



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - SPRING 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.

SPRING Registration Begins March 16, 2020

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

REGISTRATION & CONFIRMATIONS

Registration opens Monday March 16, 2020 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.

*Note: Recreational groups will not be offered this season.

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 10, 2020, and May 18, 2020

EVENTS: Sheena's Place Expressive Arts Show & Open House in Honour of Jennifer Haberman, Thursday June 11, 2020 (details TBA)

SAVE THE DATE: Sheena's Camp: Saturday & Sunday, August 15 & 16, 2020 (details TBA)

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about EDs and how to support someone who has an eating disorder, while 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

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

WS Eating Disorders 101 - New!

What are eating disorders and why do they develop? Learn about common myths, community resources, and strategies for supporting your loved one in this educational workshop.

When: Saturday April 18, 2020, 10:00 am – 12:00 pm

Offered: 1 session

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

SUPPORT GROUPS

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

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

Facilitators: Maureen Mahan (she/her), RN, MEd and Kelsey Johnston (she/her), MSW, RSW

OG When: Fridays 10:00 – 11:30 am

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

Note: No group on April 10, 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

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

When: Thursdays 4:30 – 6:00 pm

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

Note: No group on June 11, 2020.

O BIPOC Support Group - New!

This group is designed to hold space for those who want to discuss how racism and shadeism impact our relationships with our bodies. We aim to foster a supportive environment where people can feel safe navigating the intersection between identity and their eating disorder experience.

When: Mondays 6:30 – 8:00 pm

Offered: March 30 - June 1, 2020

Facilitator: Ary Maharaj, M.Ed. RP (Qualifying)

Note: When registering, please be mindful that this space is intended for members of the BIPOC community (Black, Indigenous, people of colour). No group on May 18, 2020.

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

Facilitators: Corinne Lee (she/her), CYC, RP and Sookie Bardwell, MA, OCT

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. This group is not suitable for individuals with any other eating disorder diagnosis.

OG Trans, Non-Binary, & Gender Questioning 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

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 June 11, 2020.

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

O Art Studio

Using a variety of materials, participants use art-making to explore their experience of eating disorders, build self-esteem, take risks, and find their creative voice. No art experience necessary!

When: Mondays 1:00 – 3:00 pm

Offered: March 30 – June 1, 2020

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

Note: No group on May 18, 2020.

O Express Yourself! Creative Writing For Self-Expression - New!

This group 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. We will work towards the creation of a group zine to showcase our creative work!

When: Mondays 6:00 – 8:00 pm

Offered: March 30 – June 1, 2020

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

Note: No group on May 18, 2020.

C Transforming Trauma - New!

This is an experiential Expressive Arts Therapy group. Participants will explore a variety of arts modalities and develop a relationship with themselves through the arts that can support them in living a balanced and embodied life after trauma. No previous artistic skill or experience required!

When: Wednesdays 1:30pm – 3:30 pm

Offered: April 1 – June 3, 2020

Facilitator: Michelle Denis (she/her), BFA, RP, ExAT and Veronika Davy B. Mus.Ed., ARCT, ExAT student

Note: No group on May 6, 2020.

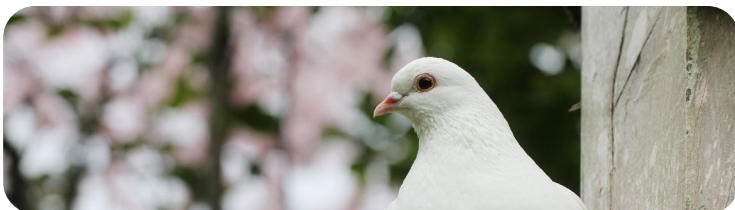
C Art Journaling

Take time to re-view and re-think personal beliefs and underlying behaviours that may be influencing your experience with disordered eating through discussion and art-making. We use markers, watercolour, collage and more.

When: Wednesdays 5:30 – 7:30 pm

Offered: April 1 – June 3, 2020

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



O "The Music Sounds Like I Feel": Expressing 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: Wednesdays 10:00 am – 12:00 pm

Offered: April 1 – June 3, 2020

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

Note: No group on May 6, 2020.

BODY IMAGE & MOVEMENT GROUPS

Through discussion and/or gentle movements, learn skills to reconnect with your body.

O Gentle 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 is necessary.

When: Mondays 3:00 – 4:30 pm

Offered: March 30 – June 1, 2020

Facilitator: Emma Baril (she/her), RYT

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 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: April 9 – June 4, 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. No group on April 2, 2020.

SKILL BUILDING GROUPS

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

C Navigating Recovery: Creating A Path That Works For You - New!

Each week, this group will explore a variety of strategies to support recovery and consolidate the changes that group members have made. The intention of the group is to draw on the wisdom of lived experience along with facilitator provided skill building offerings. We will work together to explore a variety of coping strategies and stress reduction techniques while encouraging peer support and acknowledgment for all the work that group members have done to make desired changes.

