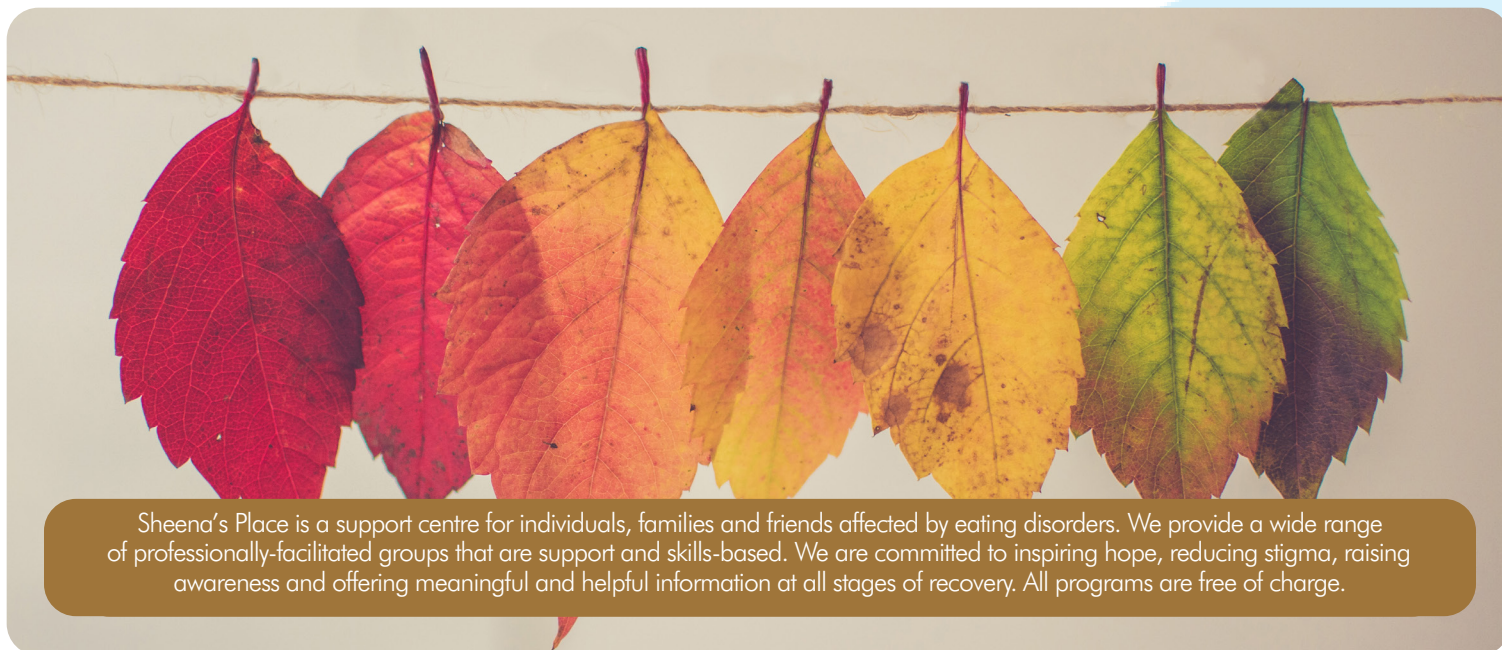




SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - FALL 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 are free of charge.

FALL Registration Begins August 31, 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 fall 2020 season, unless otherwise specified in the program calendar.

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 August 31, 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 may register for a maximum of 2 groups during the fall 2020 season. Anyone who registers for more than 2 groups will be automatically removed from additional groups.** 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 or ongoing. Participants 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:

September 7, October 12, December 25, 2020, January 1, 2021. **Group sessions will not run on these dates.**

87 Spadina Rd., Toronto, ON M5R 2T1 ☎ Tel: 416.927.8900 🌐 www.sheenasplace.org 📄 Charitable BN: 89878 8948 RR0001

🐦 @sheenasplace 📘 facebook.com/sheenasplacesupport 📺 youtube.com/sheenasplace 📷 @sheenasplace

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about eating disorders and how to support someone who has one, 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: September 15 – December 29, 2020

Facilitators: Margaret Powell, BSc.OT (Reg), MEd, BNC, and Kaitlyn Axelrod (she/her), MSW, RSW

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: Mondays, 10:00 – 11:30 am

Offered: September 14 – December 28, 2020

Location: Sheena's Place (87 Spadina Rd., Toronto, ON)

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

When: Wednesdays, 6:30 – 8:00 pm

Offered: September 16 – December 30, 2020

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

When: Fridays, 10:00 – 11:30 am

Offered: September 18 – December 18, 2020

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

○ 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: Mondays, 6:30 – 8:00 pm

Offered: September 14 – December 28, 2020

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

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

○ BIPOC SUPPORT GROUP

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: September 15 – December 29, 2020

Facilitators: Ary Maharaj (he/him), M.Ed., RP (Qualifying) & 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, and people of colour).

