SUMMER Registration Begins June 15, 2020

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

ONLINE GROUPS
All groups will be hosted online during the summer 2020 season; however, some groups may be transferred back to the house, circumstances allowing. In order to participate in online groups, participants will need the following:

- A confidential space (i.e. a private room where no one else can see or hear the group)
- High speed internet access
- Access to a computer, tablet, or smartphone
- A mic (built in or external)
- A webcam (built in or external)

Please contact Sheena’s Place if you would like to participate in groups but do not have access to the required equipment.

REGISTRATION & CONFIRMATIONS
Registration opens Monday June 15, 2020 at 10 am online at www.sheenasplace.org. In-person registration is not available this season, however, staff will be available by phone at 416-927-8900 to answer questions. Please note that we are unable to take registrations via email or over the phone. Participants are welcome to register for up to 2 groups during the summer 2020 season. 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 www.sheenasplace.org/support-sheenas-place/.

UNDERSTANDING GROUP CODES
- Open groups are seasonal. Clients can register anytime during the season, space allowing.
- 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.

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:
July 1, August 3, and September 7, 2020. Group sessions will not run on these dates.
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.

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 23 – September 20, 2020
Facilitators: Margaret Powell, BSc.OT (Reg), MEd, Psych and Samantha Watt (she/her), MSW Student

SUPPORT GROUPS
Connect with others facing similar challenges through the sharing of experiences and support.

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 24 – September 9, 2020
Facilitators: Maureen Mahan (she/her), RN, MEd and Kelsey Johnston (she/her), MSW, RSW
When: Fridays, 10:00 – 11:30 am
Offered: June 26 – September 11, 2020
Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW and Samantha Watt (she/her), MSW Student

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: Wednesdays, 4:30 – 6:00 pm
Offered: June 24 – September 9, 2020
Facilitators: Zac Grant (they/them), B.S.W., S.S.W., R.S.S.W. and Victoria Freeman (she/her) M.S.W., R.S.W.

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: Tuesdays, 6:30 – 8:00 pm
Offered: June 23 – August 25, 2020
Facilitators: Arv Maharaj (he/him), MEd., RP (Qualifying) and Alexandra Hanania (she/her), MA, DTATI (Cand.), RP (Qualifying)
Note: When registering, please be mindful that this space is intended for members of the BIPOC community (Black, Indigenous, people of colour).

EXPRESSIVE ARTS GROUPS
Express yourself using a variety of art forms.

From Isolation To Connection Through The Arts - New!
Reconnecting with ourselves and others through the arts can be incredibly nourishing. The arts offer us the opportunity to explore, shape, and reshape our experiences through this time. Using whatever materials are available in your space, and a variety of modalities (visual art, writing, movement, music, installation art), we will practice creativity as self-care; finding connection and meaning through art making in community. No previous artistic experience required.
When: Tuesdays, 1:00 – 3:00 pm
Offered: June 23 – August 4, 2020
Facilitators: Michelle Denis (she/her), BFA, RP, ExAT and Veronika Davy (she/they), B. Mus.Ed., ARCT, ExAT student

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. No previous artistic experience necessary!
When: Mondays, 3:30 – 5:30 pm
Offered: June 22 – August 24, 2020
Facilitators: Debbie Anderson (she/her), BA, dTATI, RP and Sonya V. Thursby (she/her), dTATI, RP
Note: Participants will be asked to provide their own basic art supplies.

“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. If you have an instrument feel free to bring it; if not, household items are also welcome!
When: Wednesdays, 10:00 am – 12:00 pm
Offered: June 24 – August 26, 2020
Facilitators: Priya Shah (she/her), RP(Q), MTA, MMT and Debbie Anderson (she/her), BA, dTATI, RP
### BODY IMAGE & MOVEMENT GROUPS
Through discussion, education, and/or gentle movements, learn skills to reconnect with your body.

