



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - FALL 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.

Fall Registration Sept 4th – Sept 14th, 2018

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

REGISTRATION & CONFIRMATIONS

Registration opens Tuesday, September 4th 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 sheenasplace.org/donate

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

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.

SHEENA'S PLACE CLOSURES: Monday, September 3rd and Monday, October 8th

EVENTS: Annual Expressive Arts Show in Honour of Jennifer Haberman: Wednesday, September 12th from 4:00 – 8:00 pm; 4th Annual Sheena's Camp – September 8th and 9th, 2018

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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 simultaneously surrounding yourself with much needed support.

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

O 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 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: September 19th- November 21st

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, 6:00 – 8:00 pm (please inquire)

Offered: One session

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

SUPPORT GROUPS

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

NEW!!!

SHEENA'S PLACE VAUGHAN SATELLITE GROUP

O ADULT SUPPORT

For those in the Vaughan & surrounding regions who want 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: Tuesdays 6:30 – 8:00 pm

Facilitator: Sara Desroches, MSW, RSW and Sezgi Ozel, OT Reg. (Ont)

Offered: September 18th – November 20th, 2018

Note: This group is offered off-site in Vaughan, at Pierre Berton Resource Library - Ground Floor Room (4921 Rutherford Rd, Woodbridge, ON) and is wheelchair accessible.

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 insights and strategies.

When: Thursdays 6:30 – 8:00 pm

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

When: Mondays 1:00 – 2:30 pm

Facilitators: Sara Robb, MSW, RSW and Corinne Lee, CYC

Note: There will be no Monday group on October 8th.

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: Thursdays 1:00 – 2:30 pm

Facilitators: Sara Robb, MSW, RSW

O Trans, Non-Binary, & Gender Questioning Monthly Support Group - New!

This group offers a safe space for folk to discuss the complexities and interconnectedness of gender identity and body image. Providing a supportive environment to explore topics and share insights/strategies related to navigating the world as a Trans individual with an eating disorder.

When: 3rd Thursday of the month, 6:30 – 8:00 pm

Offered: Thursday, September 20th; Thursday, October 18th;

Thursday, November 15th; Thursday, December 20th, 2018

Facilitator: Zachary Grant, BA, SSW

Note: This space is facilitated by a trans identified individual and is intended for anyone who identifies as part of the broader trans community.

O 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: Mondays 6:30 – 8:00 pm

Offered: September 17th – November 19th, 2018

Facilitator: Kelsey Johnston, MSW, RSW

Note: No group Monday, October 8th

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.

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

O 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 6:00 – 8:00 pm

Facilitator: Debbie Anderson, BA, dTATI, RP

Offered: September 19th – November 21st, 2018

When: Thursdays 1:00 – 3:00 pm

Facilitator: Debbie Anderson, BA, dTATI, RP

Offered: September 20th – November 22nd, 2018

O Exploring Textile Arts- New!

Come and explore the therapeutic value of textile/fabric art activities for those with eating disorders such as knitting, hand sewing, and felting for those of a beginner to intermediate skill level.

When: Tuesdays 1:00 – 3:00 pm

Facilitator: Alexandra Hanania, MA, dTATI (candidate)

Offered: September 18th – November 20th, 2018

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C Art For The Grieving Heart- **New!**

Confronting grief, especially grief associated with eating disorders, can be transformative, as it leads to a better self-understanding, strengthening of character, personal insights and even further hope for the future. Through artmaking we will explore personal griefs due to a range of experiences such as: opportunities not taken, broken relationships, missed life and career goals or negative experiences due to illness.

When: Tuesdays 6:00 – 8:00 pm

Offered: September 18th – November 20th, 2018

Facilitator: Laura Simmons, dTATI

C Art Journaling About Eating Disorders

Each week, 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: Wednesdays 2:30 – 4:30 pm

Offered: September 19th – November 21st, 2018

Facilitator: Debbie Anderson, BA, dTATI, RP

O Art Experimentals: Self, Identity & Acceptance- **New!**

Appreciate your individual strengths and unique identities through art expression, especially the aspects that may get overshadowed by an eating disorder. Explore and enjoy your artistic spirit while understanding the meaning underneath.

