

DECEMBER 2021 GROUPS

Registration for December 2021 groups begins Monday, November 22th at 10am.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 29 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: DISABLED & CHRONICALLY ILL SUPPORT 4:00 - 5:30 PM: 2SLGBTQI+ SUPPORT | 30 1:00 - 2:30 PM: YOUNG ADULT SUPPORT 3:00 - 4:30 PM: EXERCISE SUPPORT 6:30 - 8:00 PM: BIPOC SUPPORT ADULT SUPPORT FAMILY, FRIENDS, & PARTNERS SUPPORT | 1 2:00 - 3:30 PM: BIG TIME BODY LIBERATION 6:30 - 8:00 PM: ADULT SUPPORT | 2 6:30 - 8:00 PM: TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT | 3 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: ADULT SUPPORT |
| 6 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: DISABLED & CHRONICALLY ILL SUPPORT 4:00 - 5:30 PM: 2SLGBTQI+ SUPPORT 6:30 - 8:00 PM: BIPOC IN THE WORKPLACE | 7 1:00 - 2:30 PM: YOUNG ADULT SUPPORT 2:00 - 4:00 PM: COLLAGE CARDS 3:00 - 4:30 PM: EXERCISE SUPPORT 6:00 - 8:00 PM: DISTRESS TOLERANCE 6:30 - 8:00 PM: BIPOC SUPPORT ADULT SUPPORT FAMILY, FRIENDS, & PARTNERS SUPPORT | 8 10:00 AM - 12:00 PM: HOLIDAY ART STUDIO 2:00 - 3:30 PM: BIG TIME BODY LIBERATION 5:00 - 8:00 PM: WATCH PARTY 6:30 - 8:00 PM: ADULT SUPPORT | 9 1:00 - 3:00 PM: IMPROV COMEDY 1:00 - 4:00 PM: ART OF BODY LIBERATION: HOLIDAYS 6:30 - 8:00 PM: TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT | 10 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: ADULT SUPPORT |



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|--|---|--|--|---|
| 13 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: DISABLED & CHRONICALLY ILL SUPPORT 4:00 - 5:30 PM: 2SLGBTQI+ SUPPORT 4:00 - 6:00 PM OR 6:15 - 8:15 PM NAVIGATION THE HOLIDAY SEASON WITH AN ED 6:30 - 8:00 PM: BIPOC IN THE WORKPLACE | 14 1:00 - 2:30 PM: YOUNG ADULT SUPPORT 2:00 - 4:00 PM: COLLAGE CARDS 3:00 - 4:30 PM: EXERCISE SUPPORT 6:00 - 8:00 PM: INTERPERSONAL EFFECTIVENESS 6:30 - 8:00 PM: BIPOC SUPPORT ADULT SUPPORT FAMILY, FRIENDS, & PARTNERS SUPPORT | 15 10:00 AM - 12:00 PM: HOLIDAY ART STUDIO 2:00 - 3:30 PM: BIG TIME BODY LIBERATION 5:00 - 8:00 PM: WATCH PARTY 6:30 - 8:00 PM: ADULT SUPPORT | 16 1:00 - 3:00 PM: IMPROV COMEDY 3:00 - 4:30 PM: HOLIDAY YOGA 6:30 - 8:00 PM: TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT | 17 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: ADULT SUPPORT |
| 20 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: DISABLED & CHRONICALLY ILL SUPPORT 4:00 - 5:30 PM: 2SLGBTQI+ SUPPORT | 21 1:00 - 2:30 PM: YOUNG ADULT SUPPORT 2:00 - 4:00 PM: COLLAGE CARDS 3:00 - 4:30 PM: EXERCISE SUPPORT 6:30 - 8:00 PM: BIPOC SUPPORT ADULT SUPPORT FAMILY, FRIENDS, & PARTNERS SUPPORT | 22 10:00 AM - 12:00 PM: HOLIDAY ART STUDIO 2:00 - 3:30 PM: BIG TIME BODY LIBERATION 5:00 - 8:00 PM: WATCH PARTY 6:30 - 8:00 PM: ADULT SUPPORT | 23 1:00 - 3:00 PM: IMPROV COMEDY 1:00 - 4:00 PM: NEW YEAR, NEW YOU? NO NEED! 6:30 - 8:00 PM: TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT | 24 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: ADULT SUPPORT |
| 27 CLOSED | 28 CLOSED | 29 10:00 AM - 12:00 PM: HOLIDAY ART STUDIO 2:00 - 3:30 PM: BIG TIME BODY LIBERATION 5:00 - 8:00 PM: WATCH PARTY 6:30 - 8:00 PM: ADULT SUPPORT | 30 1:00 - 4:00 PM: ART OF BODY LIBERATION: NEW YEARS 6:30 - 8:00 PM: TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT | 31 10:00 - 11:30 AM: ADULT SUPPORT 1:00 - 2:30 PM: ADULT SUPPORT |



All groups will be ONLINE during the December 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 and 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](#).

