



# 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](http://www.sheenasplace.org)

Please visit us online at [www.sheenasplace.org/register](http://www.sheenasplace.org/register) for more information and to register for programs.

**SUMMER Registration Dates: June 12th – June 23rd , 2017**

### 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.
- R Recreational:** Clients may register for as many recreational programs as they like, space permitted.

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

Tuesdays, 1:00 – 4:00 pm, **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:** Annual Sheena's Place Art Show in Honour of Jennifer Haberman, Grand Opening: Thursday, June 22nd from 5 – 8 pm

**Holiday Closures:** Monday, July 3rd, 2017; Monday, August 7th, 2017; and Monday, September 4th, 2017

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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

### 👪 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

### 👩 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 28th – August 30th, 2017

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 on ongoing basis, 6 – 8 pm (please inquire)

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

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## 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.

When: Mondays 6:30 – 8:00 pm

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

Note: No group on July 3rd or August 7th, 2017

When: Fridays 10:00 – 11:30 am

Facilitator: Lauren Drouillard, MSW, RSW

### 👪 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

Facilitator: Sara Robb, MSW, RSW

### 👪 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 DAY/TIME!** When: Thursdays 6:30 – 8:00 pm

Offered: June 29th – August 31st, 2017

Facilitator: Anna Portoraro, MA, RP, dTATI

### 👪 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.

When: Tuesdays 5:00 – 6:30 pm

Offered: June 27th – August 29th, 2017

Facilitator: Victoria Freeman, MSW, RSW

Note: This group is intended for individuals currently on a waiting list for hospital-based eating disorder treatment

### 👪 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 27th – August 29th, 2017

Facilitator: Anna Portoraro, MA, RP, dTATI

### 👪 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 29th – August 31st, 2017

Facilitator: Ara Blumenfeld, BA, SSW, RSSW

### 👪 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 which provide additional ways to cope, when needed.

When: Last Monday of each month, 6 – 8 pm (please inquire)

Facilitator: Jesse Hayman, BA, Director of Development & Communications at jack.org

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## EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

### 👪 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: Mondays 6:00 – 8:00 pm

Facilitator: Debbie Anderson, BA, dTATI

Offered: June 26th – August 28th, 2017

Note: No group on July 3rd or August 7th, 2017

### 👪 ART JOURNALING

Art journaling can be a valuable way of bringing your inner experience out, and challenging ED behaviours. In this session we will focus on bringing Mindfulness into your life. No art experience necessary.

**NEW TIME!** When: Wednesdays 1:00 – 3:00 pm

Offered: June 28th – August 30th, 2017

Facilitator: Debbie Anderson, BA, dTATI

## **NEW!** ● RE-STORYING WITH ALTERED BOOKS

We will alter books to make a new story. By editing, discarding, tearing, transforming, writing, scribbling, collaging, painting, adding, beginning anywhere, redoing, reflecting, reacting and playing we will alter a book's story to create an alternative story. (Books will be provided—participants are welcome to bring a book of their own choosing.)

When: Thursdays 1:00 – 3:00 pm

Offered: June 29th – August 31st, 2017

Facilitator: Sonya V. Thursby, dTATI

Note: No group on Thursday, July 13th

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## BODY IMAGE GROUPS

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

### ● 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.

**NEW DAY!** When: Tuesdays 10:00 – 11:30 am

Offered: June 27rd – August 29th, 2017

Facilitator: Emma Baril, RYT 400

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.\*

### **NEW!** ● BODY SATISFIED: 4-PART SERIES

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: Monday, July 10th; Monday, July 17th; Monday, July 24th; and Monday, July 31st, all from 6:00 – 8:00 pm

Offered: 4 sessions

Facilitator: Courtney Watson, MSW, RSW

Note: Recommended that all 4 sessions are attended

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## 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 3rd 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: September 16th and 17th, 2017 from 1 – 8 pm

Offered: two, day-long sessions

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

Note: Sheena's Camp is held off-site, at Camp Oochigeas downtown (464 Bathurst Street)

### **R** 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: Every other Tuesday from 1:30 – 3:30 pm

Offered: Tuesday, June 27th and running biweekly until Tuesday, August 22nd, 2017

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

## **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: Wednesdays from 3:00 – 4:30

Offered: June 28th – August 30th, 2017

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!

**NEW TIME!** When: Fridays from 10 am – 1 pm

Offered: June 30th – September 1st, 2017

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.

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## SKILL BUILDING GROUPS

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

### ● RELAPSE PREVENTION: SUPPORT IN RECOVERY

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 journey, 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 6:00 – 7:30 pm

Offered: June 28th – August 30th, 2017

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!

When: Wednesdays 1:30 – 3:00 pm

Offered: June 28th – August 30th, 2017

Facilitator: Samantha Goren, RD

Note: This group is suggested for folks who feel 'ready' to engage in more explicit discussion around foods and nutritional information

### ● APPLYING CBT TO EATING DISORDERS AND ADDICTIONS

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: Wednesdays 6:30 – 8:00 pm

Offered: June 27th – August 29th, 2017

Facilitator: Anna Portoraro, MA, RP, dTATI

## ● LIFE OUTSIDE OF ED: EXPLORATION THROUGH GOAL SETTING

This group will support members in further exploring their identity and values in the pursuit of a life, less defined by ED. Each week, we will set goals together around specific areas of our lives, such as relationships, distress tolerance, and self-compassion, to ultimately work at exploring our lives outside of ED.

**When:** Thursdays 6:30 – 8:00 pm

**Offered:** June 29th – August 31st, 2017

**Facilitator:** Julia Pearce, OT Reg. (Ont.)

**Note:** No group on August 17th, 2017

## **NEW!** ● SHAME AND EATING DISORDERS: 3-PART SERIES

Shame is a common human emotion that when experienced in excess, can create a lot of emotional pain and contribute to unhealthy behaviours. Many people with eating disorders/disordered eating experience shame that contributes to their ED and in turn, results from their ED. This series will provide participants with an introduction to the topic of shame; covering shame and our culture on the first session, shame and self-criticism on the second, and shame and eating disorders on the third.

**When:** Monday, July 31st; Monday, August 7th; and Monday, August 14th, all from 4:30 – 6:00 pm

**Offered:** 3 sessions

**Facilitator:** Lisa Pont, MSW, RSW

**Note:** It is recommended that all 3 sessions are attended

## WORKSHOPS

Limited 1 workshop per person.

### **NEW! WS** INTRO TO DBT 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:** Thursday, July 13th from 9:00 am – 12:00 pm

**Offered:** 1 session

**Facilitator:** Cynthia Shea, MSW, RSW

### **NEW! WS** INTRO TO DBT 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 20th from 9:00 am – 12:00 pm

**Offered:** 1 session

**Facilitator:** Cynthia Shea, 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 and five children 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 three 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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