



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - SPRING 2018

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. All programs free of charge.



Spring Registration March 19th – March 30th, 2018

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

REGISTRATION & CONFIRMATIONS

Registration opens Monday, March 19th at 10 a.m. either online at www.sheenasplace.org/register 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. During any one season, we welcome you to register for up to two seasonal groups (**O** or **C**), one workshop (**WS**), and any ongoing group (**OG**) or recreational group (**R**). 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.

ALL PROGRAMS FREE OF CHARGE

Sheena's Place receives no public or United Way funding. We rely on donations alone to keep all programs and services free of charge. We hope you'll consider making a donation today at www.canadahelps.org/en/dn/12552

UNDERSTANDING GROUP CODES

- O** Open groups are seasonal. Clients can register anytime during the 8 – 10 week season, space allowing.
- C** 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 closed group following the third session.
- OG** Ongoing groups run continuously across the seasons and can be joined at any time.
- WS** Workshops are single or multi-day sessions exploring special topics that change seasonally.
- R** Recreational groups are special social programs that happen seasonally.

INFORMATION SESSIONS: We 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.

HOLIDAY CLOSURES: Friday, March 30th; Monday, May 21st, 2018

EVENTS: Annual Shout Out for Sheena's Place Gala Fundraiser May 31st

SAVE THE DATE: 4th Annual Sheena's Camp – September 2018

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

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 with a child/adult child 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: April 4th – June 6th, 2018

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 ongoing, based on demand, 6–8 pm (please inquire)

Offered: 1 session

Facilitator: Ali Henderson, BSW, MSW, RSW

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 solutions and strategies.

When: Thursdays 6:30 – 8:00 pm - New Day!

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

When: Fridays 10:00 – 11:30 am

Facilitator: Corinne Lee, CYC

Note: No group on Friday, March 30th

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

OG Support for Mothers & Expecting Mothers with ED - New!

Pregnancy and motherhood can raise challenges with body image, nourishment, and anxiety around parenting. This group is a safe space for mothers, and expecting mothers, living with eating disorders to take time for themselves and 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: Fridays 1:00 – 2:30 pm

Offered: April 6th – June 8th, 2018

Facilitator: Corinne Lee, CYC

Note: No group on Friday, March 30th

OG Support For Binge Eating Disorder

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.

When: Wednesdays 6:30 – 8:00 pm

Offered: April 4th – June 6th, 2018

Facilitator: Corinne Lee, CYC

Note: This group operates from a health at every size, non-dieting mentality. While no formal BED diagnosis is required, this group is intended for folks who struggle with BED symptoms.

OG Understanding Food Behaviours In Men: Monthly Meet-Up - New!

A safe space for male-identified folks to openly discuss challenges with food and food behaviours, understandings of health, and food safety. This group aims to build a supportive community for men who struggle with their relationship to food; where experiences are shared without judgment or fear, and support and skills are gained.

When: 3 sessions - Monday, April 9th; Monday, May 7th; & Monday, June 4th, from 6:30 – 8:00 pm

Facilitator: Gabriel Quadri, B.Sc., M.Sc.,Pg.Dip,PhD (Neuroscience)

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 explore experiences of eating disorders, build self-esteem, take risks, and find your creative voice. No art experience necessary!

When: Wednesdays 1:00 – 3:00 pm

Facilitator: Sonya V. Thursby, dTATI

Offered: April 4th – June 6th, 2018

When: Thursdays 6:00 – 8:00 pm

Facilitator: Debbie Anderson, BA, dTATI, RP

Offered: April 5th – June 7th, 2018

OG Cross-Stitch Embroidery

Come and experience the soothing power of cross-stitch embroidery - the oldest form of embroidery practised in communities across the globe. Explore the many facets of this versatile portable artform. No prior experience necessary.

When: Wednesdays 5:00 – 7:00 pm

Offered: April 4th – June 6th, 2018

Facilitator: Patricia Phelan

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



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

an Ontario government agency
un organisme du gouvernement de l'Ontario

OG Using Art To Explore Self-Compassion & Self-Care - New!

