

# SUMMER 2021

# PROGRAM CALENDAR

Registration for the summer 2021 season begins **Monday, June 7th at 10am.**  
Register online at [sheenasplace.org](https://sheenasplace.org).



Sheena's Place is a support centre for people 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. No diagnosis or referral is required and all programs are free of charge.

## All groups will be online during the summer 2021 season.

To participate, you must be age 17+ and located in Ontario.

You will also need:

- 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](https://www.sheenasplace.org).

**How to register:** Registration opens Monday, June 7, 2021 at 10am online at [www.sheenasplace.org](https://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.

## INFORMATION SESSIONS

Join our Registrar team on the first Thursday of every month to learn about our services and the registration process. [Click here to register!](#)

Prefer to chat one-on-one with a Registrar on the phone? Call (416) 927-8900 x 220 to book a meeting. Info sessions are open to individuals with an eating disorder as well as family, friends, partners, and professionals.

**SHEENA'S PLACE CLOSURES:**  
**Thursday, July 1, 2021**  
**Monday, August 2, 2021**  
**Monday September 6, 2021**  
**Group sessions will not run on these dates.**

## 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.

**To participate in groups, you must be age 17+ and located in Ontario.**

## SUPPORT FOR CAREGIVERS & 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.

### **(C) GRIEF SUPPORT AFTER AN EATING DISORDER-RELATED LOSS - NEW!**

This group, for those who are grieving a family member or friend due to an eating disorder-related death, offers space to explore emotions and experienced related to bereavement. Find hope and comfort alongside others who truly understand, share your own experience and wisdom, and learn more about what to expect as you move through your grief journey.

**When:** Mondays, 6:30 – 8:00 pm

**Offered:** June 21 – August 23, 2021

**Facilitators:** Sara Desroches (she/her), MSW RSW & Kelsey Johnston (she/her), MSW, RSW

**Note:** This group is also open to those with lived experience of an ED who have experienced an ED-related death of a loved one.

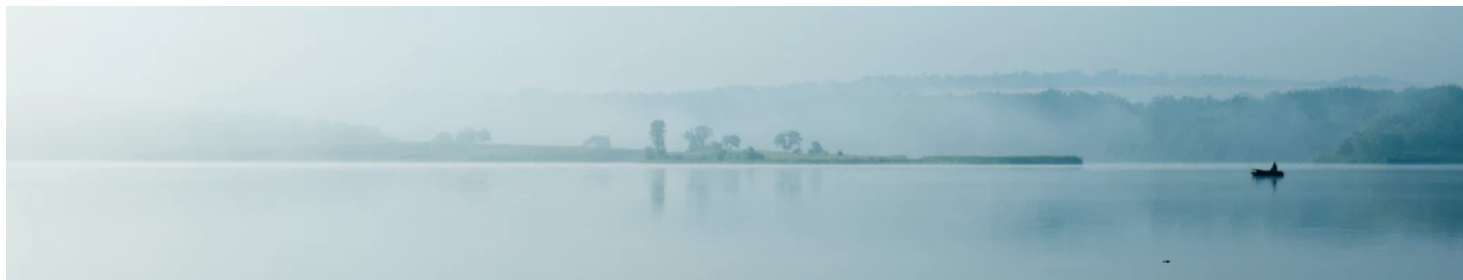
### **(D) FAMILY, FRIENDS, AND PARTNERS**

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:** June 22 – September 7, 2021

**Facilitators:** Margaret Powell, BScOT, Reg(ON), MEd(Psych), BCN & Samantha Watt (she/her), MSW, RSW



**To participate in groups, you must be age 17+ and located in Ontario.**

## 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) DROP-IN ADULT SUPPORT (AGE 17+)**

Adult support groups provide a non-judgmental 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:** Mondays, 10:00 – 11:30 am

**Offered:** June 21 – August 30, 2021

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

**NOTE:** In Monday sessions, we will be piloting new language guidelines. Participants will be able to name eating disorder symptoms. Other language guidelines will remain the same.

