

SUMMER 2021

All groups are virtual, free of charge, and available to people age 17+ in Ontario. For full group descriptions and registration information, visit sheenasplace.org.

MONDAY

10:00-11:30 AM:
DROP-IN ADULT
SUPPORT

1:00-2:30 PM:
DISABLED &
CHRONICALLY ILL
SUPPORT

4:30-6:30 PM:
MEAL PLANNING &
PREPARATION WITH BED

5:00-6:00 PM:
GENTLE YOGA

6:00-8:00 PM:
BIPOC ART THERAPY

6:30-8:00 PM:
GRIEF SUPPORT AFTER
AN ED-RELATED LOSS

6:30-8:00 PM:
SELF-COMPASSION MINI-
SERIES

TUESDAY

10:00 - 11:30 AM:
GENTLE YOGA

2:30-4:00 PM:
DBT SKILLS FOR YOUNG
ADULTS

3:00-4:30 PM:
EXERCISE?! A SPACE TO
UNPACK CHALLENGING
RELATIONSHIPS WITH
MOVEMENT

3:00-5:00 PM:
IMPROV COMEDY FOR
THE HEALING PROCESS

6:00-8:00 PM:
ROBUST RELATIONSHIPS

6:30-8:00 PM:
BIPOC SUPPORT

6:30-8:00 PM:
FAMILY, FRIENDS, &
PARTNERS SUPPORT

WEDNESDAY

10:30 AM - 12:30 PM:
EMBROIDERY &
MINDFULNESS

1:00-2:30 PM:
DROP-IN ADULT
SUPPORT

2:00-3:30PM:
BIG TIME BODY
LIBERATION

4:30-6:00 PM:
YOUNG ADULT
SUPPORT

6:00-8:00 PM:
ART JOURNALING

6:30-8:00 PM:
DROP-IN ADULT
SUPPORT

6:30-8:00 PM:
ADULT SUPPORT

THURSDAY

10:00 - 11:30 AM:
DBT SKILLS

10:00 - 11:30 AM:
CHALLENGING
PERFECTIONISM

10:00 AM - 12:00 PM:
INTUITIVE EATING MINI-
SERIES

11:45-12:45 PM:
DBT SKILL OF THE WEEK

1:00-4:00 PM:
THE ART OF BODY
LIBERATION / LET'S GET
CRITICAL

1:30-3:30 PM:
MINDFUL (HOME) ART
STUDIO

4:00-6:00 PM:
NUTRITION EDUCATION
WITH BED

6:30-8:00 PM:
TRANS, NON-BINARY, &
GENDER QUESTIONING
SUPPORT

FRIDAY

10-11:30 AM:
ADULT SUPPORT



SHEENA'S PLACE
Twenty Five Years of
Support for Eating Disorders