How to register:

- Registration opens **Monday, November 22, 2021 at 10am online at sheenasplace.org**. Staff will be available by phone at 416-927-8900 x 220 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 unlimited support groups and a maximum of one specialty December program.

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



SPECIALITY DECEMBER PROGRAMS (indicated by on the calendar)

You are welcome to register for ONE specialty December mini-series or workshop.

SELF-DISCOVERY COLLAGE CARDS MINI-SERIES

Each week we'll make two cards that will evolve as you build them and become themed cards. You will be led through a process of discovering what messaging the images might indicate. The result will be 6 cards that can be used as tools of self discovery.

When: Tuesdays, 2:00 – 4:00 pm

Offered: December 7 – 21, 2021 (3 sessions)

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.

HOLIDAY ART MINI-SERIES

Join Debbie and Miranda each week during the holidays for a fresh art idea and some sharing about how you're managing with eating-disordered living during a food-centric holiday season.

When: Wednesdays, 10:00 am – 12:00 pm

Offered: December 8 – 29, 2021 (4 sessions)

Facilitators: Debbie Uttama Anderson (she/her), dTATI, RP & Miranda Pecoraro (she/her), MSW Student

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

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December Specialty Programs Continued

DROP-IN IMPROV COMEDY FOR THE HOLIDAY SEASON

Try out some Improv Comedy to lighten your holiday season with a practice of playful presence, stress-management, anxiety navigation and acceptance. Discover the power of a compassionate sense of humour in connection with yourself, others and the moment. There is nothing to change, there is nothing to fix, just the invitation to show up as you are. You will be gently guided through group games, mindfulness, and creative exercises designed to foster trust, resiliency, confidence, emotional regulation and the permission to play! Try one as a drop in, or join us for all three! No previous experience required.

When: Thursdays, 1:00 - 3:00 pm

Offered: December 9 - 23, 2021 (3 sessions)

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

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- with a focus on mostly "feel-good" animated films.

When: Wednesdays, 5:00 - 8:00 pm

Offered: Wednesday December 8 - 29, 2021 (4 sessions)

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

NAVIGATING THE HOLIDAY SEASON WITH AN EATING DISORDER

In this workshop, participants will have the opportunity to learn skills for navigating the holidays with an eating disorder, and facilitators will demonstrate how to bake a seasonal dish, giving participants mindfulness tools to confidently prepare and share gratifying food this holiday season.

When: Monday December 13, 2021, 4:00 - 6:00 pm (1 session) **OR** Monday December 13, 2021, 6:15 - 8:15 pm (1 session)

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

GENTLE & RESTORATIVE HOLIDAY YOGA

This gentle and restorative holiday yoga workshop is a practice that uses props and long-held poses to invite the body and mind to actively rest. It is an especially nice practice in December amid the busyness of the holiday season. No prior experience necessary. Please wear comfortable clothes and come prepared with your choice of pillows, blankets and a chair to help make your practice more comfortable.

When: Thursday December 16, 2021, 3:00 - 4:30 pm (1 session)

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

NEW YEAR, NEW YOU? NO NEED!: RESOLVING TO RESIST DIET CULTURE THIS NEW YEAR

At the start of a New Year, there's often a lot of pressure from Toxic Diet Culture to change our bodies in pursuit of a mythical "new you". Come join us as we explore strategies for resisting this pressure- from ourselves, others and institutions - and how we can work towards a more Body Liberation-centred approach to the relationship we have with ourselves and our bodies.

When: Thursday, December 23, 1:00 - 4:00 pm (1 session)

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



BIPOC IN THE WORKPLACE: NAVIGATING POWER & PASSION IN YOUR CAREER

Curated by people of colour, this two-part workshop series aims to unpack workplace dynamics and outline our rights in company settings (session 1), and to help us identify our passions (session 2) to help manage workplace stressors and their impacts on EDs.

