

## 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

## GG 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

## NEW! G PARENTS' SPEAKER SERIES

Caregiving for a child living with an eating disorder can be tremendously difficult. This group will meet to offer parental support, and bring in different guest speakers to share stories of hope, answer questions, and offer strategies/resources to members.

When: BIWEEKLY: Fridays 10:00 – 11:30 am

Offered: January 13th, 2016 – March 10th, 2017

Facilitator: Deb Berlin-Romalis, BSW, MSW, RSW

## G 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: January 11th, 2016 – March 15th, 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: Monday, March 6th from 6 – 8 pm, 2017

Offered: 1 session

Facilitators: Ali Henderson, BSW, MSW, RSW

## SUPPORT GROUPS

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

## GG 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 Monday, December 26th; Monday, January 2nd; and February 20th, 2017

When: Fridays 10:00 – 11:30 am

Facilitator: Lauren Drouillard, MSW, RSW and Kelsey Johnston, BA, MSW candidate

## GG 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

Note: No group on Tuesday, December 27th, 2017

When: Mondays 10:30 am – 12:00 pm

Note: No group on Monday, December 26th; Monday, January 2nd; and February 20th, 2017

Facilitator: Sara Robb, MSW, RSW

## G 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: January 10th – March 14th, 2017

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

## GG 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)

Note: No group on Tuesday, December 27th, 2017

## G 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: January 12th – March 16th, 2017

Facilitator: Ara Blumenfeld, BA, SSW, RSW

## NEW! G 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: Wednesdays 6:00 – 7:30 pm

Offered: January 11th – March 15th, 2017

Facilitator: Victoria Freeman, MSW, RSW

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

## G 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, 6 – 8pm (please inquire)

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

## EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

## G 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 & Anna Portoraro, BA, MA, dTATI

Offered: January 11th – March 15th, 2017

NEW Time! When: Mondays 6:00 – 8:00 pm

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

Offered: January 9th – March 13th, 2017

Note: No group on February 20th, 2017

## NEW! G EXPLORING ED THROUGH THEATRE

Based in the art of theatre, we will use movement, voice, writing, and drama-based activities to explore experiences with ED and express our stories in creative new ways.

When: Thursdays 1:00 – 3:00 pm

Offered: January 12th – March 16th, 2017

Facilitator: Kelsey Johnston, BA, MSW candidate

Note: Language guidelines will be altered in this group to allow for people to more explicitly explore their stories and experiences.

## NEW! G EXPLORING THE TREE OF LIFE WITH ALTERED BOOKS

We will destroy books to make new stories! We will delete, edit, tear, scribble, collage, add, paint, and play to create an altered book using our Tree of Life reflections. (Books will be provided—participants are also welcome to bring a book of their own choosing).

When: Fridays 1:00 – 3:00 pm

Offered: January 13th – March 17th, 2017

Facilitator: Sonya V. Thursby, dTATI

## G 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: Thursdays 3:00 – 5:00 pm

Offered: January 12th – March 16th, 2017

Facilitator: Debbie Anderson, BA, dTATI

## BODY IMAGE GROUPS

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

## G 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: January 9th – March 13th, 2017

Facilitator: Courtney Watson, MSW, RSW

Note: No group on February 20th, 2017

## G 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 6:00 – 7:30 pm

Offered: January 12th – March 16th, 2017

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)

## G BREAKING FREE FROM COMPULSIVE EXERCISE

Members will 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 and practice skills and strategies to break free from rigid exercise rituals. Intended for individuals who currently struggle, or previously struggled, with compulsive or compensatory exercise.

When: Mondays 3:00 - 4:30 pm

Offered: January 9th – March 13th, 2017

Facilitator: Dr. Jamie Farquhar, PhD, CPsych

Note: No group on February 20th, 2017

## 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: Thursdays 10:00 – 11:30 am

Offered: January 12th – March 16th, 2017

Facilitator: Emma Baril, RYT 500

Note: This group is offered off-site at Lotus Yoga Centre, 100 Harbord St.

\* 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.

## 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: January 10th – March 14th, 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!

When: Thursdays from 1:00 – 2:30 pm

Offered: January 12th – March 16th, 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.

## SKILL BUILDING GROUP

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

## G TAMING SHAME

Shame is a taboo emotion to talk about, yet everyone has it. It serves a social purpose, but when it becomes excessive it can impede recovery. This 10 week group will provide an opportunity to learn more about shame, the roots of shame and its relationship to disordered eating/eating disorders. It will help you increase awareness of your own shame triggers and responses, and to develop shame resilience.

When: Wednesdays 6:00 – 7:30 pm

Offered: January 11th – March 15th, 2017

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

## G 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.

When: Mondays 1:00 – 3:00 pm

Offered: January 9th – March 13th, 2017

Facilitator: Sonya V. Thursby, dTATI, and Lia Falzon, dTATI, Dip. ATPPP, R.P.  
Note: No group on February 20th, 2017

## NEW! G RESILIENCE RISING

This support group will focus on looking for opportunities to use and nurture our strengths so that we can engage with resiliency – the process of adapting to adversity.

When: Wednesdays 6:30 – 8:00 pm

Offered: January 11th – March 15th, 2017

Facilitator: Annie Basterfield, MSW, RSW

## G 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: Wednesdays 4:30 – 6:00 pm

Offered: January 11th – March 15th, 2017

Facilitator: Leslie McCallum, MSW, RSW, PhD Student

## G 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: Tuesdays 4:30 – 6:00 pm

Offered: January 11th – March 14th, 2017

Facilitators: Anna Portoraro, BA, dTATI, and Nadine Salz, OT (prov. Reg)

## NEW! G SPIRITUALLY INTEGRATED CBT FOR EATING DISORDERS

Every person has a unique and inherent sense of spirituality. This group helps to explore, discover, and realize a healthy sense of spirituality and grounding that supports recovery.

