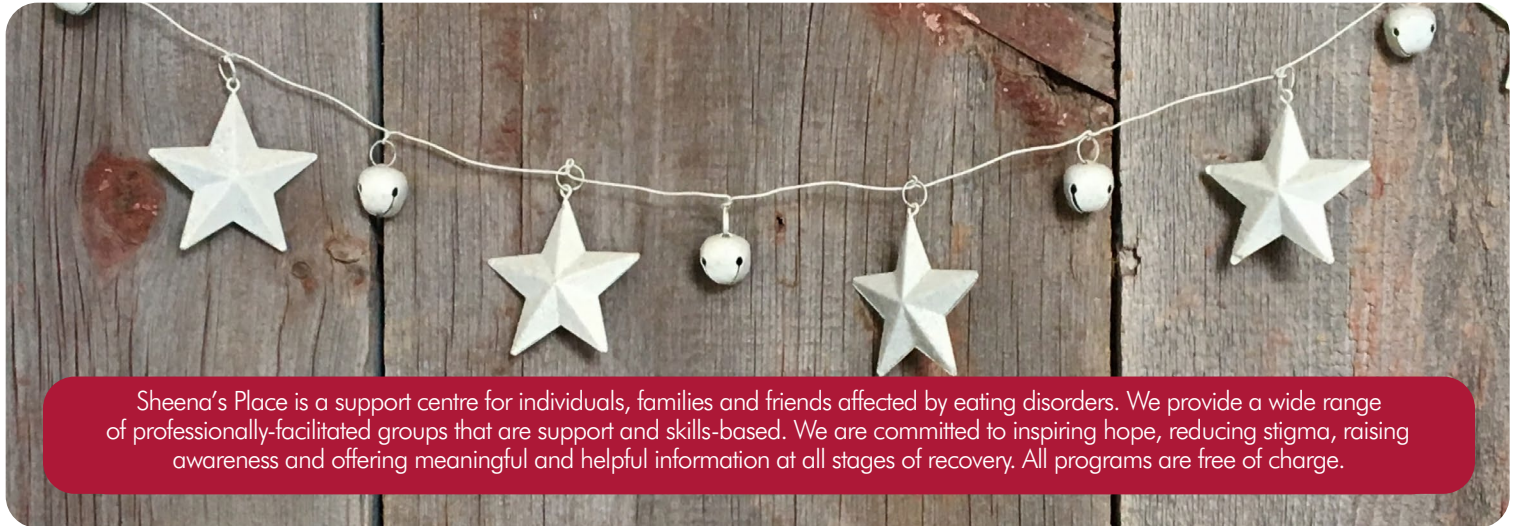




SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - DECEMBER 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.

December Registration Begins November 23, 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 December 2020 season.

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. For more information on accessibility at Sheena's Place, please visit our website.

REGISTRATION & CONFIRMATIONS

Registration opens **Monday, November 23, 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 1 program during the December 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 ongoing government funding. We rely on donations 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

D Drop-in groups are seasonal or ongoing. Participants must register, and can do so at any time during the season. Drop-in group sessions operate on a first-come-first-served basis, up to a pre-determined number of participants per session. There are no waitlists for drop-in groups.

O Open groups are seasonal or ongoing (each week, throughout the year). Participants can register at any time during the season, space allowing.

C Closed groups are seasonal. Registration is unavailable following the second session. Participants who miss the first 2 sessions are removed from the group so that waitlisted individuals can be invited to join. To ensure a trusting and comfortable group dynamic, no one joins a closed group following the third session.

WS Workshops are single sessions exploring special topics 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 staff member can be booked by calling (416) 927-8900.

SHEENA'S PLACE CLOSURES:

December 25 and 28, 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

DECEMBER PROGRAMS

Recreational, psychoeducational, art-based, skill-building, and support programs designed to provide a space to seek support and to discuss coping with the challenges that the winter and holiday seasons can bring for those with lived experience of eating disorders. Participants may register for 1 December program, in addition to any support groups that they are currently registered for.

C SELF-DISCOVERY COLLAGE CARDS MINI-SERIES

Each week we'll make two cards that will evolve as you build them and become themed cards. You will be led through a process of discovering what messaging the images might indicate. The result will be a set of 6 cards that can be used as a tool of self discovery.

