



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - SUMMER 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.

Summer Registration Begins June 10, 2019

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

REGISTRATION & CONFIRMATIONS

Registration opens Monday, June 10, 2019 at 10 am 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.

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.

EVENTS: 5th Annual Sheena's Camp – September 7 & 8, 2019

SAVE THE DATE: Sheena's Place Annual Art Show in honour of Jennifer Haberman: October 22, 2019; Sheena's Place Community Meeting: Monday July 15, 2019 (all group members welcome, details TBA)

SHEENA'S PLACE CLOSURES: July 1, August 5, and September 2, 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: June 25 - September 10, 2019

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

WS Art Therapy For Caregivers Mini-Series - New!

This art therapy group is designed for caregivers of people living with eating disorders. Using art making as a form of expression, caregivers are invited to explore their fears, anxieties, hopes and insights while making space for self-care.

When: Tuesdays, 6:00 - 8:00 pm

Offered: 4 sessions: July 2, 9, 16, 23, 2019

Facilitator: Laura Simmons (she/her), BFA, DTATI, RP (Qualifying)

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: Wednesdays 6:30 - 8:00 pm

Offered: June 26 - September 11, 2019

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

When: Fridays 10:00 - 11:30 am - **New Day and Time!**

Offered: June 28 - September 13, 2019

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW and Corinne Lee (she/her), CYC, RP

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 3:00 - 4:30 pm - **New Time!**

Offered: June 25 - September 10, 2019

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW and Kelsey Johnston (she/her), MSW, RSW

When: Thursdays 4:30 - 6:00 pm

Offered: June 27 - September 12, 2019

Facilitators: Zac Grant (they/them), BA, SSW, RSSW

O Trans, Non-Binary, & Gender Questioning Support Group

This group offers a safe space for folx 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

Offered: June 27 - August 29, 2019

Facilitator: Zac Grant (they/them), 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.

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: Wednesdays 4:30 - 6:00 pm

Offered: June 26 - August 28, 2019

Facilitator: Nolan Blodgett (they/them), MSW, RSW and Kelsey Johnston (she/her), MSW, RSW

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.

O Men's Support - New!

This group offers a supportive environment for cis and trans male-identified folk to discuss the challenges of living with an eating disorder, share successes, offer insights, and share solutions and strategies.

When: Wednesdays 6:30 - 8:00 pm

Offered: June 26 - August 28, 2019

Facilitator: Nolan Blodgett (they/them), MSW, RSW

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

O 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 5:30 - 7:30 pm - **New Time!**

Offered: June 26 - August 28, 2019

Facilitator: Debbie Anderson (she/her), BA, dTATI, RP

C Art Journaling For Personal Inspiration

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 2:00 - 4:00 pm

Offered: June 27 - August 29, 2019

Facilitator: Debbie Anderson (she/her), BA, dTATI, RP

Note: No group on Thursday July 18, 2019.

O "The Music Sounds Like I Feel": Exploring Emotions Through Music - New Day and Time!

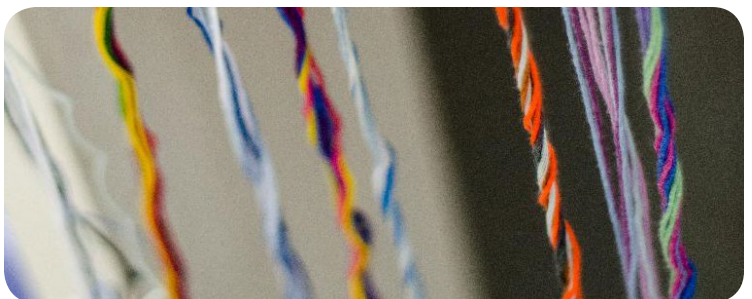
Music is explored as a non-verbal and artistic medium to express emotions, develop creativity, and gain new insights along the recovery journey. No musical experience necessary. Instruments will be provided!

When: Wednesdays, 2:00 - 4:00 pm

Offered: July 10 - August 28, 2019

Facilitator: Priya Shah (she/her), MMT, MTA, RP (Qualifying)

Note: No group on Wednesday June 26 and July 3, 2019.



O Eight in Eight

During this eight week art making group, we will explore eight interesting artists including Basquiat, Matisse and Kusama. Each week we will learn about a particular artist and their style—then we will playfully experiment with art making using that style as inspiration.

When: Mondays, 1:00 – 3:00 pm

Offered: June 24 – August 26, 2019

Facilitator: Sonya V. Thursby (she/her), dTATI, RP (Qualifying)

Note: No group on Monday July 1, and August 5, 2019.

O Flower Power & Mindfulness Art Therapy Mini-Series - New!

This four-part series draws attention to the uniqueness of flowers, using it as a metaphor to encourage self-empowerment and embrace the strength and beauty in diversity. Each week we will either use flowers to create art or create flowers using various art materials to express our uniqueness and explore our personal growth.

When: Fridays, 1:00 – 3:00 pm

Offered: 4 sessions: July 5, 12, 19, & 26, 2019

Facilitator: Alexandra Hanania (she/her), dTATI candidate

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: Fridays 1:00 - 2:30 pm

Offered: June 28 – August 30, 2019

Facilitator: Emma Baril (she/her), 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.

C Examining Exercise - New!

This group 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: Mondays, 10:00 – 11:30 am

Offered: June 24 – August 26, 2019

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

Note: No group on Monday July 1, and August 5, 2019.

SKILL BUILDING GROUPS

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

C Nature and Nurture - New!

