



SHEENA'S PLACE

# PROGRAM CALENDAR - SPRING 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 support and helpful information at all stages of recovery. All programs are free of charge.

## SPRING Registration Begins March 15, 2021

Visit us online at [www.sheenasplace.org](http://www.sheenasplace.org) for more information and to register for programs.

### Online Groups

**All groups will be hosted online during the Spring 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](http://our website).

### Registration & Confirmations

Registration opens Monday, March 15, 2021 at 10 am online at [www.sheenasplace.org](http://www.sheenasplace.org). Staff will be available by phone at 416-927-8900 x220 to answer questions. Participants may register for a maximum of 2 groups and 1 workshop. 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/](http://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 **per session**, up to a pre-determined number of participants. 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.

**WS** Workshops are single sessions exploring special topics that change seasonally.

### INFORMATION SESSIONS:

Online Infosessions - Join us the first Thursday of every month for an online information session hosted by our Registrar team. Learn about our organization, services and the registration process! The session will conclude with a Question & Answer period where we will be happy to answer any questions you may have. [Click here to register for upcoming Infosessions!](#)

One-on-one over the phone - Prefer to have a chat with our Registrar over a call? We also host information sessions via phone 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:** April 2 and May 24, 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.

#### ○ FAMILY, FRIENDS, AND PARTNERS

These support sessions provide a space where family members, partners, and friends can explore the experience of having a loved one with an eating disorder, seek support, share resources, and gain new insights and information.

**When:** Tuesdays, 6:30 – 8:00 pm

**Offered:** March 30 – June 15, 2021

**Facilitators:** Margaret Powell, BScOT, Reg(ON), MEd(Psych), BCN & 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.

#### ○ DROP-IN 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:** March 31 – June 16, 2021

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

**When:** Wednesdays, 4:30 – 6:00 pm

**Offered:** March 31 – June 16, 2021

**Facilitators:** Kelsey Johnston (she/her) MSW, RSW & Veronika Davy (she/they), B. Mus.Ed., ARCT, ExAT (Candidate, June 2021)

**When:** Thursdays, 10:00 – 11:30 am

**Offered:** April 1 – June 17, 2021

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

#### ○ 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, 6:30 – 8:00 pm

**Offered:** March 31 – June 16, 2021

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

**When:** Fridays, 10:00 – 11:30 am

**Offered:** April 9 – June 18, 2021

**Facilitators:** Corinne Lee (she/her), CYC, RP & Charlotte Johnston (she/her), MSW Student

#### ○ 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:** March 29 – June 14, 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.

#### ○ 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:** March 30 – June 15, 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).

#### ○ 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:** March 31 – June 16, 2021

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

#### ○ TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT GROUP

This group offers a safe space for folks 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:** April 1 – June 17, 2021

**Facilitator:** Zac Grant (they/them), MSW, RSW & Sookie Bardwell (she/they), MA, OCT

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

### 🟡 DISABLED AND CHRONICALLY ILL SUPPORT GROUP

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:** March 29 – June 14, 2021

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

**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.

### 🟡 EXERCISE?! A SPACE TO UNPACK CHALLENGING RELATIONSHIPS WITH MOVEMENT – NEW!

Diet culture encourages us to relate to movement in some deeply problematic ways, leading to injury and self-harm, and making it difficult to access a movement practice that feels good! This group will provide a supportive, Body Liberation-centred space where we can unpack our challenging relationship with exercise - including the ways in which this challenging relationship often coexists with and reinforces distressed and disordered eating – to explore more joyful and functional movement-centred alternatives.

**When:** Thursdays, 3:00 – 4:30 pm

**Offered:** April 1 – June 17, 2021

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

**Note:** This group uses a Body Liberation framework. Language guidelines may be amended in this group to allow for relevant discussion.

### EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms. For online groups, participants will be required to provide their own basic art supplies.

### 🟡 BIPOC ART THERAPY MINI-SERIES – NEW!

This group aims to use art as a means of expressing our experiences about how themes like race, culture, and identity intersect with disordered eating and our overall mental health. No previous art-making experience required — it's not about judging the art we create, but about the process of making it! Please bring basic art materials to each session (paper, colour medium(s), scissors, etc.).

**When:** Wednesdays, 6:00 - 8:00 pm

**Offered:** May 5 – June 2, 2021 (5 sessions)

**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).

### 🟡 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:** March 29 – May 31, 2021

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

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

### 🟡 MINDFUL EMBROIDERY AND WATERCOLOUR ART THERAPY

Participants will explore embroidery by using watercolour paints and being inspired by poetry meditation. This group is better suited for those with some experience of embroidery stitches, but all levels are welcome to join, as we will teach some of the stitches in the first two weeks of the group. Participants will explore different themes and emotions surrounding their eating disorders through the use of poetry, mindfulness, writing, and an exploration of watercolour and textiles.

