



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - WINTER 2020



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.

HOLIDAY/WINTER Registration Begins Nov. 25, 2019

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

REGISTRATION & CONFIRMATIONS

Registration opens Monday, November 25, 2019 at 10 am either online at www.sheenasplace.org/register or in person. We are 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 or mini-series (**O** or **C**), one workshop (**WS**), and any ongoing groups (**OG**) or recreational groups (**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. Ongoing group attendance will be capped at approximately 18 people as a result of room capacity.

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:

- Annual Client-Appreciation Holiday Party: Tuesday, December 10, 2019, 6:00 – 8:30pm.
- Eating Disorders Awareness Week, February 1-7, 2020.
- Annual Trivia Fundraiser: Monday, February 3, 2020 (details TBA).
- Sheena's Place Community Meeting: Thursday, February 13, 2020, 3:00 – 4:00 pm (all group members welcome, details TBA)

SHEENA'S PLACE CLOSURES: December 25, 26, 27, 2019, January 1, 2020, February 17, 2020

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: December 17, 2019 – March 24, 2020

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

Note: No groups on December 10, 2019 and January 28, 2020.

SUPPORT GROUPS

Receive support and connect with others facing similar challenges through discussions of lived experience, and by sharing insights and hope.

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.

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

Offered: January 8, 2020 – March 11, 2020

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

Offered: December 13 2019 – March 27, 2020

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 JCC, room 317A (750 Spadina Ave, Toronto, ON, M5S 2J2) and is **wheelchair accessible**.

Note: Several group sessions will be hosted at Sheena's Place: December 13, 20, 2019, January 17, and February 14, 2020. No group on Friday, December 27, 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 solutions and strategies.

When: Wednesdays 6:30 - 8:00 pm

Offered: December 11, 2019 – March 25, 2020

Facilitators: Maureen Mahan (she/her), RN, MEd and Jessi Grigor (she/her), RSSW, MSW Candidate

Note: No groups on Wednesday, December 25, 2019 and Wednesday, January 1, 2020.

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 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 Time!**

Offered: January 7 – March 24, 2020

Facilitator: Corinne Lee (she/her), CYC, RP

Note: No group on Tuesday, January 28, 2020.

When: Thursdays 4:30 - 6:00 pm

Offered: December 12, 2019 – March 26, 2020

Facilitator: Zac Grant (they/them), B.S.W., S.S.W., R.S.S.W.

Note: No group on Thursday, December 26, 2019.

OG 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: January 8 – March 25, 2020

Facilitators: Corinne Lee (she/her), CYC, RP and Theresa Miceli (she/her), BSW, MSW Candidate

When: Thursdays 6:30 - 8:00 pm - **New Day and Time!**

Offered: January 9 – March 26, 2020

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

Note: These groups operate from a health at every size, non-dieting mentality. While no formal BED diagnosis is required, these groups are intended for folks who experience BED symptoms.

OG 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 - 8:00 pm

Offered: December 12, 2019 – March 26, 2020

Facilitator: Zac Grant (they/them), B.S.W., S.S.W., R.S.S.W.

Note: This space is facilitated by a trans identified individual and is intended for anyone who identifies as part of the broader trans community. No group on Thursday, December 26, 2019 and Thursday, February 20, 2020.

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

C Art Journaling For Self Discovery

Use image-making, group discussion, reflective writing and art techniques to explore living with an eating disorder. The result is an external record of some of your inner journey.

When: Mondays 1:00 - 3:00 pm

Offered: January 6 – March 9, 2020

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

Note: No group on Monday, February 17, 2020.

OG 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: January 8 – March 11, 2020

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

C Embroidery & Watercolour - New!

Participants will explore embroidery in a new way by using watercolour painting and needle felting on fabric. This group is better suited for those with some to advanced experience of embroidery stitches, but all levels are welcome to join. Participants will explore different themes and emotions surrounding their eating disorders by using a little bit of poetry, mindfulness, writing, and an exploration of watercolour and textiles.

When: Fridays 1:00pm - 3:00 pm

Offered: January 10 – March 13, 2020

Facilitator: Alexandra Hanania (she/her), MA, DTATI (Cand.)

Note: Participants must be comfortable working with needles. This group will be held in the 1st floor living room.

O "The Music Sounds Like I Feel": Exploring Emotions Through Music

Musical improvisation and songwriting are explored as artistic mediums 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: January 17 – March 6, 2020

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

Note: No sessions January 10 and March 13, 2020.

BODY IMAGE & MOVEMENT 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

Offered: January 6 – March 9, 2020

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. Group will run on February 17, 2019 (Family Day).

C Sideline Sizeism: Healing From Fatphobia, Together

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 6:00 - 8:00 pm

Offered: January 6 – March 16, 2020

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

Note: No group on Monday, February 17, 2020.

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

Offered: January 9 – March 12, 2020

Facilitator: Jay Walker (he/him), RP(Q), MA Counselling Psychology

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 Challenging Perfectionism - New!

Perfectionistic thoughts and behaviours can limit our ability to embrace who we truly are, and what we really want. This group will provide the space to reflect on how perfectionism affects various areas of our lives, while providing practical skills and resources to help silence our inner perfectionist.