Session 1: Monday, December 6, 2021, 6:30 – 8:00 pm

Facilitators: Ary Maharaj, he/him, M.Ed. RP (Qualifying) & Guest Speaker

Session 2: Monday, December 13, 2021, 6:30 – 8:00 pm

Facilitators: Alexandra Hanania, she/her, MA, DTATI (Cand.), RP (Qualifying) & Guest Speaker Shilbee Kim (she/her), Passion Coach

DISTRESS TOLERANCE FOR THE HOLIDAY SEASON

Seasonal distress may be upon you. Learn, review, or refresh Dialectical Behaviour Therapy (DBT) skills that may allow for continued desired shifts over this time.

When: Tuesday, December 7, 2021, 6:00 – 8:00 pm (1 session)

Facilitators: Cynthia Shea (she/her), BSW, MSW, RSW & Kelsey Johnston (she/her), MSW, RSW

INTERPERSONAL EFFECTIVENESS FOR THE HOLIDAY SEASON

Learn, review, or refresh Dialectical Behaviour Therapy (DBT) skills to build and maintain relationships throughout the holiday season.

When: Tuesday, December 14, 2021, 6-8 pm (1 session)

Facilitators: Cynthia Shea (she/her), BSW, MSW, RSW & Kaitlyn Axelrod (she/her), MSW, RSW

December Specialty Programs Continued

ART OF BODY LIBERATION: HOLIDAY CRAFTS EDITION!

In this workshop we will explore the basics of Body Liberation and how this framework can support us in accessing joyful embodiment, deepening connection to ourselves and others, and engaging meaningfully with celebration as we move through the holiday season. Participants will also have the opportunity to create Body-Liberation-centered gifts for themselves/others!

When: Thursday, December 9, 2021, 1:00 - 4:00 pm (1 session)

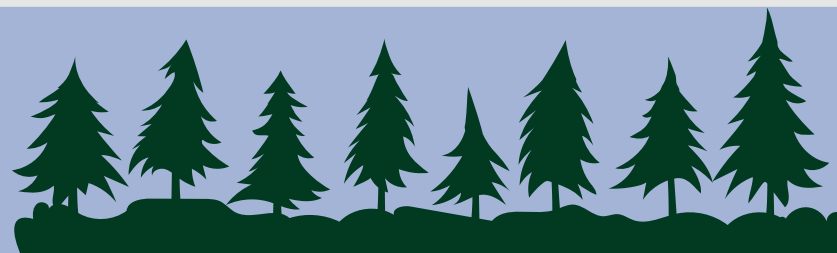
Facilitators: Sookie Bardwell (she/they), MA, OCT & Veronika Davy (she/they), B Mus Ed, ARCT, ExAT

ART OF BODY LIBERATION: NEW YEAR EDITION!

As we mark the end of one calendar year, and the beginning of the next, we are often invited into rituals of reflection, celebration, and visioning. Unfortunately, the idea of 'new beginnings' is too frequently co-opted by systems that seek to make enemies of our bodies and to separate us from ourselves and one another by bombarding us with Body Negativity. Together, we will explore what it might look like to center Body Liberation in our celebration, reflection, and visioning for the new year.

When: Thursday December 30, 2021, 1:00 - 4:00 pm (1 session)

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



SUPPORT GROUPS

You are welcome to register for as many support groups as you would like. All support groups (with the exception of BIPOC Support) operate on a first-come-first-served basis per session, up to a pre-determined number of participants.

FAMILY, FRIENDS, AND PARTNERS SUPPORT

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

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

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.

Facilitators:

- ***Mondays (10-11:30 am):** Kaitlyn Axelrod (she/her), MSW, RSW & Kelsey Johnston (she/her), MSW, RSW
- **Tuesdays (6:30-8pm):** Sara Desroches (she/her), MSW, RSW & Julian Waithe (he/him), MSW, RSW
- **Wednesdays (6:30-8pm):** Maureen Mahan (she/her), RN, MEd & Sezgi Ozel (she/her), OT Reg. (Ont.)
- ***Fridays (10-11:30am):** Veronika Davy (she/they), B. Mus.Ed., ARCT, ExAT & Kaitlyn Axelrod (she/her), MSW, RSW
- **Fridays (1-2:30pm):** Corinne Lee (she/her), CYC, RP & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

*Monday & Friday morning sessions continue to pilot new language guidelines. Participants can name eating disorder diagnoses and symptoms. Other language guidelines remain the same.

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

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).

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

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



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

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.

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

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.

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

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.

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

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

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

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

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





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.



SHEENA'S PLACE

Twenty Five Years of
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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

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