

WINTER 2022

PROGRAM CALENDAR

Registration for the Winter 2022 season begins **Monday, December 13th 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 Winter 2022 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](https://sheenasplace.org).

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

How to register:

- Registration opens Monday, December 13th 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 a **maximum of two open or closed groups per season and unlimited drop-in groups**.

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!](#)

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:
December 27-28, 2021
January 3, 2022
February 21, 2022

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 support a trusting and comfortable group dynamic, no one joins a closed group following the third session.

For confidentiality reasons, we do not allow observers to participate in our groups. If you are a family member, friend, or partner of someone with an eating disorder, you are welcome to register for groups in the "Support for Caregivers & Loved Ones" category. Caregivers and loved ones are not permitted to register for any other groups. If you are both a caregiver and someone with lived experience of an eating disorder, you can contact Sheena's Place to discuss which type of group would best meet your needs at this time.

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 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

Offered: January 4 – March 22, 2022

Facilitators: Margaret Powell, BScOT, Reg (ON), MEd(Psych), BCN & Kelsey Gatta (she/her), MSW Student

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) 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: January 10 – March 21, 2022

Facilitators: Veronika Davy (she/they) B Mus Ed, ARCT, ExAT & Maureen Mahan (she/her), RN, MEd

When: Wednesdays, 6:30 – 8:00 pm

Offered: January 5 – March 23, 2022

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

When: Fridays, 10:00 - 11:30 am***

Offered: January 7 - March 25, 2022

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW & Miranda Pecoraro (she/her), MSW Student

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



SUPPORT GROUPS (continued)

(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: January 4 – March 15, 2022

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: January 5 – March 23, 2022

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

(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: January 10 – March 21, 2022

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

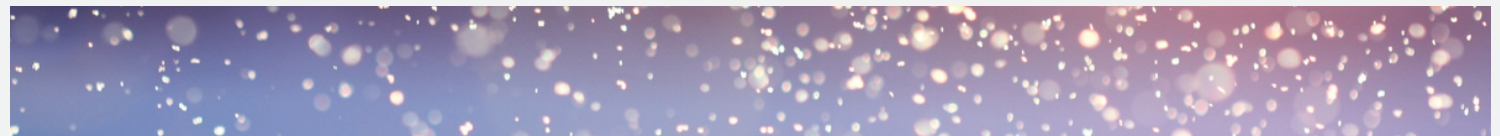
This group offers a safe space for folx to discuss the complexities and interconnectedness of gender identity and body image. Providing a supportive environment to explore topics and share insights/strategies related to navigating the world as a Trans individual with an eating disorder.

When: Thursdays, 6:30 – 8:00 pm

Offered: January 6 – March 24, 2022

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.



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

SUPPORT GROUPS (continued)

(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, 6:30 - 8:00 pm

Offered: January 4 – March 22, 2022

Facilitators: Sara Desroches (she/her), MSW, RSW & Rae Barilea (she/her)

(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: January 10 – March 21, 2022

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

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

(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: January 4 – March 22, 2022

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.



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 visual arts 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 John Choi at jchoi@sheenasplace.org.

(O) ART STUDIO: MINDFUL PRACTICES THROUGH ART MAKING

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: Wednesdays, 10:00 am - 12:00 pm

Offered: January 5 – March 9, 2022

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

(C) MINDFUL EMBROIDERY & WATERCOLOUR ART THERAPY

Participants will explore topics and emotions related to EDs and body image through the use of embroidery, watercolour paints, and poetry meditations. This group is open to all levels of embroidery experience, as we will teach different stitches in the first two weeks of the group. We aim to include weekly written reflections and small embroidery projects in the later weeks.

When: Mondays, 1:30 - 3:30 pm

Offered: January 10 – March 14, 2022

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

Note: Participants must be comfortable working with needles. Basic materials will be supplied: embroidery hoop, needles, floss, fabric. Please provide your own watercolour, acrylic, or fabric paints and any extra embroidery/textile supplies you would like.

(C) SELF-DISCOVERY THROUGH 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: Mondays, 2:00 - 4:00 pm

Offered: January 10 – March 7, 2022

Facilitators: Debbie Uttama Anderson (she/her), dTATI, RP & Evgenia Khilov (she/her), Art Therapist, DTATI, RP

(C) CREATIVE WRITING: EXPLORING BEYOND THE EATING DISORDER VOICE - NEW!

Guided by the techniques and philosophy of Narrative Therapy, we'll use a variety of creative writing styles to identify the ED voice and its accomplices, develop "counterstories" that challenge this narrative, and imagine possibilities for the future. All skill levels are welcome.

When: Wednesdays, 3:30 - 5:00 pm

Offered: January 5 – March 9, 2022

Facilitators: Miranda Pecoraro (she/her), MSW Student & Kaitlyn Axelrod (she/her), MSW, RSW

Note: Please bring a blank journal and writing/drawing supplies.



