

PROGRAM CALENDAR

Registration for the fall 2021 season begins **Monday, August 30th at 10am.**

Register online at 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 Fall 2021 season.

To participate in groups, you will 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 online groups but do not have access to the required equipment. For more information on accessibility at Sheena's Place, please visit our [website](https://sheenasplace.org).

How to register:

- Registration opens Monday, August 30, 2021 at 10am online at sheenasplace.org. Staff will be available by phone at 416-927-8900 x220 to answer questions. 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.
- Participants may register for a **maximum of two open or closed groups per season and unlimited drop-in groups**. *This policy has been updated for the fall season to allow us to test out our capacity to improve accessibility for our community.*

INFORMATION SESSIONS

Join our Registrar team on the first and third Thursday of every month to learn about our services and the registration process. [Click here to register!](https://sheenasplace.org)

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:

September 6, 2021

October 11, 2021

December 27-28, 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.

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.

(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: September 14 – December 21, 2021

Location: Online (via Zoom)

Facilitators: Margaret Powell, BScOT, Reg(ON),
MEd(Psych), BCN & John Choi (he/him)

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) 2SLGBTQI+ SUPPORT

This group offers a supportive environment for 2SLGBTQI+ identified folx to give and receive support while discussing the challenges of living with an eating disorder and sharing insights, strategies and accomplishments.

When: Mondays, 4:00 – 5:30 pm

Offered: September 13 – December 20, 2021

Location: Online (via Zoom)

Facilitators: Zac Grant (they/them), MSW, RSW & Kaia Arrow (she/her), BSW

Note: This group is led by Queer and Trans facilitators.

(D) 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: Tuesdays, 1:00 – 2:30 pm

Offered: September 14 – December 21, 2021

Location: Online (via Zoom)

Facilitators: Zac Grant (they/them), MSW, RSW & Veronika Davy (she/they), B Mus Ed, ARCT, ExAT (Candidate)



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

SUPPORT GROUPS (continued)

(D) 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: September 13 – December 20, 2021

Location: Online (via Zoom)

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

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.

(D) 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: September 16 – December 30, 2021

Location: Online (via Zoom)

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.

(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: September 13 – December 20, 2021

Location: Online (via Zoom)

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

When: Tuesdays, 6:30 – 8:00 pm

Offered: September 14 – December 21, 2021

Location: Online (via Zoom)

Facilitators: Sara Desroches (she/her), MSW, RSW & Julian Waithe (he/him), MSW, RSW

When: Fridays, 10:00 – 11:30 am***

Offered: October 8 – December 31, 2021

Location: Online (via Zoom)

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

When: Fridays, 1:00 – 2:30 pm

Offered: September 17 – December 31, 2021

Location: Online (via Zoom)

Facilitators: Corinne Lee (she/her), CYC, RP & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

*****Note:** In Monday and Friday morning groups, we will continue to pilot new language guidelines. Participants will be able to name eating disorder symptoms. Other language guidelines will remain the same.



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

SUPPORT GROUPS (continued)

(O) ADULT SUPPORT (AGE 17+)

See "Drop-in Adult Support" description.

When: Wednesdays, 6:30 – 8:00 pm

Offered: September 15 – December 29, 2021

Location: Online (via Zoom)

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

(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: September 14 – December 21, 2021

Location: Online (via Zoom)

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) 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: September 14 – December 21, 2021

Location: Online (via Zoom)

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).

(D) BIG TIME BODY LIBERATION: A SPACE TO TALK ABOUT RESISTING WEIGHT STIGMA FOR FOLKS IN BIGGER BODIES

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: September 15 – December 29, 2021

Location: Online (via Zoom)

Facilitator: Sookie Bardwell (she/they), MA, OCT & JDP DePoe (they/them), Peer Support



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: For online groups, participants will be required to provide their own basic art supplies (e.g. 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 at kjohnston@sheenasplace.org.

(O) ART 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: Tuesdays, 1:30 – 3:30 pm

Offered: September 14 – November 16, 2021

Location: Online (via Zoom)

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

(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, 10:30 am – 12:30 pm

Offered: September 15 – November 17, 2021

Location: Online (via Zoom)

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

(C) EXPLORING EMBODIMENT - NEW!

In this group, participants will have the opportunity to safely explore embodied experience and expression through the arts. Together, we will examine the root causes of disembodiment, unpack the relationship between disembodiment and ED, and articulate the role of embodiment in healing justice (recovery) work; embracing the potential of embodiment as a practice through which transformation can occur. Experiential and arts-based work will be gentle and trauma-informed; no previous artistic experience required!

