

FALL 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

4:00-5:30 PM:
2SLGBTQI+ SUPPORT

4:00-6:00 PM:
INTRO TO MEAL
PLANNING & PREP

6:00-7:30 PM:
NAVIGATING RECOVERY

6:15-8:15 PM:
MEAL PLANNING & PREP
W/ BED

TUESDAY

10:00 - 11:30 AM:
GENTLE YOGA

1:00 - 2:30 PM:
YOUNG ADULT SUPPORT

1:00 - 2:30 PM:
DBT SKILLS FOR YOUNG
ADULTS

1:30 - 3:30 PM:
ART STUDIO

3:00 - 4:30 PM:
EXERCISE SUPPORT

6:00 - 8:00 PM:
EXPRESS YOURSELF!
MINI-SERIES

6:30 - 8:00 PM:
BIPOC SUPPORT

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

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

WEDNESDAY

10:30 AM - 12:30 PM:
ART JOURNALING

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

4:30 - 6:30 PM:
WATCH PARTY!

6:30 - 8:00 PM:
ADULT SUPPORT

THURSDAY

10:00 - 11:30 AM:
DBT SKILLS

10:00 - 11:30 AM:
CHALLENGING
PERFECTIONISM

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

1:00 - 3:00 PM:
INTUITIVE EATING MINI-
SERIES

1:00 - 3:00 PM:
RO-DBT

1:00 - 3:00 PM:
EXPLORING
EMBODIMENT

3:00 - 5:00 PM:
IMPROV COMEDY

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

FRIDAY

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

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



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