

G MINDFULNESS & POSITIVITY FOR ED, DEPRESSION, AND ANXIETY NEW!

Anxiety and depression are commonly seen in individuals living with eating disorders. Learn how mindfulness and positivity can be helpful strategies to help manage anxiety and depression, and have opportunities to practice skills weekly during group.

Thursdays 4:30–6 p.m. (Sep 21–Nov 23)
Facilitator: Leslie McCallum, MSW, RSW, PhD candidate

WORKSHOPS

Members are limited to one workshop per season.

WS WHAT CAN I EXPECT IN ED TREATMENT? NEW!

Q&A SESSION. The Toronto General Hospital (TGH) Eating Disorder Program has recently been re-vamped, leaving lots of folks with questions about what a typical day in the TGH ED treatment program now looks like. What are the changes and what is the new structure? What could you now expect as a client? Come to our Q & A session to ask away and find out more about TGH'S new ED program from one of the wonderful Psychiatrists working on their Team.

Wednesday, September 27, 5:30–7 p.m. | SINGLE SESSION
Facilitator: Pat Colton, M.Sc., M.D., FRCPC

WS REDUCING COMPULSIVE EXERCISE NEW!

Members explore their relationship with exercise, both past and present, and discuss how aspects of their current exercise patterns may relate to their eating disorder. Together, we learn skills and strategies to break free from rigid exercise rituals. (Note: This workshop is intended for folks who currently struggle, or have previously struggled, with compulsive or compensatory exercise.)

Friday, September 29, 1–4 p.m. | SINGLE SESSION
Facilitator: Dr. Jamie Farquhar, PhD, CPsych

WS MEN AND BODY IMAGE

This workshop is a safe space for male-identified folks to explore and discuss the challenges they face with body image. Together, let's offer each other support and learn skills and strategies to begin to work through these challenges.

Monday, October 2, 2–4 p.m. | SINGLE SESSION
Facilitator: Dr. Jamie Farquhar, PhD, CPsych

WS STORYTELLING THROUGH WRITING NEW!

4-PART SERIES. Storytelling, a shared experience that is co-created between a teller and an audience, is a uniquely social process. Learning how to write our own stories and sharing them with others in a safe space can help us to make sense of who we are, ascribe meaning to our experiences, and share in our ideas, identities, values, and culture. Writing has been used as a therapeutic tool for many years, and will be used in this group to help people tell their stories, connect with others, and navigate the challenges in their lives.

Wed Oct 18, Wed Oct 25, Wed Nov 1, Wed Nov 8 | 6–8 p.m.
Facilitators: Natalie Levine, OT prov., & Sezgi Ozel, OT prov.

WS DBT FOUR-PART MINI-SERIES

Learn skills from all four DIALECTICAL BEHAVIOR THERAPY (DBT) modules—Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness—in an interactive environment. With the support of the group, discuss how to apply these skills to further your recovery from an eating disorder.

Thur Nov 2, Thur Nov 9, Thur Nov 16, Thur Nov 23 | 9 a.m.–12 p.m.
Facilitator: Cynthia Shea, BSW, MSW, RSW

WS COMBATTING COMPARISONS NEW!

In a culture that can often make us feel like we're not "enough", it can feel natural to compare ourselves to others who seemingly, "have it all together." In this workshop, we'll create safe, non-judgmental space to discuss how challenging comparisons can feel, the cycle of guilt and self-judgment that can

result from engaging in comparisons, as well as share strategies to reduce and combat them.

Tuesday, October 24, 1–3:30 P.M. | SINGLE SESSION
Facilitators: Sara Robb, MSW, RSW, & Lauren Drouillard, MSW, RSW

WS COPING WITH WEIGHT, SHAPE & BODY CHANGES NEW!

When we have a change in our weight, shape, and/or body it can feel hard to think about anything else. This can lead to distress, avoidance (of our bodies, of other people, etc...), and eating disorder symptoms/behaviours. In this workshop, we will talk about the difficulties of body changes, and learn new skills and strategies to start to sit with, accept, and move through these difficult feelings.

Tuesday, October 17, 10 a.m.–1 p.m. | SINGLE SESSION
Facilitator: Carly Crawford, RP

OTHER SERVICES


ART GALLERY OF ONTARIO (AGO) PASSES


In partnership with the AGO, Sheena's Place offers clients free passes to a variety of exhibitions. An AGO card is available at the front desk for our clients to borrow one week at a time. Each pass admits two people to the AGO's permanent and special exhibitions for FREE. We require a \$5 deposit which is returned when you return the card.

WEBSITE

Our informational web site provides an overview of our support services as well as information about eating disorders and some of the populations we serve.

FOLLOW US ON SOCIAL MEDIA

 @sheenasplace

 facebook.com/sheenasplacesupport

 youtube.com/sheenasplace

HOUSE POLICIES

- We ask that you please respect other group members and arrive on time for your group session. Knowing that life happens, we offer a 20-minute 'cushion' for members running late. Group members who arrive more than 20 minutes following the start of their group, however, will not be able to join that session.
- We understand that things come up and sometimes members cannot make it to group. Please let us know if you're not going to be attending a session. Members who miss two consecutive group sessions without informing us will be withdrawn from the group and their spot will be given to someone on the waiting list.
- We require at least three group members to run a full 90-minute session. If fewer than three members arrive, the Facilitator will run a 30-minute check-in with those present.

