

**WS REDUCING COMPULSIVE EXERCISE THIS NEW YEAR**  
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 for folks who currently struggle or have previously struggled with compulsive or compensatory exercise.)

**Monday, January 22, 1–4 p.m. | SINGLE SESSION**  
Facilitator: Dr. Jamie Farquhar, PhD, CPsych

**WS BEFRIENDING THE BODY NEW!**  
A 2-hour workshop offering knowledge, skills and experiences for developing a healthier body image and a kinder relationship with yourself.

**Wednesday, January 31, 6–8 p.m. | SINGLE SESSION**  
Facilitator: Kimberly Murdoch, MSW, RSW dipl HSC NTS

**WS COMBATTING COMPARISONS**  
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.

**Monday, February 26, 1–3:30 p.m. | SINGLE SESSION**  
Facilitators: Sara Robb, MSW, RSW & Lauren Drouillard, MSW, RSW

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

**Monday, March 5, 4–6 p.m. | SINGLE SESSION**  
Facilitator: Dr. Jamie Farquhar, PhD, CPsych

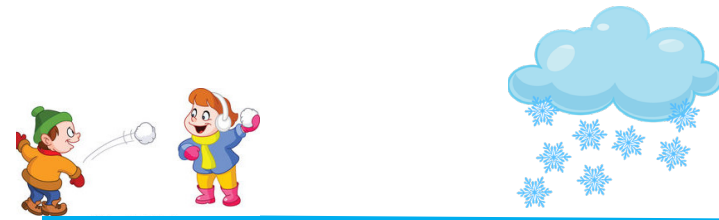
## OTHER SERVICES

**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.

**SHEENASPLACE.ORG**  
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.

## HOUSE POLICIES

- We ask that you 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.



## FOLLOW US ON SOCIAL MEDIA

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



# Program Calendar *Winter* 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.

87 Spadina Rd., Toronto, ON M5R 2T1 Tel: 416.927.8900 [www.sheenasplace.org](http://www.sheenasplace.org)

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

## Registration November 27–December 8, 2017

### REGISTRATION & CONFIRMATIONS

Fall 2017 registration opens Monday, November 27 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 (WS), 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.

WS **Workshops** are single or multi-day sessions exploring special topics that change seasonally.

Ⓡ **Recreational** groups. No registration required for any number of programs, space allowing.

**Events:** Client Winter Carnival Party, Thursday, December 7, 6–8:30 p.m.,  
Eating Disorder Awareness Week (EDAW) February 1–7, 2017 (Details TBA)

**Holiday Closures:** December 25 & 26; January 1; February 19; March 30

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](http://www.canadahelps.org/en/dn/12552)

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

### 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.



## 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. 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. (Jan 10–March 14)**

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.

**Scheduled on demand, 6–8 p.m. (PLEASE INQUIRE)**

**Offered: SINGLE SESSION**

Facilitator: 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 Feb 19**

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

**Fridays 10–11:30 a.m. | No group March 30**

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

### 👪 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 DAY**

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

**Wednesdays 6:30–8 p.m. (Jan 11–March 15)**

Facilitator: Corinne Lee, CYC

## EXPRESSIVE ARTS GROUPS

Express yourself through 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. No art experience necessary!

**Wednesdays 1–3 p.m. (Jan 10–Mar 14)**

Facilitator: Sonya V. Thursby, dTATI

**Thursdays 6–8 p.m. (Jan 11–Mar 15)**

Facilitator: Debbie Anderson, BA, dTATI, RP

### 🎨 EXPLORING WITHIN USING CBAT

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

**Tuesdays 1–3 p.m. (Jan 9–Mar 13)**

Facilitator: Anna Portoraro, BA, MA, RP, dTATI

### 🧵 CROSS-STITCH EMBROIDERY **NEW!**

Come and experience the soothing power cross-stitch embroidery—the oldest form of embroidery practiced in communities across the globe. Explore the many facets of this versatile portable artform.

