTITIES: FINDING STRENGTH IN OUR DIFFERENCES!

Let's explore the many different aspects of our identities that make us who we are and have an impact on how we experience ourselves in the world. Through a feminist, anti-oppression lens we will explore how we can begin to understand our experiences and find ways to cultivate strength and resilience from our diverse identities.

When: Monday, May 16th, 5:30 – 7:00 pm

Offered: 1 session

Facilitator: Laura Hartley, BA, MES

NEW! WS EXPLORING AND MANAGING TECHNOLOGY WITH RECOVERY

In this workshop, individuals will explore ways to safely navigate technology and use it to aid in the recovery process.

When: Saturday, June 4th, 1:00 – 4:00 pm

Offered: 1 session

Facilitator: Annie Basterfield, MSW, RSW, and Natalie Leventhal, MSW, RSW

NEW! WS ALL THAT GLITTERS IS NOT GOLD: EXPLORING THE (MAL)ADAPTIVE DIMENSIONS OF PERFECTIONISM

Together we will discuss research on perfectionism as well as the stressors, coping strategies, benefits and drawbacks associated with perfectionistic thoughts and behaviours.

When: Monday, June 6th, 6:00 – 8:00 pm

Offered: 1 session

Facilitator: Shauna Solomon-Krakus, BA, MSc

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, June 11th from 1:00 pm – 4:00 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.

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), like us on Facebook (facebook.com/sheenasplacatoronto), and follow us on Instagram (@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 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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