EXPRESSIVE ARTS GROUPS (continued)

(C) THE ART OF BODY LIBERATION: CHALLENGING BODY NEGATIVITY THROUGH ARTISTIC EXPLORATION

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 - 3:30 pm

Offered: January 6 – March 10, 2022

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

(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, 1:00 – 3:00 pm

Offered: January 6 – March 10, 2022

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

(C) EMBRACING EMOTION - NEW!

In this group participants will have the opportunity to explore the embodied experience of emotions through creative practice. Guided by the senses, and with a moment to moment focus on experience, perception, and process in art making, we will explore our relationships to emotions, and how we might reshape these relationships through presence and non-judgemental awareness in support of our recovery goals. No previous art experience needed!

When: Wednesdays, 4:30 - 6:30 pm

Offered: January 5 – March 9, 2022

Facilitators: Jayne Stewart (she/her) MSW, RSW, CTRS, VATI Art Therapy Student & Veronika Davy (she/they) B Mus Ed, ARCT, ExAT



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: January 4 – March 22, 2022

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) TRAUMA-SENSITIVE YOGA - NEW!

This trauma sensitive yoga asana class emphasizes choice making, while providing different options of forms and bringing our awareness to the present moment. There is invitational language for each person to decide how they would like to move throughout the class, so each person can decide what feels useful for them. There will also be some discussion around the five elements of trauma sensitive yoga: choice making, invitational language, non-coercion, authenticity and interoception. No experience is needed.

When: Wednesdays, 6:30 – 8:00 pm

Offered: January 5 – March 9, 2022

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

Note: Please wear clothing that will be comfortable to move in. You are welcome to bring books, yoga blocks, a chair, towel or blanket to make your practice more comfortable.

(C) BODY BUDDIES MOVEMENT GROUP: BUILDING A BODY-LIBERATION-CENTRED MOVEMENT PRACTICE

Movement does a body good. Unfortunately, it's often difficult to engage in a movement practice without encountering fatphobia, sizeism or weight stigma, given that many movement environments centre weight change as the primary desired outcome of exercise. In this group we'll explore an alternative, body-liberation-centred approach to movement which prioritizes joy, functionality and empowerment in order to support wellbeing.

When: Wednesdays, 4:30 – 6:30 pm

Offered: January 5 – March 9, 2022

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

Note: This group will include both discussion and gentle movement practice. Please wear comfortable clothing and come prepared with something to write on, and your choice of pillows, blankets and/or a chair to help make your practice more comfortable. If additional items are needed, participants will be notified in advance.

(C) EXPLORING BODY IMAGE - NEW!

In this group, we will be exploring sources of negative body image and the ways in which this can result in poor self-image. Drawing on principles from Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, and Acceptance and Commitment Therapy, we will be reviewing coping skills for negative body image and reflecting on how we can re-evaluate harmful sociocultural messages and move towards empowerment and body acceptance.

When: Wednesdays, 1:00 – 2:30 pm

Offered: January 5 – March 9, 2022

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

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.

(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: January 6 – March 10, 2021

Facilitators: Theresa Miceli (she/her), MSW, RSW & Kelsey Gatta (she/her), MSW Student

(C) RADICALLY OPEN DBT SKILLS: LETTING GO OF PERFECTIONISM AND OVER CONTROL

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: January 6 – March 10, 2022

Facilitators: Denise Lawee (she/her), MSW, RSW & John Choi (he/him)



(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, 11:00 - 12:30 pm

Offered: January 6 – March 10, 2021

Facilitators: Cynthia Shea (she/her), MSW, RSW & Zac Grant (they/them), MSW, RSW

When: Thursdays, 1:00 – 2:30 pm

Offered: January 6 – March 10, 2021

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

(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, 6:30 - 8:00 pm

Offered: January 10 – March 14, 2022

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.



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

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, 4:00 – 6:00 pm

Offered: January 10 – March 7, 2022

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 MINI-SERIES

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: Mondays, 6:15 – 8:15 pm

Offered: January 10 – February 7, 2022 (5 sessions)

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) BREAK UP WITH BINGE EATING - NEW!

A supportive environment for those coping with the challenges of living with binge eating. Through facilitated discussions each week, group members will learn about the cycle of binge eating, how to meet their needs for nutrition and self-care, skills for interrupting binge eating, and the impact of weight stigma and negative body image on binge eating.

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

Offered: January 10 – March 7, 2022

Facilitators: Alida Iacobellis (she/her), RD & Sarah Kendell (she/her), RD

Note: Language guidelines will be amended in this group to allow for relevant discussion.



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

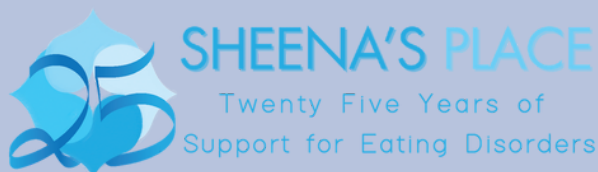
Visit [Sheena's Shared Stories](#) to explore works created by the SP community. You can contribute to the blog by sending your work to kmccarthy@sheenasplace.org. Posts can be shared on our website anonymously.

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