

# WINTER 2022

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](http://sheenasplace.org).

## MONDAY

**10:00 - 11:30 AM:**  
ADULT SUPPORT

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

BREAK UP WITH BINGE  
EATING

**1:30 - 3:30 PM:**  
MINDFUL EMBROIDERY &  
WATERCOLOUR ART  
THERAPY

**2:00 - 4:00 PM:**  
ART JOURNALING

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

**4:00 - 6:00 PM:**  
MEAL PLANNING & PREP  
W/ BED

**6:30 - 8:00 PM:**  
NAVIGATING RECOVERY

**6:15 - 8:15 PM:**  
NUTRITION EDUCATION  
W/ BED MINI-SERIES

## TUESDAY

**10:00 - 11:30 AM:**  
GENTLE YOGA

**3:00 - 4:30 PM:**  
EXERCISE SUPPORT

**6:30 - 8:00 PM:**  
BIPOC SUPPORT

FAMILY, FRIENDS, &  
PARTNERS SUPPORT

YOUNG ADULT SUPPORT

## WEDNESDAY

**10:00 AM - 12:00 PM:**  
ART STUDIO

**1:00 - 2:30 PM:**  
EXPLORING BODY IMAGE

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

**3:30 - 5:00 PM:**  
CREATIVE WRITING

**4:30 - 6:30 PM:**  
BODY BUDDIES

EMBRACING EMOTION

**6:30 - 8:00 PM:**  
ADULT SUPPORT

TRAUMA-SENSITIVE YOGA

## THURSDAY

**10:00 - 11:30 AM:**  
CHALLENGING  
PERFECTIONISM

**11:00 - 12:30 PM:**  
DBT SKILLS

**1:00 - 2:30 PM:**  
DBT SKILLS

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

IMPROV COMEDY

**1:00 - 3:30 PM:**  
THE ART OF BODY  
LIBERATION

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

## FRIDAY

**10:00 - 11:30 AM:**  
ADULT SUPPORT



**SHEENA'S PLACE**

Twenty Five Years of  
Support for Eating Disorders