When: Mondays, 6:00 – 8:00 pm

Facilitator: Naomi Kates, dTATI, RP

Offered: September 17th – November 19th, 2018

Note: No group on Monday, October 8th

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: Mondays 3:00 – 4:30 pm - **New Day and Time!**

Offered: September 17th – November 19th, 2018

Facilitator: Emma Baril, RYT 400

Note: This group is offered off-site at Roots Yoga Studio, (1073 Yonge St, 3rd floor). Group will still run on Monday, October 8th. *Mats are available for free on site, and please bring water and comfortable clothing.*



C Using DBT's Emotion Regulation To Develop A More Positive Body Image - **New!**

The image we have of our body is closely linked to the emotions we have about our body. By changing one, we can affect the other. In this session, you will learn skills from DBT's Emotion Regulation module, and apply them to help you change and regulate emotions that are linked with body image and other related difficulties. Clients will be encouraged to try the skills at home and bring their experiences to each session.

When: Tuesdays 1:00 – 2:30 pm

Offered: September 25th – November 20th, 2018

Facilitator: Lauren Goldhamer, M.Ed., RP

Note: No group on September 18th

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: Wednesdays from 3:00 – 4:30

Offered: September 19th – November 21st, 2018

Note: Please sign up at the front desk for a computer use period of 30 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: September 21st – November 23rd 16th, 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.

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 create safety, regulate emotions and tolerate distress. We will do this 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: November 5th – December 10th, 2018

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

Note: This is a 6 week group running the second half of the fall season.

C Parenting With An Eating Disorder: Skills & Strategies To Help Mom's Manage - **New!**

This group is designed to help mothers struggling with an eating disorder develop strategies to manage their eating disorder symptoms and parenting role. Trying to recover while taking care of someone else can be very challenging and stigmatizing. This group is meant to help moms connect and will include strategies to help with meal plan support, body image, shame, and other concerns.

When: Wednesdays 6:30 – 8:00 pm

Offered: September 19th – November 21st, 2018

Facilitator: Corinne Lee, CYC

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C 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 manage anxiety and depression, and have opportunities to practice these skills weekly.

When: Mondays 4:30 – 6:00 p.m.

Offered: September 17th – November 26th, 2018

Facilitator: Leslie McCallum, MSW, RSW, PhD candidate

Note: No group on Monday, October 8th or Monday, October 22nd

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 to help minimize binge-eating and the distress that it often causes. Learn new ways of relating to food and yourself.

When: Thursdays 10:00 – 11:30 am

Offered: September 20th – November 8th, 2018

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.

C Healthy Boundaries For Persons Living With Eating Disorders: A Mini-Series

Boundaries are the foundation of healthy relationships. Learn about the different types of boundaries and how to set, reinforce, and maintain them. For example, we'll discuss physical, emotional, social, mental, and spiritual boundaries we all have.

When: Every Thursday in October, 6:00 – 8:00 pm

Offered: Four sessions- Thursday, October 4th; Thursday, October 11th; Thursday, October 18th; and Thursday October 25th, 2018

Facilitator: Anna Portoraro, MA, RP, dTATI

WORKSHOPS

Limited 1 workshop per person.

WS Introduction to Mindfulness - New!

Mindfulness is one of the core elements of dialectical behavioral therapy (DBT), and can be a useful skill in recovery work. This workshop offers an introduction to the "what" and "how" skills of mindfulness and gives participants an opportunity to try some different practices to help manage their eating disorder.

When: Tuesday, October 16th from 6 – 8 pm

Offered: One Session

Facilitator: Ilona Wulfhart, MA, MSW, RSW

WS Bereavement Support- New!

In this workshop, we will share our experiences of losing loved ones to death by suicide, illness, and accidents. Together we will create a respectful and safe environment, where the space can be utilized to discover our own, personal ways of understanding how to live and cope with the death of a loved one. Together, we will bear witness to one another's loss.

When: Thursday, September 13th from 6 – 8 pm

Offered: One session

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

WS Coping With 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 a safe, non-judgmental space for those with eating disorders 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 cope with them.

When: Wednesday, November 14th from 6 – 8pm

Offered: One session

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

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: Friday, November 9th from 6 – 8 pm

Offered: One session

Facilitator: Laura Hartley, BA, MEd

WS Navigating A Brave Body Via Social Media - New!

Together let's feel empowered to navigate the societal pressures of social media, and the impact it has on our body image and self-esteem. Together let's combat filters, posts, and the way we alter our own perception of ourselves and others.

When: Wednesday, September 26th from 6 – 8 pm

Offered: One session

Facilitator: Ali Henderson, BSW, 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 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 relevant articles, news, inspirational quotes, and group & event updates, follow us on twitter @sheenasplace, like us on Facebook facebook.com/sheenasplacetoronto, and follow us on Youtube youtube.com/sheenasplace