



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - WINTER 2019



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.

Winter Registration Begins November 26th, 2018

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

REGISTRATION & CONFIRMATIONS

Registration opens Monday, November 26th 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). 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. Participants are asked to re-register seasonally.
- WS** Workshops are single or multi-day sessions exploring special topics that change 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.
SHEENA'S PLACE CLOSURES: December 24th–26th, 2018, January 1st, 2019, February 18th, 2019
EVENTS: Annual Client Holiday Party: Wed, Dec 12th 2018, from 6:00-8:30pm
Eating Disorder Awareness Week (EDAW) February 1-7, 2019
• Sheena's Place Annual Trivia Fundraiser (details TBA)

Sheena's Place Calendar - WINTER 2019

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

Offered: January 8th – March 26th, 2019

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 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: January 9th – March 13th, 2019

Facilitator: Corinne Lee, CYC

WS Skill Building: Family, Friends, And Partners - NEW!

It takes a village to heal one person, so let's learn how we can support our loved ones! Join us for a collaborative workshop centered on how to better support a family member, friend, or partner with an eating disorder.

When: Monday February 25th, 6:00 – 8:00 pm

Offered: One session

Facilitator: Gulay Kavak, BSW, MSW Candidate

WS Introduction To EFFT For Parents And Caregivers - NEW!

This psychoeducational and skill building workshop will introduce caregivers to the principles and practices of Emotion Focused Family Therapy (EFFT). EFFT supports caregivers to become active agents in their child's healing. Learn to support your child's emotions, improve your relationship and set appropriate boundaries – at any age!

When: Tuesday February 5th, 9:30am -12:00 pm

Offered: One session

Facilitator: Lindi Lazarus, MSW, RSW

SUPPORT GROUPS

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

SHEENA'S PLACE VAUGHAN SATELLITE GROUP

OG 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: Lauren Goldhamer, M.Ed., RP and Naomi Kates, dTATI, RP

Offered: January 8th – March 12th, 2019

Note: This group is offered off-site in Vaughan, at the Dufferin Clark Library meeting room (1441 Clark Ave W, Thornhill, ON L4J 7R4) and is wheelchair accessible. – **New Location!**

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: Mondays 1:00 – 2:30 pm

Offered: January 7th – March 25th, 2019

Facilitator: Kaitlyn Axelrod, MSW, RSW and Corinne Lee, CYC

Note: There will be no group on Monday, February 18th.

When: Thursdays 6:30 – 8:00 pm

Offered: January 10th – March 28th, 2019

Facilitators: Maureen Mahan, RN, BA, MEd (OISE), Taylor Burciul, SSW, BSW, MSW Candidate

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 **New Day & Time!**

Offered: January 8th – March 26th, 2019

Facilitators: Kaitlyn Axelrod, MSW, RSW and Gulay Kavak, BSW, MSW Cand.

When: Thursdays 4:30 – 6:00 pm **New Time!**

Offered: January 10th – March 28th, 2019

Facilitators: Zac Grant, BA, SSW, RSSW

OG LGBTQ Monthly Support Group - NEW!

This group offers a supportive environment for LGBTQ identified folk to give and receive support while discussing the challenges of living with an eating disorder and share insights, strategies, and accomplishments.

When: 2nd Monday of the month, 6:30 – 8:00 pm

Offered: January 14th, February 11th, March 11th, 2019

Facilitator: Zac Grant, BA, SSW, RSSW

OG Trans, Non-Binary, & Gender Questioning Monthly Support Group

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: Thursdays 6:30 – 8:00 pm - **Now Offered Weekly!**

Offered: January 10th – March 14th, 2019

Facilitator: Zac Grant, BA, SSW, RSSW

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

OG 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: Fridays 12:30 – 2:00 pm

Offered: January 11th – March 15th, 2019

Facilitator: Lauren Drouillard, MSW, RSW

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

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: Fridays 1:00 – 2:30 pm - **New Day & Time!**

Offered: January 11th – March 15th, 2019

Facilitator: Kelsey Johnston, MSW, RSW and 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.

Sheena's Place Calendar - WINTER 2019

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

○ Art Experientials: Self, Identity & Acceptance

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

Offered: January 7th – March 11th, 2019

Facilitator: Naomi Kates, dTATI, RP

Note: No group on Monday, February 18th.

○ Textile Arts And Writing - **New!**

This group teaches dry and wet felting techniques to express identity abstractly. Each week, short self-reflective writing will be involved.

When: Tuesdays 12:00 – 2:00 pm

Offered: January 8th – March 12th, 2019

Facilitator: Alexandra Hanania, MA, dTATI (candidate)

Note: Participants must be comfortable working with needles and soapy water.

○ Bereavement Art Therapy - **New!**

In this art therapy group, you will be invited to create art alongside other bereaved individuals. Each week will be based on a different theme, and designed for personal reflection and memorialization of the deceased.

When: Tuesdays 6:00 – 8:00 pm

Offered: January 8th – March 12th, 2019

Facilitator: Laura Simmons, dTATI

○ 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 2:30 – 4:30 pm - **New Day & Time!**

Facilitator: Debbie Anderson, BA, dTATI, RP

When: Wednesdays 6:00 – 8:00 pm

Facilitator: Debbie Anderson, BA, dTATI, RP

Offered: January 9th – March 13th, 2019

Note: No group on Wednesday January 23rd

○ 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: Thursdays 1:00 – 3:00 pm - **New Day & Time!**

Offered: January 10th – March 14th, 2019

Facilitator: Debbie Anderson, BA, dTATI, RP

○ Creative Writing - **New!**

From short story writing to poetry, every week participants are given an opportunity to reflect and express themselves through therapeutic writing. This group is an opportunity to reflect on weekly topics such as: self-care, inner critics, and self-compassion with a Narrative Therapy perspective. Bring your minds and let's write together!

