SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - FALL 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.

FALL Registration Begins September 3, 2019

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

REGISTRATION & CONFIRMATIONS

Registration opens Tuesday, September 3, 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.

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.

EVENTS: 5th Annual Sheena's Camp – September 7 & 8, 2019; Annual Art Show in honour of Jennifer Haberman: Tuesday, October 22, 2019, 5:00 - 8:00pm; Sheena's Place Community Meeting: Friday November 8, 2019, 3:00 - 4:30pm (all group members welcome, details TBA)

SHEENA'S PLACE CLOSURES: Monday, October 14, 2019

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

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about EDs & how to support someone who has an eating disorder, 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: September 17 – December 3, 2019
Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych
Note: No groups on October 1 and 22, 2019.

WS Art Therapy For Caregivers Mini-Series

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: Thursdays 6:00 – 8:00 pm - **New Day and Time!**
Offered: 4 sessions: October 3, 10, 17, 24, 2019
Facilitator: Laura Simmons (she/her), BFA, DTATI, RP

SUPPORT GROUPS

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

SHEENA'S PLACE SATELLITE SUPPORT GROUPS

O Adult Support (Ages 17+)

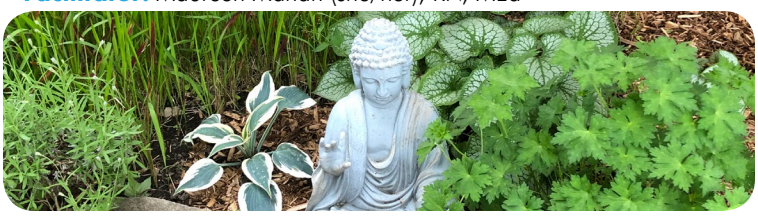
For those wanting to talk about the challenges of living with an eating disorder, share successes, offer insights, and find and inspire hope. This group provides a supportive environment to facilitate discussion and encourage the sharing of solutions and strategies.
When: Thursdays 5:00 - 6:30 pm - **New Day, Time, and Location!**
Offered: September 19 – November 21, 2019
Facilitator: Lauren Goldhamer, M.Ed., RP
Location: This group is offered off-site in Vaughan at "One Open Door" in the Schwartz/Reisman Centre, Suite 242 (9600 Bathurst St., Maple, ON, L6A 3Z8) and is **wheelchair accessible**.

OG When: Fridays 10:00 - 11:30 am - New Location!

Offered: September 20 – December 6, 2019
Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW and Corinne Lee (she/her), CYC, RP
Location: This group is offered off-site at the Miles Nadal Jewish Community Centre, room 317A (750 Spadina Ave, Toronto, ON, M5S 2J2) 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 solutions and strategies.
When: Wednesdays 6:30 - 8:00 pm
Offered: September 18 – December 4, 2019
Facilitator: Maureen Mahan (she/her), RN, MEd



OG 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 themes specific to this age group, such as living independently, choosing careers, academic pressures, and relationship concerns.
When: Tuesdays 3:00 - 4:30 pm
Offered: September 17 – December 3, 2019
Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW
When: Thursdays 4:30 - 6:00 pm
Offered: September 19 – December 5, 2019
Facilitators: Zac Grant (they/them), BA, BSW, SSW, RSSW

O Support For Binge Eating Disorder

A supportive environment for those coping with the challenges of living with binge eating disorder (BED). Through a 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: September 18 – November 20, 2019
Facilitator: Corinne Lee (she/her), CYC, RP 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 experience BED symptoms.

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: September 19 – November 21, 2019
Facilitator: Zac Grant (they/them), BA, BSW, 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.

C Men's Body Image & ED Support

This group offers a supportive environment for cis and trans male-identified folk to discuss topics ranging from body image concerns/pressures, challenges related to eating and/or exercise, and to share successes, insights, and strategies for managing these difficulties.
When: Fridays 4:30 - 6:00 pm - **New Day and Time!**
Offered: September 20 – November 22, 2019
Facilitator: Jay Walker (he/him), RP(Q), MA Counselling Psych

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

C 1st Floor Art Journaling- New!

Explore your inner experience, the world, and disordered eating using markers, pencils, collage and more – in the Sheena's Place living room!
When: Mondays 1:00 - 3:00 pm
Offered: September 16 – November 18, 2019
Facilitator: Debbie Anderson (she/her), BA, dTATI, RP
Note: No group on Monday October 14, 2019.

C Improv For Anxiety

In this group you'll play improv exercises and games designed to help with anxiety, get you laughing, having fun, and experiencing the power of play to transform your daily life. No prior experience necessary!
When: Tuesdays 1:00 - 2:30 pm
Offered: September 17 – November 19, 2019
Facilitator: Cam Algie (he/him) and Kelsey Johnston (she/her), MSW, RSW

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
Offered: September 18 – November 20, 2019
Facilitator: Debbie Anderson (she/her), BA, dTATI, RP

O "The Music Sounds Like I Feel": [Re]Writing Narratives & Exploring Emotions Through Writing & Improvisation - New!
Songwriting is explored as an artistic medium combining music, words, and the imagination to [re]write narratives, foster creativity, and nourish the inner artist. No musical experience necessary. Instruments will be provided!
When: Fridays 6:00 – 8:00 pm
Offered: September 20 – November 22, 2019
Facilitator: Priya Shah (she/her), RP(Q), MMT, MTA, MT-BC
Note: No groups on Friday September 27 and November 8, 2019.