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.



SHEENA'S PLACE
Support for eating disorders

FALL 2017

Program Calendar

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.

87 Spadina Rd., Toronto, ON M5R 2T1 Tel: 416.927.8900 www.sheenasplace.org






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

Registration September 5–15


REGISTRATION & CONFIRMATIONS

Fall 2017 registration opens Tuesday, September 5 at 10 a.m. either online 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. 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.

UNDERSTANDING GROUP CODES

During any one season, register for up to two seasonal groups ( or ) , one workshop () , and any ongoing group () or recreational group ()

 **Open** groups are seasonal. Clients can register anytime during the season, space allowing.

 **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 group following the third session.

 **Ongoing** groups run continuously across the seasons and can be joined at any time.

 **Workshops** are one- or two-day sessions exploring special topics that change season by season.

 **Recreational** groups. Clients may register for as many recreational programs as they like, space allowing.

INFORMATION SESSIONS

We regularly 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.

Events: Sheena's Camp, September 16 & 17, 1–8 p.m.

Holiday Closures: Monday, September 4th & Monday, October 9th

 @sheenasplace  facebook.com/sheenasplacesupport  youtube.com/sheenasplace

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about ED and how to support someone struggling, while gaining needed support for yourself.

FAMILY, FRIENDS AND PARTNERS

Explore your experience of having a family member, partner or friend with an eating disorder.

Tuesdays 6:30–8 p.m.
Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

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 share our experiences of caring for a son or daughter living with an eating disorder, while learning to increase our own self-compassion and self-care in a safe and non-judgmental environment.

Wednesdays 3–4:30 p.m. (Sep 20–Nov 22)
Facilitator: Corinne Lee, CYC

SIBLINGS' SUPPORT GROUP NEW!

Having a sibling that is living with an eating disorder can be an incredibly challenging, and for some, isolating experience. This group will be a safe and supportive space for siblings of people living with eating disorders to come together and talk openly about their experiences. We will hold space for hard feelings, share insights and perspectives, and have a space just for us—siblings!

Tuesdays 6:30–8 p.m. (Sep 19–Nov 21)
Facilitator: Corinne Lee, CYC

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 bear witness to one another's loss.

Occurs on ongoing basis, 6–8 p.m. (PLEASE INQUIRE)
Offered: 1 session
Facilitators: Ali Henderson, BSW, MSW, RSW

SUPPORT GROUPS

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

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.

Mondays 6:30–8 p.m. | No group Sep 4 or Oct 9
Facilitator: Maureen Mahan, RN, BA, MEd (OISE)

Fridays 10–11:30 am
Facilitator: Corinne Lee, CYC

YOUNG ADULT SUPPORT (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.

Tuesdays 6:30–8 p.m.
Facilitator: Victoria Freeman, MSW, RSW

Thursdays 1–2:30 p.m.
Facilitator: Sara Robb, MSW, RSW

SUPPORT FOR BINGE EATING DISORDER NEW!

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. (Note: While no formal BED diagnosis is required, this group is intended for folks who struggle with BED symptoms.)

Thursdays 6:30–8 p.m. (Sep 21–Nov 23)
Facilitator: Maureen Mahan, RN, BA, MEd (OISE)

SUPPORT WHILE WE WAIT FOR TREATMENT

The experience of being on a waiting list for hospital treatment can be one that creates anxiety and can activate eating disorder symptoms. Together, let's use this space to support one another during this frustrating waiting process, and share coping strategies to continue moving toward recovery while we wait for treatment. Note: This group is intended for individuals currently on a waiting list for hospital-based eating disorder treatment.

Tuesdays 5–6:30 p.m. (Sep 19–Nov 21)
Facilitator: Victoria Freeman, MSW, RSW

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.

Thursdays 6:30–8 p.m. (Sep 21–Nov 23)
Facilitator: Ara Blumenfeld, BA, SSW, RSSW

BE THERE: MONTHLY MEN'S GROUP

A safe and non-judgmental space for male-identified folks to share their thoughts, feelings and struggles, while connecting with one another and learning valuable life skills which provide additional ways to cope, when needed.

Final Monday of each month, 6–8 p.m. (PLEASE INQUIRE)
Facilitator: Jesse Hayman, BA, Director of Development & Communications at jack.org

EXPRESSIVE ARTS GROUPS

Express yourself through a variety of art forms.

ART STUDIO NEW DAY!

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. No art experience necessary!

Wednesdays 1–3 p.m. (Sep 20–Nov 22)
Facilitator: Sonya V. Thursby, dTATI

Thursdays 6–8 p.m. (Sep 21–Nov 23)
Facilitator: Debbie Anderson, BA, dTATI

EXPLORING WITHIN USING CBAT NEW!

Our thoughts drive our feelings and behaviours. Let's learn alternate skills to feel better and act more effectively. This group combines COGNITIVE BEHAVIOURAL ART THERAPY (CBT) techniques and art-making to explore, discover, and understand the self in a safe and supportive environment.