When: Thursdays 6:30 – 8:00 pm

Offered: January 12th – March 16th, 2017

Facilitator: Anna Portoraro, BA, dTATI

## NEW! G EXPLORING LIFE OUTSIDE OF ED

This group will support members as they explore their identity, goals and values in the pursuit of a fuller life, less defined by ED.

When: Thursdays 6:30 – 8:00 pm

Offered: January 12th – March 16th, 2017

Facilitators: Julia Pearce, OT (prov. Reg), and Nadine Salz, OT (prov. Reg)

## NEW! G EXPLORING MOTIVATIONAL ENHANCEMENT

Together we will discuss the things we feel both motivate us and worry us about making changes and working toward recovery. This group is best suited for individuals who are currently thinking about making a change, such as accessing more support or treatment for an eating disorder.

When: Fridays 1:00 – 2:30 pm

Offered: January 13th – March 17th, 2017

Facilitator: Courtney Watson, MSW, RSW

## WORKSHOPS

Limited 1 workshop per person.

### **NEW!** WS DRUMMING FOR STRENGTH

Join Laura for an empowering workshop on samba-inspired drumming. No musical experience necessary! This will be an engaging and fun workshop where we will learn to drum together, make music, feel empowered and express our creativity. We will talk about how music and drumming can be powerful tools for personal healing and creating positive social change.

When: Saturday, January 14th, 2017 from 1 – 4 pm

Offered: 1 session

Facilitator: Laura Hartley, BA, MES

### WS MINDFUL SPENDING: STRATEGIES TO IMPROVE YOUR FINANCES AND SENSE OF WELL-BEING

This workshop will increase participants' awareness of overspending as a social and personal issue. Over the course of the workshop, participants will be invited to determine personal goals around spending, and will have an opportunity to share, receive support and develop self-compassion as they learn and practice strategies to reduce the harm of overspending.

When: Monday, January 16th, 2017 from 6 – 8 pm

Offered: 1 session

Facilitators: Lisa Pont, MSW, RSW, and Roberta Boughton, Med

### **NEW!** WS NAVIGATING SOCIAL MEDIA

We will examine how we can use social media platforms to build strong relationships to help build self-esteem and support. We look at who you follow and why, as well as what you post and why. Social media includes platforms that allow us to grow, support and learn from one another and it's time to take back your sense of control in your feeds. Let's tap into a world of positivity and strength!

When: Monday, January 23rd, 2017 from 1 – 3 pm

Offered: 1 session

Facilitator: Jennifer Baldachin, MSW, RSW

### WS DBT MINI-SERIES

Learn skills from all four 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.

When: Saturday, January 21st; Saturday, January 28th; Saturday, February 4th; AND Saturday, February 11th; from 9:00 am - 12:00 pm

Offered: 4 sessions

Facilitators: Cynthia Shea, BSW, MSW, RSW

### WS MEN AND BODY IMAGE

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

When: Monday, February 27th, 2017 from 6 – 8 pm

Offered: 1 session

Facilitators: Dr. Jamie Farquhar, PhD, CPsych

### WS INTRO TO WEN-DO WOMEN'S SELF-DEFENCE

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, March 11th AND Sunday, March 12th from 1 – 4 pm

Offered: 1 weekend-long session

Facilitators: Laura Hartley, BA, MES

### **NEW!** WS NOURISHING OURSELVES: MONTHLY WORKSHOP SERIES

This workshop series will focus on the role of food and nutrition in recovery, covering the different monthly topics of combatting new year's resolutions, working through the winter blues, and planning for spring.

When: Monday, January 9th; Monday, February 13th; and Monday, March 13th, 2017 from 6 – 8 pm

Offered: 3 sessions

Facilitator: Susan Osher, RD, MSc, CEDRD

### **NEW!** WS NAVIGATING SEXUALITY WITH ED

This workshop is a safe and non-judgemental space to talk about the challenges of navigating sexuality while living with, or in recovery from ED. We will also discuss strategies for communicating needs and preferences to partners and loved ones. This group is open to individuals of all sexual orientations and gender identities, and those choosing any variety of romantic partnerships, including abstinence.

When: Saturday, March 18th; Saturday, March 25th; AND Saturday, April 1st, from 10 am – 12 pm

Offered: 3 sessions

Facilitator: Kelsey Johnston, BA, MSW candidate

Note: This is not a trauma group.

## 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).

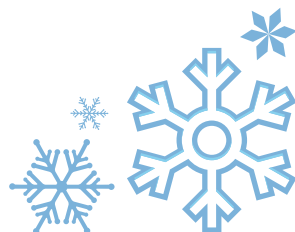
## HOUSE POLICIES

- 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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# 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.

**WINTER & HOLIDAY Registration Dates: November 28th – December 9th, 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.
- R Recreational:** Our recreational programming requires no registration. Clients may inquire at front desk and come and go as they please.

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, 12:00 to 2:00pm, **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:** Save the Date: Eating Disorder Awareness Week (EDAW) is February 1st – 7th, 2017

**Holiday Closures:** Monday, December 26th; Tuesday, December 27th; Monday, January 2nd; and Monday, February 20th, 2017

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