In this group, we will explore self-compassion and its three main elements: kindness, a sense of common humanity, and mindfulness. Each week, participants will be led through artistic self-care activities and group discussions to explore how we can recognize our needs and limits, embrace our strengths and challenges, and empower ourselves from within.

When: Mondays 6:00 – 7:30 pm

Offered: April 2nd – June 4th, 2018

Facilitator: Sezgi Ozel, OT Reg. (Ont.)

Note: No group on Monday, May 21st

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C Art Journaling About Eating Disorders

This group will begin with an eating disorder concern as the discussion topic. We will make notes in the safety of our sketchbook, and then take our thoughts a bit further using art-making to find the inner strength and love we all have within.

When: Thursdays 2:30 – 4:30 pm

Offered: April 5th – June 7th, 2018

Facilitator: Debbie Anderson, BA, dTATI, RP

O TIFF Series For Men: Experimenting With Film! - New!

A safe space for male-identified folks to work with guest artists from TIFF in exploring different forms of film art (e.g., visual storytelling, stop-motion animation) as a form of self-expression and community building. No prior art experience necessary!

When: Tuesday, April 24th & Tuesday, May 1st from 6:30-8:00 pm

Offered: two sessions

Facilitator: Elysse Leonard, TIFF, +TBD

BODY IMAGE GROUPS

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

O 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: Tuesdays 10:00 – 11:30 am

Offered: April 3rd - June 5th, 2018

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.

C Using DBT's Distress Tolerance To Cope With Negative Body Image - New!

Negative feelings about one's body, strong urges, and distressing feelings in general, can interfere with making healthy behaviour changes and living the life you want to live. Often the first step in dealing with difficult emotions is to learn to be able to tolerate them, so that you can skillfully get through them while not making things worse. In this group, you will be taught and practice the skills from DBT's Distress Tolerance module to help you manage difficult emotions, paying special attention to those that come from negative body image.

When: Tuesdays 1:00 – 2:30 pm

Offered: April 10th – June 5th, 2018

Facilitator: Lauren Goldhamer, M.Ed., RP

Note: No group on April 3rd

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: April 3rd – June 5th, 2018

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: Fridays from 1:00 – 2:30 pm

Offered: April 6th – June 8th, 2018

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.

R Sheena's Camp: A Vacation From ED

Join us at the 4th annual Sheena's Camp: a Vacation from ED. This will be a safe and non-judgmental space for female identified folks 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!

Save The Date: September 2018

Offered: one weekend session

Note: Registration will open in summer 2018

R Group Outing: A Visit To TIFF's DigiPlay Space - New!

DigiPlay Space is an interactive art exhibit that explores the relationship between physical and digital reality. Use your creativity and curiosity to dance, jump, click, touch, and draw! Experience the creative potential of machine learning, motion capture, and coding, and see what you can discover in the process.

When: Wednesday, April 18th from 2:00 – 4:00 pm

Offered: One session

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

Note: This outing is at TIFF Bell LightBox (350 King St W)

SKILL BUILDING GROUPS

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

C 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: April 2nd – June 4th, 2018

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

Note: No group on Monday, May 21st

O Support & Skills To Cope While Waiting For ED Treatment - New!

The experience of being on a waiting list for hospital treatment can be one that creates anxiety, uncertainty, and can activate eating disorder symptoms. Together, let's use this space to support one another during this frustrating process, while learning and practicing skills and strategies to continue moving toward recovery while we wait for treatment.

When: Tuesdays 2:00 – 3:30 pm

Offered: April 3rd – June 5th, 2018

Facilitator: Victoria Freeman, MSW, RSW

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

C Introduction To Motivational Enhancement: Exploring The Possibility Of Change - New!

This group will help you explore how ready you are for change as well as the factors supporting and hindering your efforts towards recovery. This group is best suited for individuals who are thinking about making a change, such as accessing more support or treatment for an eating disorder.