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<td><strong>G Gentle Yoga</strong></td>
<td>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. <strong>When:</strong> Tuesdays, 10:00 – 11:00 am <strong>Offered:</strong> June 23 – August 25, 2020 <strong>Facilitators:</strong> Emma Baril (she/her), RYT and Kelsey Johnston (she/her), MSW, RSW <strong>Note:</strong> This group will include gentle movement practice. Please wear comfortable clothing and come prepared with your choice of pillows, blankets and/or a chair to help make your practice more comfortable.</td>
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<td><strong>C Examining Exercise &amp; Movement</strong></td>
<td>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. <strong>When:</strong> Thursdays, 1:00 – 2:30 pm <strong>Offered:</strong> June 25 – August 27, 2020 <strong>Facilitators:</strong> Jay Walker (he/him), RP, MA Counselling Psychology and Kaitlyn Axelrod (she/her), MSW, RSW <strong>Note:</strong> Language guidelines may be amended in this group to allow for relevant discussion.</td>
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<td><strong>C Body Buddies Movement Group: Building A Body-Liberation-Centred Movement Practice – New!</strong></td>
<td>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 group we’ll explore an alternative, body-liberation-centred approach to movement which prioritizes joy, functionality and empowerment in order to support well being. <strong>When:</strong> Tuesdays, 5:30 – 6:30 pm <strong>Offered:</strong> June 23 – August 25, 2020 <strong>Facilitators:</strong> Sookie Bardwell (she/they), MA, OCT and Christine Hsu (she/they), OCT <strong>Note:</strong> This group will include both discussion and gentle movement practice. Please wear comfortable clothing and come prepared with your choice of pillows, blankets and/or a chair to help make your practice more comfortable. If additional items are needed, participants will be notified in advance.</td>
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### SKILL BUILDING GROUPS
Structured groups with a focus on learning new skills for coping, reducing harm and creating change.

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<td><strong>C Navigating Recovery: Creating A Path That Works For You - New!</strong></td>
<td>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. <strong>When:</strong> Tuesdays, 4:30 – 6:00 pm <strong>Offered:</strong> June 23 – August 25, 2020 <strong>Facilitators:</strong> Maureen Mahan (she/her), RN, MEd and Sezgi Ozel, (she/her), OT Reg. (Ont.) <strong>Note:</strong> This groups is designed for participants that consider themselves to be in recovery.</td>
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<td><strong>C DBT Skills</strong></td>
<td>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. <strong>When:</strong> Wednesdays, 9:30 am – 11:00 am <strong>Offered:</strong> June 24 – August 26, 2020 <strong>Facilitators:</strong> Cynthia Shea (she/her), MSW, RSW and Kaitlyn Axelrod (she/her), MSW, RSW <strong>OR</strong> <strong>When:</strong> Wednesdays, 11:30 am – 1:00 pm <strong>Offered:</strong> June 24 – August 26, 2020 <strong>Facilitators:</strong> Cynthia Shea (she/her), MSW, RSW, Kelsey Johnston (she/her), MSW, RSW and Samantha Watt (she/her), MSW Student</td>
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Sheena’s Place Calendar - SUMMER 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 Introduction To Meal Preparation And Grocery Shopping**
This group will provide a skills-based guide to kitchens and meal preparation, and will include cooking demonstrations, giving participants tools to confidently prepare gratifying food.

*When:* Thursdays, 10:30 am – 12:00 pm
*Offered:* June 25 – August 27, 2020
*Facilitators:* Sari Popular (she/her), RNCP and Kaitlyn Axelrod (she/her), MSW, RSW

**C Nutritional Mini-Series for Binge Eating**
In this four-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 be provided with tools that can be applied to meal planning and coping with binge eating.

*When:* Tuesdays, 11:30 am – 1:00 pm
*Offered:* July 7– 28, 2020 (4 sessions)
*Facilitators:* Susan Osher MSc RD, CEDRD, and Kelsey Johnston (she/her), MSW, RSW

WORKSHOPS
Follow us on social media for updates on upcoming virtual workshops and webinars!

Twitter: @sheenasplace
Facebook: facebook.com/sheenasplacesupport
Instagram: @sheenasplace
YouTube: youtube.com/sheenasplace

OTHER SERVICES

WEBSITE
Our informational website provides an overview of our support services as well as information about eating disorders. Visit www.sheenasplace.org.

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. Posts can be shared on our website anonymously.

Note: Blog content adheres to Sheena’s Place language guidelines.