**When:** Wednesdays, 10:30 am – 12:30 pm

**Offered:** March 31 – June 2, 2021

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

**Note:** Participants must be comfortable working with needles. Basic materials will be supplied: embroidery hoop, needles, floss, fabric. Please provide your own watercolour or fabric paints and any extra embroidery/sewing supplies.

### 🟡 FROM ISOLATION TO CONNECTION THROUGH THE ARTS

Connecting 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 explore creative practice 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:** March 30 – June 1, 2021

**Facilitators:** Veronika Davy (she/they), B. Mus.Ed., ARCT, ExAT (Candidate, June 2021) & Debbie Uttama Anderson (she/her), dTATI, RP

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

### 🟡 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, 1:00 – 3:00 pm

**Offered:** April 1 – June 3, 2021

**Facilitators:** Debbie Uttama Anderson (she/her), dTATI, RP & Veronika Davy (she/they), B. Mus.Ed., ARCT, ExAT (Candidate, June 2021)

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



## BODY IMAGE & MOVEMENT GROUPS

Through discussion, education, and/or gentle movements, learn skills to reconnect with your body.

### D 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:** March 30 – June 1, 2021

**Facilitators:** Emma Baril (she/her), RYT & 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:** Mondays, 2:00 – 4:00 pm

**Offered:** March 29 – May 31, 2021

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

**Note:** This group will include both discussion and gentle movement practice. Please wear comfortable clothing and come prepared with something to write on, and 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

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:** March 29 – May 31, 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:** April 1 – June 3, 2021

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

### 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:** April 1 – June 3, 2021

**Facilitators:** Cynthia Shea (she/her), MSW, RSW & Charlotte Johnston (she/her), MSW Student

### D DBT SKILL OF THE WEEK

In this classroom style "refresher" class, facilitators will review one DBT skill, weekly. Content will include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills applied to eating disorder recovery.

**When:** Fridays, 9:00 – 10:00 am

**Offered:** April 9 – June 4, 2021

**Facilitators:** Cynthia Shea (she/her), MSW, RSW & Zac Grant (they/them), MSW, RSW

**Note:** This group is designed for participants who have prior exposure to DBT.



### 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 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:** Mondays, 4:30 – 6:30 pm

**Offered:** March 29 – May 31, 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.

#### C NUTRITION EDUCATION WITH BINGE EATING DISORDER – NEW!

This group will allow participants to learn about basic nutrition and what our bodies need to function. Facilitators will demonstrate how to prepare basic recipes that can become part of a meal plan.

**When:** Thursdays, 6:00 – 8:00 pm

**Offered:** April 1 – June 3, 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.

### RECREATIONAL PROGRAMS

Through fun, social connection, and community building with others, let's decrease isolation and the stresses of daily living.

#### COLLABORHYTHM SPOKEN WORD FOR YOUNG ADULTS (AGES 17-30) - NEW!

A spoken word series exploring elements of written and performance poetry as a creative practice. Participants will learn different writing techniques for self-reflection; the art of storytelling; and performance-based poetry as tools for building self-confidence and self-efficacy.

**When:** Tuesdays, 7:00 – 7:45 pm

**Offered:** March 30 – June 1, 2021

**Facilitator:** Igbo Diana and Laura Hartley (she/her), BA, MES

**Note:** Offered in collaboration with Vibe Arts.

### WORKSHOPS & WEBINARS

Follow us on social media for updates on upcoming virtual webinars!

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

Facebook: [facebook.com/sheenasplacesupport](https://www.facebook.com/sheenasplacesupport)

Twitter: [@sheenasplace](https://twitter.com/sheenasplace)

YouTube: [youtube.com/sheenasplace](https://www.youtube.com/sheenasplace)

#### 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:** Monday, April 12, 2021, 6:00 – 8:00 pm (1 session)

**Facilitators:** Laura Hartley (she/her), BA, MES & Kelsey Johnston (she/her), MSW, RSW

### OTHER SERVICES

#### WEBSITE

Our informational website provides an overview of our support services as well as information about eating disorders. Visit: [www.sheenasplace.org](http://www.sheenasplace.org)

#### BLOG

Visit [Sheena's Shared Stories](https://www.sheenasplace.org/blog) to explore works created by the SP community.

You can contribute to the blog by sending your work to [kmccarthy@sheenasplace.org](mailto:kmccarthy@sheenasplace.org). Posts can be shared on our website anonymously.

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