Through gardening, planting and appreciating the natural world in Sheena's beautiful outdoor space, learn to care for nature while nurturing yourself.

When: Tuesdays, 10:00 – 11:30 am

Offered: June 25 – August 13, 2019

Facilitator: Laura Simmons (she/her), dTATI, RP (Qualifying)

Note: The Healing Garden will be the primary location for this group.

While we will do our best to protect the confidentiality of our participants, please note that privacy is somewhat limited in our outdoor space. No group on August 20 and August 27.

O DBT Mini-Series

Learn and consider how to apply select DBT skills in a classroom environment. Content will include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills applied to eating disorder recovery.

When: Friday/Mondays, 9:30 am - 12:30 pm

Offered: 4 sessions: Friday August 9, Mondays August 12, 19, 26, 2019

Facilitator: Cynthia Shea (she/her), MSW, RSW

NUTRITION GROUPS

Structured groups with a focus on developing knowledge and skills for nourishing our bodies, and increasing comfort in the kitchen. Please note:

Nutrition groups and workshops are 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 accordingly.

O Grocery Shopping and Meal Preparation - New!

This group will provide a hands-on, skills-based guide to kitchens and meal preparation, giving participants tools to confidently prepare gratifying food. As a group, participants will choose recipes, grocery shop in the community, and prepare meals together to take home.

When: Thursdays, 10:00 am – 12:00 pm

Offered: June 27 – August 29, 2019

Facilitator: Sari Papular (she/her), RNCP and Corinne Lee (she/her), CYC, RP

O Nutritional Mini-Series For Binge Eating - New!

In this three-part series, people struggling with BED or emotional/compulsive eating will gain a better understanding of the neurobiological theories that may be perpetuating this cycle. Participants will be able to identify their own vulnerability factors and challenge their beliefs that are fueling binge eating. Finally, attendees will learn tools to create their own meal plan for days that they identify are high risk for binge eating.

When: Thursday/Mondays, 4:30 – 6:00 pm

Offered: 3 sessions: Thursday June 27, Mondays July 8 and 22, 2019

Facilitator: Susan Osher MSc RD, CEDRD, and Debbie Berlin (she/her), BSW, MSW, RSW

O Gentle Nourishment Mini-Series - New!

In this four-part series, we will embrace gentle nourishment by challenging common myths surrounding nutrition, metabolism, and body size.

When: Tuesdays, 1:30 – 3:00 pm

Offered: 4 sessions: July 9, 16, 23, and 30, 2019

Facilitator: Josée Sovinsky (she/her), RD

WORKSHOPS

Limited 1 workshop per person.

WS A Weighty Issue: Fatphobia 101 - New!

This workshop provides an introduction to fatphobia, sizeism and weight stigma, and the ways in which they impact our self-concept, experiences of embodiment, and our behaviours.

When: Monday August 26, 2019, 5:00 – 8:00 pm

Offered: 1 session

Facilitator: Sookie Bardwell (she/they), MA, OCT and Christine Hsu (she/they), OCT

WS Robust Relationships: Challenging Fatphobia & Sizeism For Heartier Connections - New!

In this introductory workshop, we'll explore the negative impacts of fatphobia and sizeism in our relationships with ourselves, each other, and the society in which we live.

When: Tuesday August 27, 2019, 5:00 – 8:00 pm

Offered: 1 session

Facilitator: Sookie Bardwell (she/they), MA, OCT and Rebecca/Bobby Benson (she/they), MA

WS Freedom From Fatphobia: Body Liberation 101 - New!

In this introductory session, we'll explore body liberation as an approach to challenging- individually and collectively- fatphobia, sizeism and weight stigma.

When: Wednesday August 28, 2019, 5:00 – 8:00 pm

Offered: 1 session

Facilitator: Sookie Bardwell (she/they), MA, OCT and Ronnie Ali (they), RP (Qualifying)

WS What's Colour Got To Do With It? Exploring Racism & Shadeism - New!

This workshop is designed to hold space for those wanting to discuss how racism and shadeism impact our relationships with our bodies, and to share stories of resilience.

When: Monday July 29, 2019, 6:00 – 8:00 pm

Offered: 1 session

Facilitator: Ary Maharaj (he/him), RP (Qualifying)

Note: This workshop is designed for members of the BIPOC community (Black, Indigenous, people of colour).

WS Express Yourself - New!

This workshop will offer the opportunity for participants to experiment with expressing themselves through a mix of creative writing exercises and open writing/creative space. Laura strives to create a warm, supportive and inclusive environment where participants feel encouraged to explore writing as a transformative tool for empowerment and healing.

When: Tuesday July 9, 2019, 6:00 – 8:00 pm

Offered: 1 session

Facilitator: Laura Hartley (she/her), BA, MEd

RECREATIONAL PROGRAMS

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

R Sheena's Camp: A Vacation From ED

Join us at the 5th annual Sheena's Camp: A Vacation From ED. This will be a safe and non-judgmental space for campers 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!

When: Saturday September 7th and Sunday September 8th, both from 1:00 – 8:00 pm

Offered: 1 weekend session

Facilitators: Kaitlyn Axelrod (she/her) MSW, RSW and Kelsey Johnston (she/her), MSW, RSW

Note: Sheena's Camp is held off-site, at Gilda's Club of Greater Toronto (24 Cecil St.). Registration for Sheena's Camp requires a \$10 deposit, which is returned to campers at camp. Folx of all genders are welcome.

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](https://www.facebook.com/sheenasplacetoronto), and subscribe to our YouTube channel: [youtube.com/sheenasplace](https://www.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.