When: Thursdays 6:30 – 8:00 pm

Offered: January 10th – March 14th, 2019

Facilitator: Gulay Kavak, BSW, MSW Candidate

○ Improv For Anxiety - **New!**

In this group you'll play improv exercises and games designed to help with anxiety, get you laughing and having fun, and experiencing the power of play to transform your daily life. No prior experience necessary!

When: Fridays 3:00 – 4:30 pm

Offered: January 11th – March 15th, 2019

Facilitator: Cameron Algie and Kelsey Johnston, MSW, RSW

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.

When: Mondays 3:00 – 4:30 pm

Offered: January 7th – March 11th, 2019

Facilitator: Emma Baril, RYT 400

Note: No group on Monday February 18th. This group is offered off-site at Roots Yoga Studio, (1073 Yonge St, 3rd floor). *Mats are available for free on site, and please bring water and comfortable clothing.*

○ Living In The Body We're In: Taking Action

Using principles from Acceptance and Commitment Therapy (ACT) we will explore, together, ways to practice accepting our thoughts and reactions to our bodies without judgment. Let's 'take action' to reflect on our values and live our lives most aligned to them.

When: Fridays 10:00 – 11:30 am

Offered: January 11th – March 15th, 2019

Facilitator: Lauren Drouillard, MSW, RSW and Corinne Lee, CYC

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 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: January 7th – March 11th, 2019

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

Note: No group on Monday February 18th.

○ 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: January 7th – March 11th, 2019

Facilitator: Leslie McCallum, MSW, RSW, PhD candidate

Note: No group on Monday February 18th.

○ Skills For Developing Assertiveness

Expressing ourselves or saying "no" can feel hard! In this group, we will learn what it means to be assertive, how it differs from passive and aggressive communication, and how to express our opinions in a forward and constructive manner.

When: Mondays 6:30 – 8:00 pm

Offered: January 7th – March 11th, 2019

Facilitator: Sezgi Ozel, OT Reg. (Ont)

Note: No group on Monday February 18th.

C DBT Skill Of The Week - **New!**

Learn and consider how to apply a new DBT skill each week in a classroom environment with room for relating and growth through dialectical behaviours skills applied to eating disorder recovery.

When: Tuesdays 1:00 – 2:30 pm

Offered: January 8th – March 12th, 2019

Facilitator: Cynthia Shea, MSW, RSW

C Coping With Substance Use And Eating Disorders - **New!**

Those experiencing disordered eating are more likely to engage in substance use for a variety of reasons. Explore and reflect on your concurrent substance use and eating disorder patterns and links while learning new skills to manage daily living.

When: Wednesdays 1:00 – 2:30 pm

Offered: January 9th – March 13th, 2019

Facilitator: Taylor Burciul, SSW, BSW, MSW Candidate

Note: This group is intended for those currently experiencing substance use or working through recovery.

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: January 10th – February 28th, 2019

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.

WORKSHOPS

Limited 1 workshop per person.

WS Navigating Physical Changes: Pregnancy & Post-Partum **New!**

This workshop is designed for those struggling with their body and self-esteem during or post pregnancy. Strategies to bolster self-esteem and cope with changes to your body will be discussed and reflected upon while also celebrating your body as a nurturing tool for your child.

When: Thursday January 17th, 1:00 – 3:00pm

Offered: One Session

Facilitator: Taylor Burciul, SSW, BSW, MSW Candidate, RLBD

Note: This workshop is open to all people who have experienced pregnancy-related physical changes and currently struggle with their self-esteem or body image. The birth or pregnancy does not need to be recent. Infants are welcome to join with mother.

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 January 18th, 6:00 – 8:00 pm

Offered: One session

Facilitator: Laura Hartley, BA, MES

WS Knitting And Mindfulness Workshop Series **New!**

This knitting workshop is open to those at any skill level. Each person will work at their own pace and instructions will be provided to beginners. Mindfulness activities will be used at the beginning and end of each group to encourage relaxation.

When: Tuesdays in January 3:30 - 5:00 pm

Offered: 4 sessions: January 8th, 15th, 22nd, and 29th

Facilitator: Alexandra Hanania, MA, dTATI (cand.) and Laura Simmons, dTATI

WS Advocacy 101 **New!**

Advocacy is important, but can be challenging to put into practice. Join us for a three-part workshop centered on building advocacy skills at micro, meso, and macro levels. Our voices are important; let's learn how we can be heard!

When: Wednesdays 4:00 – 6:00 pm

Offered: 3 sessions – February 27th, March 6th, and March 13th, 2019

Facilitator: Gulay Kavak, BSW, MSW Candidate

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

BLOG

Visit Sheena's Shared Stories to explore works created by the SP community: <http://sheenasharedstories.blogspot.com/>.

You can contribute to the blog by sending your work to kmccarthy@sheenasplace.org.

Note: Blog content adheres to Sheena's Place language guidelines.