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 gentle movement and meditation, this class offers an opportunity to get curious about being present with your body and your mind. All levels welcome and no prior experience necessary: the instructor will guide you through a 90-minute class designed to awaken and nurture a sense of connection to yourself.
When: Mondays 3:00 - 4:30 pm - **New Day and Time!**
Offered: September 16 – November 18, 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 wear comfortable clothing.

C Sidelining Sizeism: Healing From Fatphobia, Together - New
In this group 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: Mondays 6:30 – 8:00 pm
Offered: September 16 – November 18, 2019
Facilitator: Sookie Bardwell (she/they), MA, OCT
Note: No group on Monday October 14, 2019.

C Examining Exercise & Movement
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: Thursdays 4:30 – 6:00 pm - **New Day and Time!**
Offered: September 19 – November 21, 2019
Facilitator: Jay Walker (he/him), RP(Q), MA Counselling Psych
Note: Language guidelines may be amended in this group to allow for relevant discussion.

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

C DBT Skills
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: Tuesdays 4:00 - 6:00 pm
Offered: September 17 - November 19, 2019
Facilitator: Cynthia Shea (she/her), MSW, RSW
Note: No group on Tuesday October 22, 2019.

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: Wednesdays 10:00 - 11:30 am
Offered: September 18 – November 6, 2019
Facilitator: Deb Berlin, BSW, MSW, RSW
Note: Language guidelines may be amended in this group to allow for more direct discussion relating to particular symptoms.

C 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: September 16 – November 18, 2019
Facilitator: Sezgi Ozel (she/her), OT Reg. (Ont)
Note: No group on October 14, 2019.

C Mindfulness–Based Wellness - New
Participants will learn the basics of mindfulness and will practice guided mindfulness as a group. The relationships between mindfulness practice, stress reduction, and ED recovery will be explored.
When: Wednesdays 1:00 - 2:30 pm
Offered: September 18 – November 20, 2019
Facilitator: Kaitlyn Axelrod (she/her), MSW, RSW and Kelsey Johnston (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.**

C Grocery Shopping And Meal Planning/Preparation For Folks With BED - New!
This group will provide a hands-on, skills-based guide to meal planning, giving clients tools to confidently prepare and share gratifying food.
When: Mondays 4:00 – 6:00 pm
Offered: September 16 – November 18, 2019
Facilitator: Sari Papular (she/her), RNCP and Corinne Lee (she/her), CYC, RP
Note: No group on Monday October 14, 2019. 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 experience BED symptoms.

O Grocery Shopping and Meal Preparation

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: September 19 – November 21, 2019
Facilitator: Sari Papular (she/her), RNCP and Corinne Lee (she/her), CYC, RP

WORKSHOPS

Limit of1workshop per person.

WS Self-Compassion And Needlework: Intro To Embroidery & Mindfulness - New!

This group teaches basic embroidery skills. Embroidery is a craft that takes time and patience, as does healing from our eating disorders. Each week participants will learn to work at a pace that is right for them, and learn new embroidery stitches to add to their hoops. Sessions will begin and end with a mindfulness meditation. Although this group is designed to teach those at a beginner embroidery level, participants at any embroidery level are welcome to join.
When: Fridays 1:00 – 3:00 pm
Offered: 5 sessions: September 20, 27, October 4, 11, and 18, 2019
Facilitator: Alexandra Hanania (she/her), MA, dTATI (Cand.)
Note: Participants must be comfortable working with needles and scissors. This group will take place in the living room on the first floor.

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: Sunday, November 10, 2019, 10:00 am –12:00 pm
Offered: 1 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 #SelfCareSunday: DIY Self-Care Products - New!

This workshop is centered around the concept of self-care; what is self-care and how can we practice it? We will create various body-care products (ie. lotions, bath salts) that participants can use at home to practice their own self-care in small ways.
When: Sunday, November 10, 2019, 1:00 – 3:00 pm
Offered: 1 session
Facilitator: Alexandra Hanania (she/her), MA, dTATI (Cand.) and Laura Simmons (she/her), BFA, DTATI, RP
Note: This session will be hosted in the kitchen. Essential oils, fragrant products, and some food items may be used as materials in this workshop.

RECREATIONAL PROGRAMS

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

R Halloween Hangout: Make Your Own Jack-O'-Lantern!

Are you feeling the Halloween spirit? Join us for a pumpkin carving session, where participants will each make their own spooky, scary or silly jack-o'-lanterns!
When: Thursday October 31, 2019, 1:00 - 2:30 pm
Offered: 1 session
Facilitators: Kelsey Johnston (she/her), MSW, RSW and Sari Papular (she/her), RNCP
Note: Participants should come prepared to handle pumpkin and carving utensils.

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: https://sheenasplace.org/blog/. You can contribute to the blog by sending your work to kmccarthy@sheenasplace.org.
Note: Blog content adheres to Sheena's Place language guidelines.