When: Wednesdays 10:00 - 11:30 am

Offered: January 8 – March 11, 2019

Facilitators: Theresa Miceli (she/her), BSW, MSW Candidate and Kaitlyn Axelrod (she/her), MSW, RSW

Note: No group on Wednesday, February 19, 2020

C Exploring Self-Care And Self-Compassion - New!

Do you want to learn how to be kinder to yourself and develop strategies that help contribute to mental and emotional well-being? This group will explore the meaning of self-care and self-compassion and provide strategies and tools for how to incorporate both into your daily life.

When: Thursdays 1:00 - 2:30 pm

Offered: January 9 – March 12, 2020

Facilitators: Jessi Grigor (she/her), RSSW, MSW Candidate and Kelsey Johnston (she/her) MSW, RSW

Note: No group on Thursday, February 20, 2020.

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 Meal Planning With BED

This group will provide a hands-on, skills-based guide to meal planning and portioning, giving clients tools to confidently prepare and share gratifying food to take home.

When: Mondays 4:00 - 6:00 pm

Offered: January 6 – March 9, 2020

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

Note: No group on Monday February 17, 2020. 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 Introduction To Cooking And Meal Preparation With Eating Disorders

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: January 9 – March 12, 2020

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

MINI-SERIES

Multi-session workshops on various topics.

C Telling Our Stories - New!

This workshop series is designed for individuals who are considering performing in NEDIC's VoicED.* A space to explore what it means to tell our stories while receiving support and feedback on creative work, with an opportunity to rehearse with the group before the event.

When: Tuesdays 2:30 - 4:30 pm

Offered: 6 sessions: January 7 – February 11, 2020

Facilitators: Zac Grant (they/them) B.S.W., S.S.W., R.S.S.W. and Kelsey Johnston (she/her) MSW, RSW

Note: *VoicED is a community-based performance art event hosted by the National Eating Disorder Information Centre. VoicED is designed to provide a platform for those with lived experience of eating disorders to share their stories creatively (eg. through dance, poetry, story-telling, song, etc.). On Tuesday, February 4th (in the evening), the group will have the opportunity to attend/perform at VoicED together, in lieu of a typical group session.

C Self-Series For Persons Living With EDs

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

When: Mondays 6:00 - 8:00 pm

Offered: 4 sessions: January 13, 20, 27, February 3, 2020

Facilitator: Sezgi Ozel (she/her), OT Reg. (Ont)

C 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: Fridays 9:30 am - 12:30 pm

Offered: 4 sessions: January 10, 17, 24, 31, 2020

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

WORKSHOPS

Limit of 1 workshop per person.

WS Intro to WEN-DO Women's Self-Defence

Come and learn simple and effective verbal and physical self-defence techniques in an inclusive and empowering space. Laura creates a welcoming and supportive atmosphere for participants to step into their own strength and power! This workshop is for womxn of all abilities and is taught from an integrated feminist, anti-racism, anti-oppression framework.

When: Saturday January 25, 2020, 2:00 - 4:00 pm

Offered: 1 session

Facilitator: Laura Hartley, BA, MES

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

WS Athletic Identity, Behaviour, And Body Image - New!

This workshop explores content related to those who may struggle with eating, exercise, or body image concerns from the context of individuals with a current or previous background in participating in athletics. Ways to evaluate whether current behaviours may be supportive of overall well-being, both within sport and/or in other parts of one's life. Specific to this group will be an exploration about individuals' experiences of their identity as it relates to participation in athletics, as well as the adjustments we may make when transitioning into or out of structured athletic participation.

When: Saturday January 25, 2020, 12:00 - 2:00 pm

Offered: 1 session

Facilitator: Jay Walker (he/him), RP(Q), MA Counselling Psychology

WS Exploring Our Values To Build Self-Trust - New!

Expectations; whether external, internal, perceived, or named; can make the act of trusting ourselves increasingly difficult. What 'should' we do? Together in this workshop, we will discuss expectations and their influence, as well as how to navigate ED values vs our own values. Let's explore how to build trust in ourselves so we can best honour our values and needs.

When: Wednesday February 26, 2020, 5:00 - 8:00 pm

Offered: 1 session

Facilitator: Lauren Drouillard (she/her), MSW, RSW

WS Developing A Self-Care Plan - New!

During this workshop we will learn how to identify activities and practices that support our well-being to help sustain positive self-care. We will create individualized self-care plans that focus on multiple areas of our life such as professional, physical, psychological, emotional, spiritual, and relationships. We will also explore steps we can take to put our plan into action.

When: Friday March 6, 2020, 1:00 - 3:00 pm

Offered: 1 session

Facilitators: Jessi Grigor (she/her), RSSW, MSW Candidate and Kaitlyn Axelrod (she/her), MSW, RSW

RECREATIONAL PROGRAMS

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

WS Be Your Own Valentine

Looking for a Valentine's Day activity? Join us for a 2-hour, glitter-filled workshop as we create our own Valentine's Day cards.

When: Friday February 14, 2020, 1:00 pm - 3:00 pm

Offered: 1 session

Facilitators: Theresa Miceli (she/her), BSW, MSW Candidate and Kelsey Johnston (she/her), 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, 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...borrow books for two weeks. We require a \$5 deposit, which will be returned to you when you return the library books.

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, instagram: @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: <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.