When: Mondays 6:30 – 8:00 pm

Offered: April 6 – June 1, 2020

Facilitators: Maureen Mahan (she/her), RN, MEd and Sezgi Ozel, (she/her), OT Reg. (Ont.)

Note: No group on March 30 and May 18, 2020.

C DBT

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

When: Fridays 10:00 am – 12:00 pm

Offered: April 3 – June 5, 2020

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

Note: No group on April 10, 2020.

C CBT - New!

Learn Cognitive Behavioural Therapy strategies aimed at further understanding and targeting areas that may maintain an eating disorder. This group will include interactive learning and problem solving.

When: Fridays 12:30 – 2:00 pm

Offered: April 3 – June 5, 2020

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

Note: No group on April 10, 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 And Preparation With Binge Eating Disorder

Hands-on, skills-based guide to meal planning for clients with BED. Giving clients tools to confidently prepare and share gratifying food.

When: Mondays 4:00 – 6:00 pm

Offered: March 30 – June 1, 2020

Facilitators: Sari Papular (she/her), RNCP and Corinne Lee (she/her), 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 experience BED symptoms. This group is not suitable for individuals with any other eating disorder diagnosis. No group on Monday May 18, 2020.

C Introduction To Meal Preparation And Grocery Shopping

This group will provide a hands-on, skills-based guide to kitchens and meal preparation, giving participants tools to confidently prepare gratifying food.

When: Thursdays 10:00 am – 12:00 pm

Offered: April 2 – June 4, 2020

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

Note: This group is only suitable for individuals who are in recovery.



MINI-SERIES

Multi-session workshops on various topics.
Limit of 1 mini-series per person.

C Body Buddies: Building A Body-Liberation-Centred Movement Practice - **New!**

Movement does a body good. Unfortunately it's often difficult to engage in a movement practice without encountering fatphobia, sizeism or weight stigma, given that many movement environments centre weight change as the primary desired outcome of exercise. In this workshop we'll explore an alternative, body-liberation-centred approach to movement which prioritizes joy, functionality and empowerment in order to support wellbeing.

When: Thursdays 6:30 – 8:00 pm

Offered: April 2 – April 30, 2020

Facilitators: Sookie Bardwell, MA, OCT and Christine Hsu, OCT

Note: This group will include both discussion and gentle movement practice. Please wear comfortable clothing.

C Sizeable Shifts: Navigating Weight Stigma In Life's Weightiest Moments - **New!**

Change is one of life's constants. Together we'll explore how we can navigate change in a way that centers Body Liberation and helps us avoid body-negativity and weight during life's most monumental moments so we can focus on navigating change like champions!

When: Thursdays 6:00 – 8:00 pm

Offered: May 7 – June 4, 2020

Facilitator: Sookie Bardwell, MA, OCT

WORKSHOPS

Limit of 1 workshop per person.

WS Drumming For Strength

Join Laura for an empowering workshop to explore self-expression through samba-inspired drumming. No musical experience necessary! This workshop will create a fun and supportive space 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: Saturday April 18, 2020, 1:00 – 3:00 pm

Offered: 1 session

Facilitator: Laura Hartley, BA, MES

WS Mindfulness Basics - **New!**

Curious about what mindfulness is and how it can help support mental health and well-being? In this workshop, participants will learn the basics and practice guided mindfulness together. No experience required!

When: Tuesday May 5, 2020, 1:00 pm – 3:00 pm

Offered: 1 session

Facilitator: Kaitlyn Axelrod (she/her), MSW, RSW

WS Intro To Weaving And Mindfulness - **New!**

This workshop will emphasize mindfulness and self-reflection. Participants will begin and end group with a mindfulness meditation, and learn how to weave on a table top loom. This workshop is designed to teach basic weaving for those with no previous experience. However, participants with any weaving experience are welcome to join.

When: Tuesday May 19, 2020, 1:00 am – 3:00 pm or Tuesday, May 26, 2020 1:00 – 3:00pm

Offered: 1 session

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

WS #SelfCareSunday

This workshop is centered around the discussion of self-care; what is self-care and how can we practice self-care? We will create various body-care products (eg. lotions, bath bombs) that participants can use at home and practice their own self-care in small ways.

When: Sunday May 31, 2020, 10:00 am – 12:00 pm or 1:30 – 3:30 pm

Offered: 1 session

Facilitators: Alexandra Hanania (she/her), MA, DTATI (Cand.), RP (Q). and Kelsey Johnston (she/her), MSW, RSW

Note: While we will not be using any added fragrances (such as essential oils or synthetic fragrances), the ingredients that may be used might contain natural scents. Parts of this workshop will be hosted in the kitchen – food products may be used as ingredients.

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 AGO'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 and related subjects. 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. Visit: www.sheenasplace.org

SOCIAL MEDIA

You can find us on Instagram @sheenasplace, on Twitter @sheenasplace, like us on Facebook [facebook.com/sheenasplacesupport](https://www.facebook.com/sheenasplacesupport), 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.