When: Tuesdays 4:30 – 6:00 pm

Offered: April 3rd – June 5th, 2018

Facilitator: Victoria Freeman, MSW, RSW NEW! C

C Practicing Mindfulness Skills - New!

Mindfulness is one of the core elements of dialectical behavioural therapy (DBT), and can be a useful skill in recovery work. Together in this group, we will explore mindfulness strategies of observing our thoughts, describing them nonjudgmentally, and allowing them to pass, as they occur in the moment.

When: Wednesdays 6:30 – 8:00 pm

Offered: April 4th – June 6th, 2018

Facilitator: Ilona Vulfhart, MA, MSW, RSW

Note: No group on Wednesday, April 18th

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C Ways To Stop Binge-Eating

Do you 'watch' and 'listen' to your thoughts and feelings? Explore becoming an informed and non-judgmental 'observer' of your eating patterns. Learn new ways of relating to food and yourself.

When: Thursdays 10:00 – 11:30 am

Offered: April 5th – May 31st, 2018 (no group April 26th)

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

Note: This group operates from a weight-acceptance, non-dieting mentality. While no formal BED diagnosis is required, this group is intended for folks who struggle with BED symptoms.

O 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: Thursday, May 3rd; Thursday, May 10th; Thursday, May 17th; and Thursday, May 24th from 9:30 am – 12:30 pm

Offered: four sessions

Facilitator: Cynthia Shea, BSW, MSW, RSW

WORKSHOPS

Limited 1 workshop per person.

WS Improv For Anxiety - New!

Using the classic theatre technique of improvisational acting, this workshop will tackle elements such as anxiety, perfectionism and control. Be prepared to step outside of your comfort zone (and also have fun!) in a safe, zero-pressure environment. All are welcome regardless of your experience with acting and/or improvisation.

When: Wednesday, April 4th from 1:00 – 4:00 pm

Offered: One session

Facilitator: Sara Desroches, BA (Hons.), MSW candidate

WS Body Respect - New!

Join us for a brainstorming discussion, exploring the ways in which we can respect and appreciate our bodies. Through gratitude and self-care practices, we will explore our bodies, their strengths and forms of resiliency.

When: Monday, April 16th from 6:00 – 8:00 pm

Offered: One session

Facilitator: Ali Henderson, BSW, MSW, RSW

WS Nourishing Social Supports - New!

A 2-hour workshop offering knowledge, skills and experiences for identifying and planning ways to increase meaningful social supports that nourish your wellbeing and reduces stress and eating disorder symptoms.

When: Tuesday, May 15th from 6:00 – 8:00 pm

Offered: One session

Facilitator: Kimberly Murdoch, MSW, RSW dipl, Hsc Nts

WS Exploring Intuitive Eating - New!

In this workshop, information will be provided on what intuitive eating is, how to explore if you are ready to engage in it, and what the risks as well as the benefits are of eating intuitively.

When: Thursday, May 31st from 6 – 8 pm

Offered: One session

Facilitator: Susan Osher, MSc, RD, CEDRD

Note: This workshop is intended for folks who identify as feeling 'ready' to engage in more explicit conversation about specific food, nutrition, and eating behaviours.

WS Assertiveness And EDs - New!

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

When: Tuesday, June 5th from 6:00 – 8:00 pm

Offered: One session

Facilitator: Kimberly Murdoch, MSW, RSW dipl HSC NTS

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: Friday, May 25th from 5:30 – 7:30 pm

Offered: one session

Facilitator: Laura Hartley, BA, MES

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 for a \$5 deposit, which is returned when the books are returned..

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/sheenasplacetoronto, and follow us on Youtube youtube.com/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.
- We understand that things can come up, and sometimes, members cannot make it to group. If you are not going to be attending a session, please let us know.
- Members who miss two group sessions consecutively without informing us will be removed from the participant list and their spot will be given to someone on the waiting list.
- 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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