○ 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: September 16 – December 30, 2020

Facilitators: Zac Grant (they/them), BSW, SSW, RSSW & Victoria Freeman (she/her) MSW, RSW.

○ 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

Offered: September 17 – December 31, 2020

Facilitators: Zac Grant (they/them), BSW, SSW, RSSW, & Sookie Bardwell (she/they), MA, OCT

Note: This space is facilitated by folk 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.

○ 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, 3:00 – 5:00 pm

Offered: September 14 – November 16, 2020

Facilitators: Debbie Anderson (she/her), BA, dTATI, RP & Alexandra Hanania (she/her), MA, DTATI (Cand.), RP (Qualifying).

Note: Participants will be asked to provide their own basic art supplies.

C FROM ISOLATION TO CONNECTION THROUGH THE ARTS

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: September 15 – November 17, 2020

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

Note: Participants will be asked to provide their own basic art supplies.

O ARTFUL SELF-DISCOVERY IN YOUR ED WORLD – New!

Using art-making ideas, we'll explore your feelings, inner experience and things you believe to be true about living with an eating disorder. No previous art experience needed!

When: Thursdays, 3:00 – 5:00 pm

Offered: September 17 – November 19, 2020

Location: Sheena's Place (87 Spadina Rd., Toronto, ON)

Facilitator: 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. Starting with an hour of gentle movement, we'll spend the last 30 minutes on a more restorative practice, settling into longer-held poses. For folks who would rather only practice gentle movement, there will be an option to wave goodbye as the first hour of practice draws to a close. All levels are welcome and no prior experience is necessary.

When: Tuesdays, 10:00 – 11:30 am

Offered: September 15 – November 17, 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 BODY BUDDIES MOVEMENT GROUP: BUILDING A BODY-LIBERATION-CENTRED MOVEMENT PRACTICE

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 wellbeing.

When: Wednesdays, 6:30 – 8:00 pm

Offered: September 16 – November 18, 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.

O 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: September 17 – November 19, 2020

Facilitators: Jay Walker (he/him), RP, MA Counselling Psychology & Christine Hsu (she/they), OCT

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 SKILLS FOR DEVELOPING ASSERTIVENESS

Expressing ourselves or saying "no" can be 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, 6:00 – 7:30 pm

Offered: September 14 – November 16, 2020

Facilitators: Sezgi Ozel, (she/her), OT Reg. (Ont.) & Sari Papular (she/her), RNCP



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: Thursdays, 10:00 – 11:30 am

OR

When: Thursdays, 12:00 – 1:30 pm

Offered: September 17 - November 19, 2020

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

C EMOTION REGULATION SUPPORT FOR BARIATRIC PATIENTS – New!

This group is designed for individuals who are pre or post bariatric surgery and want to work on managing overwhelming emotions that may lead to eating disorder symptoms. The group will discuss our experiences with a variety of topics, including body image, relationships, and shame. We'll support one another and learn about emotion regulation strategies drawn from Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

When: Fridays, 1:00 – 2:30 pm

Offered: September 18 - November 20, 2020

Facilitators: Samantha Watt (she/her), MSW Student & 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 GENTLE NOURISHMENT MINI-SERIES

In this four-part series, we will embrace gentle nourishment by challenging common myths surrounding nutrition, metabolism, and body size.

When: Wednesdays, 10:00 – 11:30 am

Offered: October 14 – November 4, 2020 (4 sessions)

Facilitators: Josée Sovinsky (she/her), RD & Sari Papular (she/her), RNCP

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: September 17 – November 19, 2020

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

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

C MEAL PLANNING AND PREPARATION WITH BINGE EATING DISORDER

This group will provide a skills-based guide to meal preparation, planning, and nutrition for participants with BED, giving participants tools to confidently prepare and share gratifying food.

When: Fridays, 10:00 – 11:30 am

Offered: September 18 – November 20, 2020

Facilitators: Sari Papular (she/her), RNCP & 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.

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.