**NO EXPERIENCE NECESSARY.**

**Wednesdays 5–7 p.m. (Jan 10–Mar 14)**

Facilitator: Patricia Phelan

### 🎭 THEATRE THERAPY **NEW!**

Each week, we will use acting and theatre techniques and activities to explore feelings and increase confidence in a safe, low-pressure environment. We will be doing some movement based activities, and members are encouraged to step outside of their comfort zone. All are welcome regardless of experience in acting.

**Wednesdays 1–2:30 p.m. (Jan 10–Mar 14)**

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

### 🎨 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. **NO ART EXPERIENCE NECESSARY.**

**Thursdays 2:30–4:30 p.m. (Jan 11–Mar 15)**

Facilitator: Debbie Anderson, BA, dTATI, RP



## 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. (Jan 9–Mar 13)**

Facilitator: Emma Baril, RYT 400

### 👤 SELF IMAGE **NEW!**

For anyone struggling with body image, develop new strategies to improve your self-image while also exploring the thoughts, behaviours and emotions that affect your feelings about your body. Using principles from Cognitive Behavioural Therapy (CBT), learn practical coping skills and share your challenges with others experiencing similar concerns.

**Tuesdays 4:30–6 p.m. (Jan 9–Mar 13)**

Facilitator: Victoria Freeman, 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

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. (Jan 9–Mar 13)**

### 🕒 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. (Jan 12–Mar 16)**

## 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 welcome.

**Mondays 1–3 p.m. (Jan 8–Mar 12) | No group Feb 19**

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

### 👤 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.

**Mondays 4:30–6 p.m. (Jan 8–Mar 12) | No group Feb 19**

Facilitator: Leslie McCallum, MSW, RSW, PhD

### 👤 APPLYING CBT TO ED's 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.

**Mondays 6:30–8 p.m. (Jan 8–Mar 12) | No group Feb 19**

Facilitator: Anna Portoraro, BA, MA, RP, dTATI

### 👤 BRAVELY TAKING CARE OF OURSELVES **NEW!**

Fighting ED is hard enough, doing it while fighting our own needs is even harder. We all deserve time to care for ourselves and nurture our inner strength. This group will radically fight against the misconception that taking

time for ourselves is "self-indulgent." Together, we'll explore what we give, what we need, and the reservations and guilt that may surround the idea of "self-care;" while each week, engaging in a new self-care activity. Let's commit 90 minutes a week just for ourselves to 'take a break' from stress, connect with one another, practice self-care strategies, relax, and maybe even have some laughs along the way!

**Tuesdays 1–2:30 p.m. (Jan 9–Mar 13)**

Facilitator: Lauren Drouillard, MSW, RSW

### 👤 HEALTHY BOUNDARIES FOR PERSONS LIVING WITH ED

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

**Tuesdays 6:30–8 p.m. (Jan 9–Mar 13) **NEW DAY!****

Facilitators: Anna Portoraro, BA, MA, RP, dTATI

### 👤 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 operates from a pro-recovery perspective and is suggested for folks who feel 'ready' to engage in explicit discussion around foods and nutritional information.)

**Wednesdays 1:30–3 p.m. (Jan 10–Mar 14)**

Facilitator: Samantha Goren, RD

### 👤 WAYS TO STOP BINGE-EATING **NEW!**

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. (Note: This group operates from a weight-acceptance, non dieting mindset. While no formal BED diagnosis is required, this group is intended for those struggling with BED symptoms.)

**Thursdays 10–11:30 a.m. (Jan 11–Mar 8) | No group Jan 18**

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

### 👤 PRACTICING SELF-COMPASSION

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

**Thursdays 6:30–8 p.m. (Jan 11–Mar 15) **NEW DAY AND TIME****

Facilitator: Annie Basterfield, MSW, RSW

### 👤 MINDFULNESS & POSITIVITY FOR ED, DEPRESSION & ANXIETY

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 6:30–8 p.m. (Jan 11–Mar 15) **NEW TIME****

Facilitator: Leslie McCallum, MSW, RSW, PhD

## WORKSHOPS

Members are limited to one workshop per season.

### 🗓️ 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.

**Thursday, January 11, Thursday, January 18, Thursday, January 25, Thursday, February 1, 9 a.m.–12 p.m. | 4 SESSIONS**

Facilitator: Cynthia Shea, BSW, MSW, RSW