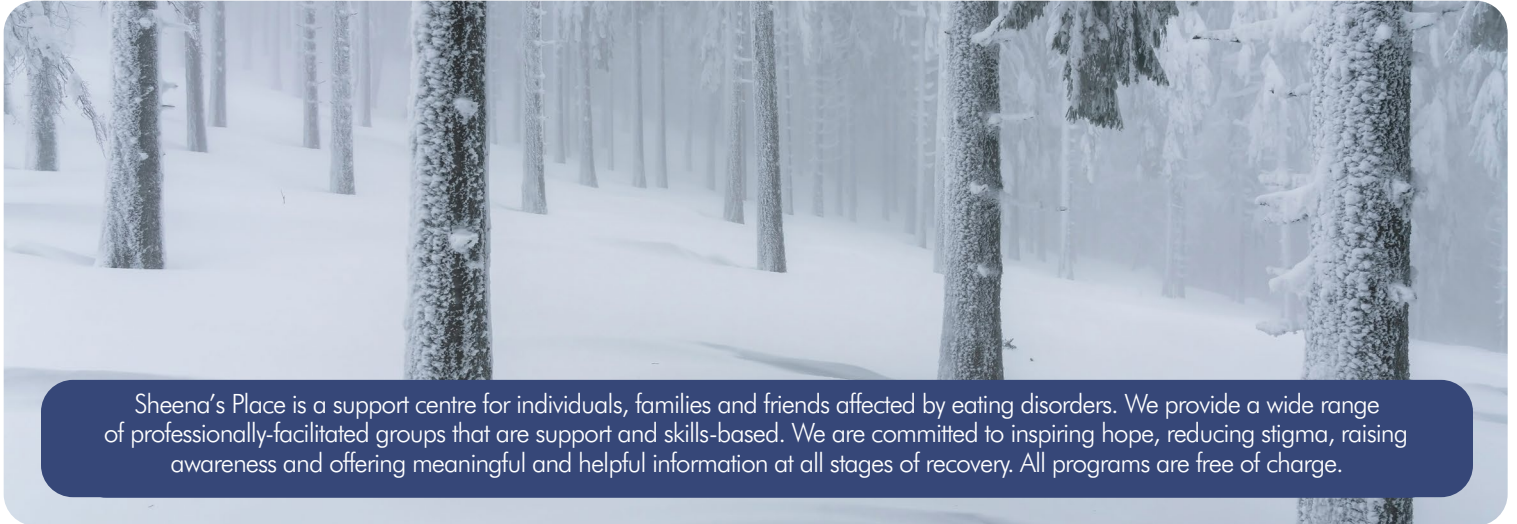




SHEENA'S PLACE
Support for eating disorders

PROGRAM CALENDAR - WINTER 2021



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.

WINTER 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 winter 2021 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, and registrations submitted prior to the opening of the official registration period will not be accepted. **Participants may register for a maximum of 2 groups during the winter 2021 season.** Each group has a maximum number of participants and groups are filled on a first-come, first-served basis. Waitlists do not carry over from previous seasons.

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. 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.

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:

January 1, 2021, February 15, 2021. **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 eating disorders and how to support someone who has one, while surrounding yourself with much needed support.

D 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: January 5 – March 23, 2021

Facilitators: Margaret Powell, BSc.OT (Reg), MEd, BNC, & Samantha Watt (she/her), MSW, RSW

SUPPORT GROUPS

Connect with others facing similar challenges by sharing experiences and support. Groups are semi-structured; the majority of each session is group discussion based on themes raised by participants.

D/O ADULT SUPPORT (AGES 17+)

Adult support groups provide a non-judgemental space, where participants can seek support about the challenges of living with an eating disorder, share strategies for coping and moving towards recovery, develop new insights, and gain a sense of hope and connection through mutual support.

When: Wednesdays, 1:00 – 2:30 pm

Offered: January 6 – March 24, 2021

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

When: Wednesdays, 6:30 – 8:00 pm

Offered: January 6 – March 24, 2021

Facilitators: Maureen Mahan (she/her), RN, MEd & Prathna Lulla (she/her), MSW Student

When: Fridays, 10:00 – 11:30 am

Offered: January 8 – March 26, 2021

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

O 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: January 4 – March 22, 2021

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.

O 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: January 5 – March 23, 2021

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).

O 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: January 6 – March 24, 2021

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

O 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: January 7 – March 25, 2021

Facilitators: Zac Grant (they/them), BSW, MSW, 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.