**When:** Wednesdays, 1:00 – 2:30 pm

**Offered:** June 23 – September 8, 2021

**Facilitators:** Kaitlyn Axelrod (she/her) MSW, RSW, and Veronika Davy (she/they), B. Mus.Ed., ARCT, ExAT Candidate

**When:** Wednesdays, 6:30 – 8:00 pm

**Offered:** June 23 – September 8, 2021

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

### **(O) ADULT SUPPORT (AGE 17+)**

See "Drop-in Adult Support" description.

**When:** Wednesdays, 6:30 – 8:00 pm

**Offered:** June 23 – September 8, 2021

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

**When:** Fridays, 10:00 – 11:30 am

**Offered:** June 25 – September 10, 2021

**Facilitators:** Corinne Lee (she/her), CYC, RP & Aglaia Gurevich (she/her), HBS, CYT

### **(O) BIPOC SUPPORT**

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 22 – September 7, 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) DISABLED & CHRONICALLY ILL SUPPORT**

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:** June 21 – August 30, 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. 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.



**To participate in groups, you must be age 17+ and located in Ontario.**

## SUPPORT GROUPS (continued)

### **(O) EXERCISE?! A SPACE TO UNPACK CHALLENGING RELATIONSHIPS WITH MOVEMENT**

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:** Tuesdays, 3:00 – 4:30 pm

**Offered:** June 22 – September 7, 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.

### **(O) TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT**

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 24 – September 9, 2021

**Facilitators:** Zac Grant (they/them), MSW, RSW & 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.

### **(O) BIG TIME BODY LIBERATION: A SPACE TO TALK ABOUT RESISTING WEIGHT STIGMA FOR FOLKS IN BIGGER BODIES - NEW!**

This group provides a safer space for folks in fat, larger, plus-size, thick, voluptuous, rotund, corpulent, monarch-sized, zaftig, chubby and fluffy bodies (or any other language you might use to describe your embodied experience moving through the world in a bigger body) to explore topics and experiences related to living life in the fat lane. Topics may include (but are not limited to) experiences with distressed and disordered eating, weight-based discrimination, addressing internalized fatphobia/sizeism, strategies for self-advocacy in relationships and in healthcare settings, and resisting diet culture through Body Liberation.

**When:** Wednesdays, 2:00 – 3:30 pm

**Offered:** June 23 – September 8, 2021

**Facilitator:** Kaley Roosen (she/her) Ph.D. C.Psych. & Sookie Bardwell (she/they), MA, OCT

### **(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:** June 23 – September 8, 2021

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





**To participate in groups, you must be age 17+ and located in Ontario.**

## EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

*Please note: As our groups are currently being offered online, participants will be asked to provide their own basic arts supplies (such as paper and paints). If specific materials are needed, you will be notified in advance, or they will be mailed out to you. If you would like to participate in arts groups but are unable to access art supplies, please contact the program manager, Kelsey, at [kjohnston@sheenasplace.org](mailto:kjohnston@sheenasplace.org).*

### **(C) BIPOC ART THERAPY MINI-SERIES**

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:** Mondays, 6:00 - 8:00 pm

**Offered:** July 19 – August 23, 2021 (5 sessions)

**Facilitators:** Alexandra Hanania (she/her), MA, DTATI (Cand.), RP (Qualifying) & Ary Maharaj (he/him), M.Ed., 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).

### **(C) IMPROV COMEDY FOR THE HEALING PROCESS - NEW!**

Discover the joys of Improv Comedy to nurture a process-oriented healing practice and a celebration of what it means to be human - which includes the uncomfortable stuff! Through group games and creative exercises in a super supportive and judgement-free dynamic, participants are invited to engage in a play-based approach (giggles encouraged!) to developing a healthy relationship with self, others, imperfection, scales of control, emotions, uncertainty, failure/mistakes, resiliency, stress, anxiety and just general awkwardness! No previous experience required.

