



SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - SUMMER 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.

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

O Open groups are seasonal. Clients can register anytime during the 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.

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 8, 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: Ary 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).

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 25 – September 10, 2020

Facilitators: Zac Grant (they/them), B.S.W., S.S.W., R.S.S.W. and Sookie Bardwell (she/they), MA, OCT

Note: This space is facilitated by folx who identify as non-binary and trans, and is intended for anyone who identifies as part of the broader trans community.

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 art 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.

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: Tuesdays, 10:00 – 11:00 am

Offered: June 23 – August 25, 2020

Facilitators: Emma Baril (she/her), RYT and Kelsey Johnston (she/her), MSW, RSW

Note: 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.

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, 1:00 – 2:30 pm

Offered: June 25 – August 27, 2020

Facilitators: Jay Walker (he/him), RP, MA Counselling Psychology and Kaitlyn Axelrod (she/her), MSW, RSW

Note: Language guidelines may be amended in this group to allow for relevant discussion.

C Body Buddies Movement Group: 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 group we'll explore an alternative, body-liberation-centred approach to movement which prioritizes joy, functionality and empowerment in order to support well being.

When: Tuesdays, 5:30 – 6:30 pm

Offered: June 23 – August 25, 2020

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

Note: 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.

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: Tuesdays, 4:30 – 6:00 pm

Offered: June 23 – August 25, 2020

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

Note: This groups is designed for participants that consider themselves to be in recovery.

C DBT Skills

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: Wednesdays, 9:30 am – 11:00 am

Offered: June 24 – August 26, 2020

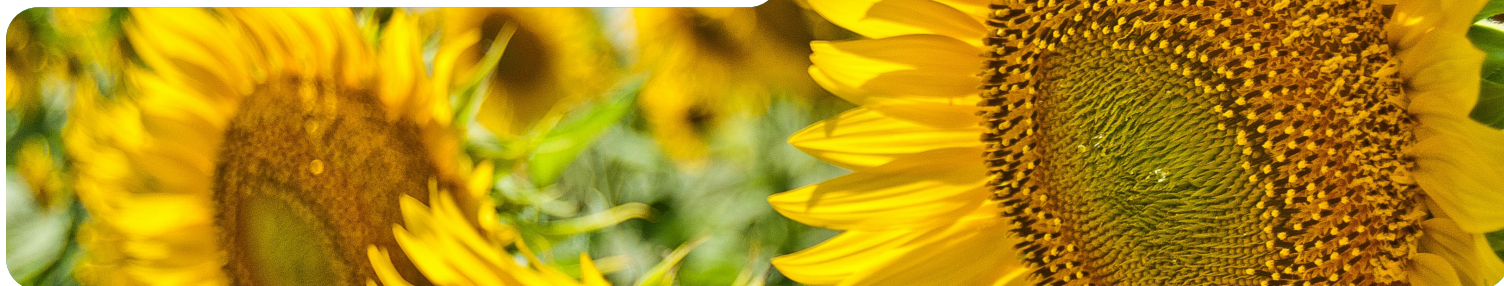
Facilitators: Cynthia Shea (she/her), MSW, RSW and Kaitlyn Axelrod (she/her), MSW, RSW

OR

When: Wednesdays, 11:30 am – 1:00 pm

Offered: June 24 – August 26, 2020

Facilitators: Cynthia Shea (she/her), MSW, RSW, Kelsey Johnston (she/her), MSW, RSW and Samantha Watt (she/her), MSW Student



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 Papular (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](https://twitter.com/sheenasplace)

Facebook: facebook.com/sheenasplacesupport

Instagram: [@sheenasplace](https://www.instagram.com/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.