When: Mondays, 3:00 – 5:00 pm

Offered: December 7 – 21, 2020 (3 sessions)

Facilitators: Debbie Uttama Anderson (she/her), dTATI, RP & Alexandra Hanania (she/her) MA, dTATI (Cand.), RP(Q)

Note: Participants will be asked to provide their own basic art supplies including: magazines, scissors, and a glue stick.

O HOLIDAY ART MINI-SERIES

Join Debbie and Alexandra each week during the holidays for a fresh art idea and some sharing about how you're managing with eating-disordered living during a food-centric holiday season.

When: Tuesdays, 10:00 am – 12:00 pm

Offered: December 8 – 29, 2020 (4 sessions)

Facilitators: Debbie Uttama Anderson (she/her), dTATI, RP & Alexandra Hanania (she/her) MA, dTATI (Cand.), RP(Q)

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

C LET'S GET CRITICAL: A BODY LIBERATION-CENTERED WATCH PARTY!

With all of our lives increasingly lived through a screen these days, media is even more central to the way in which we experience the world. Unfortunately, this means that our exposure to weight stigma rooted in healthism and diet culture has also increased, since these are common themes across a wide range of media. This four-part workshop mini-series combines a Body Liberation-centred "movie party", where we'll spend time each week watching and analyzing a wide range of shorter and longer media texts together. The group will discuss these videos, shows and films (aimed at analyzing them through a critical lens) in order to collectively build a toolkit of skills to support safer watching for everyBODY.

When: Wednesdays, 5:00 – 8:00 pm

Offered: Wednesday December 9 – 30, 2020 (4 sessions)

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





WS DISTRESS TOLERANCE FOR THE HOLIDAY SEASON

Seasonal distress may be upon you. Learn, review, or refresh Dialectical Behaviour Therapy (DBT) skills that may allow for continued desired shifts over this time.

When: Thursday, December 10, 2020, 9:30 – 11:30 am (1 session)

Facilitators: Cynthia Shea (she/her), BSW, MSW, RSW & Corinne Lee (she/her), CYC, RP

O HOLIDAY SUPPORT MINI-SERIES

Join us for supportive group-based discussions about navigating the challenges of living with an eating disorder. Navigating the holidays is an optional area of focus, and participants will have the opportunity to raise additional themes for group discussion.

When: Thursdays, 10:00 – 11:30 am

Offered: December 10 - 31, 2020 (4 sessions)

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

WS EXPRESS YOURSELF! CREATIVE WRITING WORKSHOP

This workshop 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.

When: Thursday, December 10, 2020, 6:00 – 8:00 pm (1 session)

Facilitators: Laura Hartley (she/her), BA, MES & Kaitlyn Axelrod (she/her), MSW, RSW

WS NUTRITION WORKSHOP: NAVIGATING THE HOLIDAY SEASON WITH AN EATING DISORDER

In this workshop, participants will have the opportunity to learn skills for navigating the holidays with an eating disorder, and facilitators will demonstrate how to bake a seasonal dish, giving participants mindfulness tools to confidently prepare and share gratifying food this holiday season.

When: Friday, December 11, 2020, 10:00 am – 12:00 pm (1 session) OR Friday, December 18, 2020 12:00 pm – 2:00 pm (1 session)

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

WS INTERPERSONAL EFFECTIVENESS FOR THE HOLIDAY SEASON

Learn, review, or refresh Dialectical Behaviour Therapy (DBT) skills to build and maintain relationships throughout the holiday season.

When: Thursday, December 17, 2020, 6:00 – 8:00 pm (1 session)

Facilitators: Cynthia Shea (she/her), BSW, MSW, RSW & Kelsey Johnston (she/her), MSW, RSW

WEBINARS

Follow us on social media, or check out our [website](#) for updates on upcoming webinars!

Instagram: [@sheenasplace](#)

Facebook: [facebook.com/sheenasplacesupport](#)

Twitter: [@sheenasplace](#)

YouTube: [youtube.com/sheenasplace](#)

OTHER SERVICES

WEBSITE

Our 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. 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.