**When:** Tuesdays, 3:00 – 5:00 pm

**Offered:** June 22 – August 24, 2021

**Facilitators:** Ashley Seaman (she/her), B.Ed, OCT & Debbie Uttama Anderson (she/her), dTATI, RP

### **(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:** Wednesdays, 6:00 – 8:00 pm

**Offered:** June 23 – August 25, 2021

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

### **(C) EMBROIDERY & MINDFULNESS - SPECIAL PROJECTS**

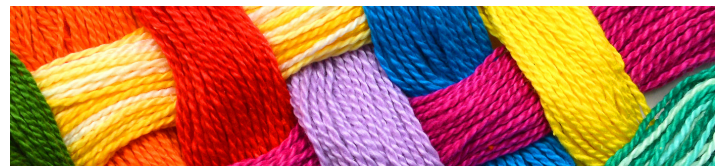
Participants will explore embroidery by working on two major projects throughout the 10 week period: embroidered patches and dolls. All levels of embroidery experience are welcome to join, as we will teach some of the stitches in the first two weeks of the group. Participants will explore different themes and emotions surrounding their eating disorders through the use of poetry, mindfulness, and embroidery.

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

**Offered:** June 23 – August 25, 2021

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

**Note:** Participants must be comfortable working with needles. Basic materials will be supplied: embroidery hoop, needles, floss, fabric.



**To participate in groups, you must be age 17+ and located in Ontario.**

## EXPRESSIVE ARTS GROUPS (continued)

### **(C) THE ART OF BODY LIBERATION: CHALLENGING BODY NEGATIVITY THROUGH ARTISTIC EXPLORATION - NEW!**

Having a body can be a really challenging experience, and all the more so given that we live in challenging circumstances and systems that make enemies of our bodies and seek to separate us from ourselves and one another. Together, we'll explore how we can resist and develop resilience within these systems, allowing the arts to support a healing-centred and embodied exploration of Body Liberation themes.

**When:** Thursdays, 1:00 – 4:00 pm

**Offered:** June 24 – August 5, 2021 (6 weeks)

**Facilitators:** Veronika Davy, B. Mus. Ed., ARCT, ExAT Candidate (she/they) & Sookie Bardwell, MA, OCT (she/they)

### **(C) MINDFUL ART (HOME) STUDIO**

Using mindfulness and two special projects - soul collage (5 weeks) and papier mache (4 weeks) we'll explore living with an eating disorder. No previous art experience needed!

**When:** Thursdays, 1:30 – 3:30 pm

**Offered:** June 24 – August 26, 2021

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



## BODY IMAGE & MOVEMENT GROUPS

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

### **(C) ROBUST RELATIONSHIPS: BUILDING A BODY-LIBERATION-CENTRED APPROACH TO BEING HUMANS TOGETHER**

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:** Tuesdays, 6:00 – 8:00 pm

**Offered:** June 22 – August 24, 2021

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

### **(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:** Thursdays 1:00 – 4:00 pm

**Offered:** August 12 – September 2, 2021 (4 sessions)

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



**To participate in groups, you must be age 17+ and located in Ontario.**

## BODY IMAGE & MOVEMENT GROUPS (continued)

### **(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:** Mondays, 5:00 – 6:00 pm

**Offered:** June 21 – August 23, 2021

**When:** Tuesdays, 10:00 – 11:30 am

**Offered:** June 22 – August 24, 2021

**Facilitators:** Emma Baril (she/her), RYT & Aglaia Gurevich (she/her), HBSc, CYT

**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

## SKILL BUILDING GROUPS

Structured groups with a focus on learning new skills for coping, reducing harm, and creating change.

### **(C) DBT SKILLS**

Learn and consider how to apply select Dialectical Behaviour Therapy (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

**Offered:** June 24 – August 26, 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 Dialectical Behaviour Therapy (DBT) skills in a classroom environment. Content will include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills applied to eating disorder recovery.

