



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - SPRING 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.

Spring Registration Begins March 18, 2019

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

REGISTRATION & CONFIRMATIONS

Registration opens Monday, March 18, 2019 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. Participants are asked to re-register seasonally.
- WS** Workshops are single or multi-day sessions exploring special topics that change seasonally.
- R** Recreational groups are special programs that change seasonally.

INFORMATION SESSIONS: We host information sessions for those wanting to learn more about our programs and services. This includes individuals 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.

SHEENA'S PLACE CLOSURES: April 19, 2019, May 20, 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 - 8:00pm

Offered: April 2 - June 18, 2019

Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

Note: There will be no group on Tuesday, April 23, 2019.

SUPPORT GROUPS

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

SHEENA'S PLACE SATELLITE SUPPORT GROUPS

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.

Location #1: Dufferin Clark Library

When: Wednesdays 6:30 - 8:00pm - **New Day!**

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

Offered: April 3 - June 5, 2019

Location: 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.

Location #2: Women's College Hospital

When: Thursdays 1:00 - 2:30pm - **New Time and Location!**

Facilitators: Kaitlyn Axelrod, MSW, RSW and Corinne Lee, CYC, RP

Offered: April 11 - June 20, 2019

Location: This group is offered off-site at Women's College Hospital in room 1441 (76 Grenville St, Toronto, ON), and is wheelchair accessible.

Note: There will be no group on Thursday, April 4, 2019.

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: Wednesdays 6:30 - 8:00pm - **New Day & Time!**

Offered: April 3 - June 19, 2019

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

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 themes specific to this age group, such as living independently, choosing careers, academic pressures and relationship concerns.

When: Tuesdays 6:30 - 8:00pm

Offered: April 2 - June 18, 2019

Facilitators: Kaitlyn Axelrod, MSW, RSW and Sezgi Ozel, OT Reg. (Ont)

Note: There will be no group on Tuesday, April 23, 2019.

When: Thursdays 4:30 - 6:00pm

Offered: April 4 - June 20, 2019

Facilitators: Zac Grant, BA, SSW, RSSW

Trans, Non-Binary, & Gender Questioning Support Group

This group offers a safe space for folks 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 - 8:00pm

Offered: April 4 - June 6, 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.

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 4:30 - 6:00pm - **New Day & Time!**

Offered: April 3 - June 5, 2019

Facilitator: Kelsey Johnston, MSW, RSW and Corinne Lee, CYC, RP

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.

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

Art Studio

Every week participants are led through different art projects using a range of 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 5:00 - 7:00pm - **New Time!**

Offered: April 3 - June 5, 2019

Facilitator: Debbie Anderson, BA, dTATI, RP

Art Journaling For Personal Inspiration - New!

Consider this journaling a form of artful self-discovery. The intention is to explore who you are from the inside out. Not what you look like - the real you! Get inspired to embrace your authentic self.

When: Thursdays 6:00 - 8:00pm

Offered: April 4 - June 6, 2019

Facilitator: Debbie Anderson, BA, dTATI, RP

"The Music Sounds Like I Feel": Exploring Emotions Through Music - New!

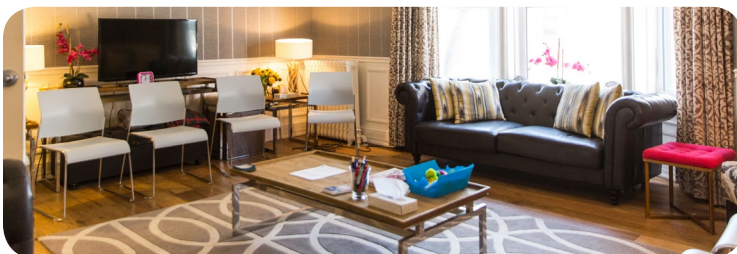
Music is explored as a non-verbal and artistic medium to express emotions, develop creativity, and gain new insights along the recovery journey. No musical experience necessary. Instruments will be provided!

When: Fridays 6:30 - 8:00pm

Offered: April 5 - May 31, 2019

Facilitator: Priya Shah, MMT, MTA, RP (Qualifying)

Note: There will be no group on Friday, April 19 and June 7, 2019.



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

Offered: April 5 - June 7, 2019

Facilitator: Emma Baril, RYT 400

Note: This group is offered off-site at Roots Yoga Studio, (1073 Yonge St, 3rd floor, elevator available). Mats are available for free onsite. Please bring water and comfortable clothing.

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 4:30 - 6:30pm - New Time!

Offered: April 1 - June 3, 2019

Facilitator: Lia Falzon, dTATI, Dip. ATPPP, R.P. and Sonya V. Thursby, dTATI, RP (Qualifying)

Note: There will be no group on Monday May 20, 2019.

● Healthy Boundaries For Those Living With EDs

Boundaries are the foundation of healthy relationships. In this CBT-based series, participants will learn about different types of boundaries and how to set, reinforce, and maintain them.

When: Mondays 6:30 - 8:00pm - New Time!

Offered: April 1 - June 3, 2019

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

Note: There will be no group on Monday May 20, 2019.

● DBT Skill Of The Week

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 4:30 - 6:30pm - New Time!

