



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.

SUMMER Registration Dates: June 13th – June 24th, 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 waitlist 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, 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 Art Show in Memory of Jennifer Haberman- Friday, June 24th from 4:30 – 7:00 pm

Holiday Closures: Friday, July 1st; Monday, August 1st; and Monday, September 5th

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

OC 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

OC 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: June 29th, 2016 – August 31st, 2016

Facilitator: Corinne Lee, CYC

SUPPORT GROUPS

Connect with others facing similar challenges through the sharing of experience and support

OC 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.

NEW TIME & DAY! When: Thursdays 6:30 – 8:00 pm

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

When: Fridays 10:00 – 11:30 am

Facilitator: Lauren Drouillard, MSW, RSW

Note: No group on Friday, July 1st, 2016

OC 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, August 1st and Monday, September 5th, 2016

OC 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: June 28th, 2016 – August 30th, 2016

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

OC 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)

OC 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: June 30th – September 1st, 2016

Facilitator: Ara Blumenfeld, BA, SSW, RSSW

NEW! 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 (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

OC 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: June 29th – August 31st, 2016

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

OC 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: Mondays 6:00 – 8:00 pm

Offered: June 27th – August 29th, 2015

Facilitator: Debbie Anderson, BA, dTATI

Note: No group on Monday, August 1st

NEW! OC NINE IN NINE

During this nine week art making group, we will explore nine interesting artists including Jean Michael Basquiat, Henry Moore, Keith Haring, and Jessie Buchanan. Each week we will learn about a particular artist and his or her style—then we will playfully experiment with art making using that style as inspiration.

When: Fridays 10:00 am – 12:00 pm

Offered: July 8th – September 2nd, 2016

Facilitator: Sonya V. Thursby, dTATI

Note: No group on Friday, July 1st, 2016

BODY IMAGE GROUPS

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

NEW! OC BODY SATISFIED

Using principles from Cognitive Behaviour Therapy (CBT) and Compassion Focused Therapy we will explore strategies to accept our thoughts and reactions to our bodies, without judgement and to develop new understandings together that allow us to take action towards a life we truly value. Come with an open mind and willingness to adventure into new places.

When: Mondays 6:30 – 8:00 pm

Offered: June 27th – August 29th, 2016

Facilitator: Courtney M. Watson, MSW, RSW

Note: No group on Monday, August 1st

🕒 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 5:00 – 6:30 pm

Offered: July 16th – September 17th, 2015

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: June 29th – August 31st, 2016

Facilitator: Emma Baril, RYT 500

Note: No group on Thursday, August 4th

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! 🕒 FUN IN THE SUN

Let's meet biweekly to have some fun and take in all that summer has to offer, together! Trips to the park, hang outs in the garden, and other meet-ups throughout the city are anticipated. Activity suggestions welcomed!

When: BIWEEKLY Wednesdays from 1:30 – 3:30 pm

Offered: Wednesday, June 29th and running biweekly until

Wednesday, August 24th, 2016

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

NEW! 🕒 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 28th – August 30th, 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.

NEW! 🕒 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: June 30th – September 1st

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.

🕒 SHEENA'S CAMP: A VACATION FROM ED

Join us at the second annual Sheena's Camp: a Vacation from ED. This will be a safe and non-judgmental space for self-identifying women 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 10th from 1 – 8 pm

Offered: 1 day-long session

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

SKILL BUILDING GROUPS

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

🕒 ED AND ANXIETY

Are you looking for ways to tame an eating disorder and anxiety? Together we will gain support, insight and coping strategies for challenges with EDs & anxiety.

When: Wednesdays 6:30 – 8:00 pm

Offered: June 29th – August 31st, 2016

Facilitators: Kimberly Murdoch, BSW, RSW, dipl.HSC, NTS

🕒 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: June 28th – August 30th, 2016

Facilitators: Anna Portoraro, B.A., dTATI

🕒 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: June 28th – August 30th, 2016

Facilitator: Leslie McCallum, MSW, RSW, PhD student

🕒 ASSERTIVENESS SKILLS & EATING DISORDERS

Learn and practice assertiveness skills and ways to communicate your needs while respecting the feelings and rights of others ways as well.

When: Wednesdays 4:30 – 6:00 pm

Offered: June 29th – August 31st, 2016

Facilitator: Kimberly Murdoch, BSW, RSW, dipl.HSC, NTS

WORKSHOPS

Limited 1 workshop per person.

WS 🕒 LEARNING DBT CORE CONCEPTS: AN INTRO 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, July 9th, 9 am – 12 pm

Offered: 1 session

Facilitators: Cynthia Shea, BSW, MSW, RSW

NEW! WS 🕒 GRIEVING ED'S STOLEN TIME

Let's diminish the power of ED, and grieve the time that it has stolen. Identities can and do change throughout a lifetime. Let's work together to grieve what has been taken by ED and feel empowered for what is ahead. Together let's learn strategies to work through our grief, own our story and move forward in recovery.

When: Wednesday, July 20th, 5 pm – 7 pm

Offered: 1 session

Facilitators: Ali Henderson, BSW, MSW, RSW

WS LEARNING DBT CORE CONCEPTS: AN INTRO 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: Thursday, July 28th from 2:30 – 5:30 pm

Offered: 1 session

Facilitators: Cynthia Shea, BSW, MSW, RSW

WS LEARNING DBT CORE CONCEPTS: AN INTRO TO INTERPERSONAL EFFECTIVENESS

In this workshop, we will explore ways to manage interpersonal conflict. Together, we will discuss strategies to assert our needs and have them met, while maintaining meaningful relationships and our own self-worth.

When: Thursday, August 4th from 2:30 – 5:30 pm

Offered: 1 session

Facilitators: Cynthia Shea, BSW, MSW, RSW

NEW! 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: Monday, August 8th from 6:00 – 8:00 pm

Offered: one session

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

WS LEARNING DBT CORE CONCEPTS: AN INTRO TO MINDFULNESS

Mindfulness is one of the core elements of dialectical behavioural therapy (DBT). Together in this workshop, we will explore mindfulness strategies of observing, describing and moving beyond our thoughts nonjudgmentally, as they occur in the moment.

When: Saturday, August 13th, 9 am – 12 pm

Offered: 1 session

Facilitators: Cynthia Shea, BSW, MSW, RSW

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, August 15th, 1:00 pm – 4:00 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.

NEW! WS What Could I Expect in an ED Treatment Program?

A Q&A Session

Have questions about what a typical day in an ED treatment program looks like? What the structure is? What you could expect as a client? Write them down, send our way, and come to our Q & A session to find out more about Toronto General Hospital's ED program from one of the wonderful Occupational Therapists working on their Team.

When: Monday, June 20th from 4:30 – 6:00 pm

Offered: one session

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

Note: This can be attended in addition to any of your seasonal workshop selections.

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).

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.

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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