Tuesdays 1–3 p.m. (Sep 19–Nov 21)
Facilitator: Anna Portoraro, BA, MA, RP, dTATI

ART JOURNALING NEW DAY AND TIME!

Art journaling can be a valuable way of bringing your inner experience out, and challenging ED behaviours. This session we will focus on bringing Mindfulness into your life. NO ART EXPERIENCE NECESSARY.

Thursdays 2:30–4:30 p.m. (Sep 21–Nov 23)
Facilitator: Debbie Anderson, BA, dTATI

BODY IMAGE GROUPS

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

NURTURING THE MIND, BODY & 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. (Note: This group is off-site at Lotus Yoga Centre, 100 Harbord Street. Participants need to bring a mat or rent one on site, as well as water and comfortable clothing.)

Tuesdays 10–11:30 a.m. (Sep 19–Nov 21)
Facilitator: Emma Baril, RYT 400

BODY IMAGE SUPPORT SPACE NEW!

This open support group will be a dedicated space to discuss the challenges we are facing with our body image, including topics like fears, body comparisons, the guilt/self-judgments we can experience over having body image concerns, and more (the group is flexible and will be what we make it). Let's hold space for hard feelings, varying insights and perspectives, as well as for the discussion of strategies and skills to try out!

Wednesdays 1–2:30 p.m. (Sep 20–Nov 22)
Facilitator: Lauren Drouillard, MSW, RSW

BODY SATISFIED: 4-PART SERIES NEW!

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. (Note: We recommend that all 4 sessions be attended.)

Tues Oct 3, Tues Oct 10, Tues Oct 17, Tues Oct 24, 10 a.m.–12 p.m.
Facilitator: Courtney Watson, MSW, RSW

RECREATIONAL PROGRAMS

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

COMPUTER TIME NEW DAY!

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! (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.)

Tuesdays 3–4:30 p.m. (Sep 19–Nov 21)

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! (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.)

Fridays 1–2:30 p.m. (Sep 22–Nov 25)

@sheenasplace

facebook.com/sheenasplacesupport

youtube.com/sheenasplace

SKILL BUILDING GROUPS

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

A CLOSER LOOK AT ED AND TRAUMA

In a safe, supportive space, we will introduce the connections between trauma and eating disorders and discuss strategies to establish safety, regulate emotions and tolerate distress by reconnecting with ourselves and our bodies using guided meditations, experiential exercises and art. Previous participants are welcome.

Mondays 1–3 p.m.(Sep 18–Nov 20) | No group Oct 9
Facilitators: Sonya V. Thursby, dTATI, and Lia Falzon, dTATI, Dip. ATPPP, R.P.

PRACTICING SELF-COMPASSION NEW!

In this group, we practice embracing our strengths and our struggles, and empower ourselves through practicing self-compassion.

Mondays 4:30–6 p.m. (Sep 18–Nov 20) | No group Oct 9
Facilitator: Annie Basterfield, MSW, RSW

HEALTHY BOUNDARIES FOR THOSE LIVING WITH ED NEW!

Boundaries are the foundation of healthy relationships. Learn about the different types of boundaries and how to set, reinforce, and maintain them.

Wednesdays 6:30–8 p.m. (Sep 20–Nov 22)
Facilitator: Anna Portoraro, BA, MA, RP, dTATI

APPLYING CBT TO ED'S AND ADDICTIONS NEW DAY & TIME!

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.

Mondays 6:30–8 p.m. (Sep 18–Nov 20) | No group Oct 9
Facilitator: Anna Portoraro, BA, MA, RP, dTATI

RELAPSE MANAGEMENT: SUPPORT IN RECOVERY

Managing relapse is a complex process that involves working toward and maintaining changes in a variety of different areas in our lives. Group members will support each other in exploring where they are at in their personal recovery journey, what can be expected throughout the recovery process, learning new ways to cope during recovery, and exploring life beyond an eating disorder. Participants will receive info and support, develop skills to cope with daily stressors and symptoms, and better understand the process of recovery and working toward maintaining change.

Wednesdays 4:30–6 p.m. (Sep 20–Nov 22) NEW TIME!
Facilitator: Corinne Lee, CYC

INTRO TO NUTRITION: SKILLS TO NOURISH OURSELVES

Physical nourishment is an important part of recovery that can feel very challenging. Each week, this group will discuss different topics related to nutrition and nourishing ourselves on our path to recovery- e.g., nutrition myths, grocery shopping, metabolism, how to deal with nutrition messages in the media and more! Let's work together and offer support as we learn skills to nourish ourselves! (Note: This group is suggested for folks who feel ready to engage in more explicit discussion around foods and nutritional information.)

Wednesdays 1:30–3 p.m. (Sep 20–Nov22)
Facilitator: Samantha Goren, RD

NAVIGATING RECOVERY: CREATING A PATH THAT WORKS FOR YOU NEW DAY!

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.

Mondays 4:30–6 p.m. (Sep 18–Nov 20) | No group Oct 9
Facilitator: Leslie McCallum, MSW, RSW, PhD candidate