When: Thursdays, 1:00 – 3:00 pm

Offered: September 16 – November 18, 2021

Location: Online (via Zoom)

Facilitators: Veronika Davy (she/they), B Mus Ed, ARCT, ExAT (Candidate) & Alexandra Hanania (she/her), MA, DTATI (Candidate), RP (Qualifying)

(C) EXPRESS YOURSELF! CREATIVE WRITING FOR SELF-EXPRESSION MINI-SERIES

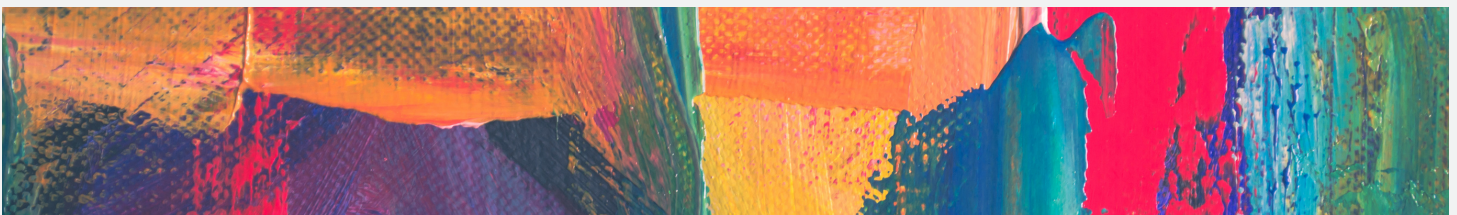
This group will offer the opportunity for participants to experiment with expressing themselves through a mix of creative writing exercises and open writing/creative space. Laura strives to create a warm, supportive and inclusive environment where participants feel encouraged to explore writing as a transformative tool for empowerment and healing. We will work towards the creation of a group zine to showcase the group's creative work!

When: Tuesdays, 6:00 – 8:00 pm

Offered: September 14 – October 5, 2021 (4 sessions)

Location: Online (via Zoom)

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



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

EXPRESSIVE ARTS GROUPS (continued)

(C) IMPROV COMEDY FOR THE HEALING PROCESS

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: Thursdays, 3:00 – 5:00 pm

Offered: September 16 – November 18, 2021

Location: Online (via Zoom)

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



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: September 14 – November 16, 2021

Location: Online (via Zoom)

Facilitators: Emma Baril (she/her), RYT & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

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) 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. In this weekly "watch party" we'll share community while we co-watch a Body Liberation-centred series, depicting a woman as she (re)claims space in her body; sets boundaries; and comes to understand herself as valid, valuable and worthy of respect and care, despite the challenges of experiencing Fatphobia. Sessions will include co-watching episodes and debriefing – providing the opportunity to collectively build a toolkit of skills to support safer watching for everyBODY.

When: Wednesdays, 4:30 – 6:30 pm

Offered: September 15 – December 1, 2021

Location: Online (via Zoom)

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.

SKILL BUILDING GROUPS

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

(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: September 16 – November 18, 2021

Location: Online (via Zoom)

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.

(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: September 16 – November 18, 2021

Location: Online (via Zoom)

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

(C) DBT SKILLS FOR YOUNG ADULTS (AGES 17-30)

See “DBT Skills” description.

When: Tuesdays, 1:00-2:30pm

Offered: September 14 – November 16, 2021

Location: Online (via Zoom)

Facilitators: Cynthia Shea (she/her), MSW, RSW & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

(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: September 13 – November 15, 2021

Location: Online (via Zoom)

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) RADICALLY OPEN DBT SKILLS: LETTING GO OF PERFECTIONISM AND OVER CONTROL - NEW!

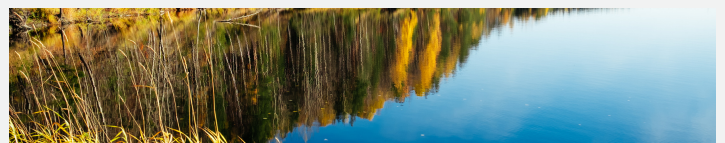
This skill-building group draws on a recent adaptation of Dialectical Behaviour Therapy – Radically Open DBT. These skills are designed to support people struggling with overcontrol and perfectionism, which can contribute to eating disorder behaviours. Participants will learn skills to “chill out” and not be so hard on ourselves!

When: Thursdays, 1:00 – 3:00 pm

Offered: September 23 – November 25, 2021

Location: Online (via Zoom)

Facilitators: Denise Lawee (she/her), MSW, RSW & Kaitlyn Axelrod (she/her), MSW, RSW



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: September 16 - November 18, 2021

Location: Online (via Zoom)

Facilitators: Theresa Miceli (she/her), MSW, RSW & Josée Sovinsky (she/her), RP (Qualifying)

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, 6:15 – 8:15 pm

Offered: September 13 – November 15, 2021

Location: Online (via Zoom)

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) INTRODUCTION TO COOKING AND MEAL PREPARATION WITH EATING DISORDERS

This group will provide a hands-on, skills-based guide to kitchens and meal preparation, giving participants tools to confidently prepare gratifying food. As a group, participants will choose recipes and prepare meals together to take home.

When: Mondays, 4:00 – 6:00 pm

Offered: September 13 – November 15, 2021

Location: Online (via Zoom)

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

(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, 1:00 – 3:00 pm

Offered: October 14 – November 18, 2021 (6 weeks)

Location: Online (via Zoom)

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



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



To learn more about our group facilitators, visit sheenasplace.org/facilitators

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

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

YouTube: 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.

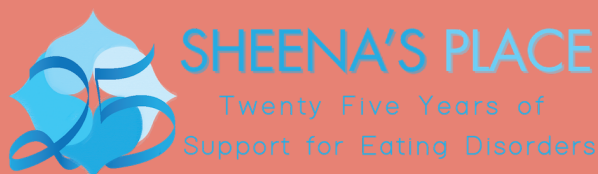
BLOG

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.

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 for more information.

We would like to thank RBC and Onex for their ongoing support.



Foundation

ONEX