Offered: April 2 - June 4, 2019

Facilitator: Cynthia Shea, MSW, RSW

Note: There will be no group on Tuesday, April 23, 2019.

● Nutrition 101- New!

Nutrition 101 is about exploring food and nutrition in a holistic manner, and to inspire curiosity about various nutrition topics.

When: Wednesdays 6:30 - 8:00pm

Offered: April 3 - June 5, 2019

Facilitator: Angelina Hui, MPH, RD

Note: This group is recommended for participants who are in later stages of recovery and feel ready to engage in conversations about food and nutrition and their effects on the body. Language guidelines will be adapted to allow for these discussions.

WORKSHOPS

Limited 1 workshop per person.

WS Intro To WEN-DO Women's Self-Defense

Wen-Do Women's Self-Defense will offer a safe space for women of all ages, sizes and abilities to learn simple, effective verbal and physical self-defense techniques.

When: Saturday, May 11, 2019 10:00am - 12:00pm

Offered: One Session

Facilitator: Laura Hartley, BA, MEd

Note: This course is inclusive of all girls and women identified folks including cis, trans, two-spirit and genderqueer women.

WS Intro To Acceptance And Commitment Therapy For Body Image Distress - New!

Do negative thoughts and feelings about your body ever make you feel 'stuck', or perhaps control the things you feel able to do or not do in your life? Instead of using our energy trying to 'stop' these negative thoughts and feelings, the ACT model encourages practicing flexibility. Specifically, learning to be flexible enough to honour our long-term values over our short-term impulses, even when this means experiencing painful thoughts and feelings. Together in this 3-hour workshop, we will explore the ACT model and concept of 'body image flexibility'; practicing skills of mindfulness, acceptance, being present, and exploring our unique values.

When: Saturday May 4, 2019, 12:30 - 3:30pm

Offered: One session

Facilitator: Lauren Drouillard, MSW, RSW

WS Examining Exercise - New!

This workshop is designed for those who identify with exercise compulsion or those interested in examining their relationship with exercise as it relates to body image. Strategies to self-assess this relationship, and tools to navigate physical activity/exercise exploration in safer ways will be examined.

When: Saturday May 4, 2019, 1:00 - 3:00pm

Offered: One Session

Facilitator: Jay Walker (he/him), MC, RP (Qualifying)

WS Kinstugi: The Golden Art Of Renewing What Is Broken - New!

Kinstugi is a Japanese practise and philosophy. Gold is used to mend together broken pottery, highlighting the cracks, adding value to the piece, and celebrating the change and fracture the piece has endured. In this workshop, we will break, mend, and renew pottery as a metaphorical exercise of healing and transformation.

When: Saturdays 1:00 - 3:00pm

Offered: 4 sessions: May 11, May 18, May 25, and June 1, 2019

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

WS Self-Series For Persons Living With EDs - New!

Discover four vital aspects of the self: self-awareness, self-care, self-esteem, and self-acceptance in order to increase self-awareness and improve overall well-being.

When: Saturdays 1:00 - 3:00pm

Offered: 4 sessions: May 11, May 18, May 25, and June 1, 2019

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



WS Men's Mini-Series: Body Image & Masculinity- New!

This psychoeducational and skill-building workshop series will provide space for male-identified folk to unpack and challenge the messages we receive about our bodies. Join us for an opportunity to learn practical strategies to change the way we think about our bodies and develop body-positive ways to practice self-compassion.

When: Saturdays 1:00 - 3:00pm

Offered: 3 sessions: May 18, May 25, and June 1, 2019

Facilitator: Nolan Blodgett, BSc, MSW Candidate

RECREATIONAL PROGRAMS

Through fun, social connection, and community building with others, let's decrease isolation and the stresses of daily living.

R Arts Camp- New!

Do you love art-making? Would you like a day devoted to creative adventure? If you answered yes and yes - this day is for you! Join new friends in an enjoyable and challenging day exploring aspects of living with eating disorders through art-making. Art materials included, no previous experience necessary!

When: Saturday, April 27, 2019, 10:00am - 5:00pm

Offered: One Session

Facilitator: Debbie Anderson, BA, dTATI, RP and Kelsey Johnston, MSW, RSW

R Board Games- New!

Monopoly? Clue? Settlers of Catan? You name it! Join us for an afternoon of board games at The A-Game Café!

When: Friday, May 3, 2019 2:30 - 4:30pm

Offered: One Session

Facilitator: Kaitlyn Axelrod, MSW, RSW, and Kelsey Johnston, MSW, RSW

Note: This program will be off-site at the A-Game Café (797 Dundas Street West). Participants are welcome to meet us at A-Game Café at 2:30pm, or at Sheena's Place at 1:45pm and we will TTC there together. Please note that the A-Game Café does serve food.

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, once per season, for up to 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. Visit: www.sheenasplace.org

SOCIAL MEDIA

Follow us on twitter @sheenasplace, like us on Facebook facebook.com/sheenasplacetoronto, and subscribe to our YouTube channel: youtube.com/sheenasplace

BLOG

Visit Sheena's Shared Stories to explore works created by the SP community: <http://sheenassharedstories.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.