O DISABLED AND CHRONICALLY ILL SUPPORT GROUP - NEW!

This group is designed to provide a safe space for those in the disability community to explore their unique experiences of body image and disordered eating in an ableist society that is often preoccupied with a narrow definition of "health".

When: Mondays, 1:00 – 2:30 pm

Offered: January 4 – March 8, 2021

Facilitators: Kaley Roosen (she/her) Ph.D. C.Psych. & Zac Grant (they/them), BSW, MSW, RSSW

Note: This group prioritizes space for persons who identify as disabled (includes visible/invisible permanent/episodic disabilities) and it is run by facilitators who identify as disabled. Please contact Sheena's Place if you require any accommodations to participate. This group ascribes to the social model of disability, and thus uses identity-first language. We also acknowledge that language is fluid and personal, and everyone has the right to determine their preferred way of identifying.

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms. Participants will be asked to provide their own basic art supplies.

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. No previous art experience necessary!

When: Mondays, 3:30 – 5:30 pm

Offered: January 4 – March 8, 2021

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

C FROM ISOLATION TO CONNECTION THROUGH THE ARTS

Reconnecting with ourselves and others through the arts offers 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: January 5 – March 9, 2021

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

O MINDFUL ART (HOME)STUDIO

Using mindfulness and 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, 2:00 – 4:00 pm

Offered: January 7 – March 11, 2021

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

O THE ART OF SELF-CARE

Self-care is an important part of the recovery process, and something we often have trouble engaging in. Join us as we explore self-care through the arts. Each week we will do one visual arts or writing activity designed to help us connect with ourselves and reduce stress. Only pens, paper, and pencils are required, and no prior art experience is needed.

When: Mondays, 10:00 – 11:30 am

Offered: January 4 – March 8, 2021

Facilitator: Prathna Lulla (she/her), MSW Student & Kaitlyn Axelrod (she/her), MSW, RSW

O EXPLORING CREATIVE WRITING

In this group, we'll explore a variety of styles of creative writing from short stories to poetry. Each week will include a theme such as self-care, support, resilience, autonomy, and agency, and group activities will draw on Narrative Therapy techniques. No writing experience is necessary, and all skill levels are welcome!

When: Thursdays, 4:00 – 5:30 pm

Offered: January 7 – March 11, 2021

Facilitator: Charlotte Johnston (she/her), MSW Student & Kelsey Johnston (she/her), MSW, RSW

Note: Please bring paper and a pen to sessions.

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: January 5 – March 9, 2021

Facilitators: Emma Baril (she/her), RYT & Kaitlyn Axelrod (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 ROBUST RELATIONSHIPS: BUILDING A BODY-LIBERATION-CENTRED APPROACH TO BEING HUMANS TOGETHER – NEW!

Unfortunately, for many of us weight stigma is part of many of the important relationships in our lives - including the one we have with ourselves. In this group, we'll explore the impacts of weight stigma and develop our collective capacity to build relationships that centre Body Liberation, resist body negativity, and support individual and collective healing. We'll discuss all kinds of intra + interpersonal relationships, including familial relationships, friendships, and romantic, sexual and other intimate relationships.

When: Wednesdays, 6:00 – 8:00 pm

Offered: January 6 – March 10, 2021

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



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

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, 6:00 – 7:30 pm

Offered: January 4 – March 8, 2021

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

Note: This group is designed for participants who consider themselves to be in eating disorder recovery.

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, 11:00 am – 12:30 pm

Offered: January 7 – March 11, 2021

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

C DBT SKILLS FOR YOUNG ADULTS (Ages 17 – 30)

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, 1:00 – 2:30 pm

Offered: January 7 – March 11, 2021

Facilitators: Cynthia Shea (she/her), MSW, RSW & 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 INTUITIVE EATING AND EATING DISORDERS: WHAT'S THE CONNECTION?

In this psychoeducational mini-series we will discuss when and how those with eating disorders can integrate principles of intuitive eating in their recovery.

When: Thursdays, 10:00 am – 12:00 pm

Offered: January 21 – February 11, 2021 (4 sessions)

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

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. Each week, facilitators will demonstrate preparing a meal or snack.

When: Fridays, 10:00 – 11:30 am

Offered: January 8 – March 12, 2021

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!

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

Twitter: [@sheenasplace](#)

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

Instagram: [@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: [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.