**When:** Tuesdays, 2:30 – 4:00 pm

**Offered:** June 22 – August 24, 2021

**Facilitators:** Cynthia Shea (she/her), MSW, RSW & Samantha Watt (she/her), MSW, RSW

### **(D) DBT SKILL OF THE WEEK**

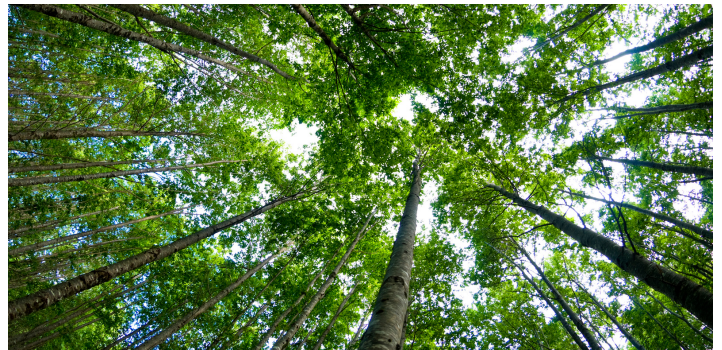
In this classroom style “refresher” class, facilitators will review one Dialectical Behaviour Therapy (DBT) skill, weekly. Content will include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills applied to eating disorder recovery.

**When:** Thursdays, 11:45 am – 12:45 pm

**Offered:** June 24 – August 26, 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.



**To participate in groups, you must be age 17+ and located in Ontario.**

## SKILL BUILDING GROUPS (continued)

### **(C) CHALLENGING PERFECTIONISM**

Perfectionistic thoughts and behaviours can limit our ability to embrace who we truly are, and what we really want. This group will provide the space to reflect on how perfectionism affects various areas of our lives, while providing practical skills and resources to help silence our inner perfectionist.

**When:** Thursdays, 10:00 – 11:30 am

**Offered:** June 24 – August 26, 2021

**Facilitators:** Theresa Miceli (she/her), MSW, RSW & Kaitlyn Axelrod (she/her), MSW, RSW



### **(C) PRACTICING SELF-COMPASSION - NEW!**

What is self-compassion? How do we practice it? What would it look like to incorporate self-compassion into our daily lives? Join us in this 4-week, mini-series, where we will unpack self-compassion, challenge our inner critic, and understand the truths behind the practice. Join us to gain new skills, tools, and approaches we can use to implement self-compassion in our daily lives. Together, we will learn the benefits of being kinder to ourselves.

**When:** Mondays, 6:30 – 8:00 pm

**Offered:** July 5 - 26, 2021 (4 sessions)

**Facilitators:** Theresa Miceli (she/her), MSW, RSW & Sezgi Ozel, (she/her), OT Reg. (Ont.)

## 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:** June 21 – August 23, 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**

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, 4:00 – 6:00 pm

**Offered:** June 24 – August 26, 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.





**To participate in groups, you must be age 17+ and located in Ontario.**

## NUTRITION GROUPS (continued)

### **(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:** July 8 – August 12, 2021 (6 sessions)

**Facilitators:** Josée Sovinsky (she/her), RP (Qualifying) & Christine McPhail (she/her), RD

**To learn more about our group  
facilitators, visit  
[sheenasplace.org/facilitators](https://sheenasplace.org/facilitators)**

## WORKSHOPS

### **(WS) WEN-DO WOMEN'S SELF-DEFENCE**

Come and learn simple and effective verbal and physical self-defence techniques in an inclusive and empowering space. Laura creates a welcoming and supportive atmosphere for participants to step into their own strength and power! This workshop is transformational!

**When:** Choose either: Wednesday July 7, 6-8pm (1 session) OR Tuesday August 10, 6-8pm (1 session)

**Facilitators:** Laura Hartley (she/her), BA, MES, Certified Wen-Do Self-Defence Instructor & Sari Papular (she/her), RNCP

**Note:** Wen-Do is inclusive of all women-identified folks.

## WEBINARS

Subscribe to our newsletter and follow us on social media for updates on upcoming educational webinars! Past webinars can be viewed on our YouTube channel.

**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)

## WEBSITE

Our informational website provides an overview of our support services as well as information about eating disorders. Visit [www.sheenasplace.org](https://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](mailto:kmccarthy@sheenasplace.org). Posts can be shared on our website anonymously. **Note:** Blog content adheres to Sheena's Place language guidelines.

## SUPPORT & CELEBRATE

Did you know that this year is our 25th anniversary? For 25 years, we have relied on the generosity of our community to keep all programs and services free of charge. We hope you'll consider donating today, or joining our Circle of Hope by making a monthly donation. Visit [sheenasplace.org/donate](https://sheenasplace.org/donate) for more information.



**SHEENA'S PLACE**

Twenty Five Years of  
Support for Eating Disorders