

PROGRAM CALENDAR

Registration for the Spring 2022 season begins **Monday, March 14th 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. Our aim is to provide accessible, timely support and education to people at all stages of recovery, while fostering a sense of community and connection. No diagnosis or referral is required and all programs are free of charge.

All groups will be ONLINE during the Spring 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, March 14th 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 second and fourth 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 health care providers.

SHEENA'S PLACE CLOSURES:
Friday, April 15, 2022
Monday, May 23, 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: March 29 - June 14, 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. *****Note: In Monday & Friday morning sessions, we will continue to use new language guidelines. Participants will be able to name eating disorder diagnoses and symptoms. Other language guidelines will remain the same.**

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

Offered: March 28 - June 13, 2022

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

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

Offered: April 1 - June 17, 2022

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW & Maureen Mahan (she/her), RN, MEd

When: Wednesdays, 6:30 - 8:00 pm

Offered: April 6 - June 15, 2022

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

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

Offered: April 1 - June 17, 2022

Facilitators: Veronika Davy (she/they) B Mus Ed, ARCT, ExAT & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)



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

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: March 29 - June 7, 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).

Also note that for this season, this group does not count towards your two group limit.

(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: March 30 - June 15, 2022

Facilitator: Kaley Roosen (she/her) Ph.D. C.Psych & Sookie Bardwell (she/they), MA, OCT

(D) DISABLED & CHRONICALLY ILL SUPPORT

This group is designed to provide a safer 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: March 28 - June 13, 2022

Facilitators: Kaley Roosen (she/her) Ph.D. C.Psych & Zac Grant (they/them), MSW, RSW

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: March 31 - June 16, 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: March 29 - June 14, 2022

Facilitators: Zac Grant (they/them), MSW, RSW & JDP (they/them), Peer Support

(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: March 28 - June 13, 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: March 29 - June 14, 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 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 ahanania@sheenasplace.org.

(D) DROP-INTO RECOVERY THROUGH THE ARTS - NEW!

Sheena's Place is excited to announce its first drop-in art group! Each week, participants will be invited into open-studio art-making where they will work with the materials/modality of their choice (drawing, painting, writing, poetry, clay, collage, textiles, etc); engaging the arts as way of being with and responding to life's beauty and challenges. Participants will have the opportunity to share and process their work in creative community, nurturing creative capacities as part of a holistic approach to recovery. No previous artistic experience required!

When: Thursdays, 12:30 - 2:30 pm

Offered: April 7 - June 9, 2022

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

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

(C) EXPRESS YOURSELF: CREATIVE WRITING FOR SELF-EXPRESSION AND HEALING (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 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 explore strategies for developing a personal writing practice that supports each individual's unique healing journey.

When: Thursdays, 5:00 - 7:00pm

Offered: April 7 - May 5, 2022 (5 sessions)

Facilitators: Laura Hartley (she/her), BA, MES & Miranda Pecoraro (she/her), BSW, RSW

(C) JOURNEY TO SELF: ART GROUP - NEW!

This group facilitates a deeper understanding of self and explores various aspects that will highlight the areas one may need to dive deeper in order to allow life to unfold more coherently. No previous art experience needed!

When: Mondays, 2:00 - 4:00 pm

Offered: March 28 - May 30, 2022

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

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

(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, 10:00 am - 12:00 pm

Offered: March 30 - June 1, 2022

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

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



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

EXPRESSIVE ARTS GROUPS (continued)

(C) EXPLORING EMBODIMENT

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: Tuesdays, 1:00 - 3:30 pm

Offered: March 29 - May 31, 2022

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

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

(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: Wednesdays, 1:30 - 3:30 pm

Offered: March 30 - June 1, 2022

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



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

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: April 5 - June 14, 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

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: March 30 - June 1, 2022

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & Ashley Seaman (she/her), B.Ed Educator, OCT

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) ROBUST RELATIONSHIPS: BUILDING A BODY-LIBERATION-CENTRED APPROACH TO BEING HUMANS TOGETHER

Unfortunately, for many of us weight stigma is part of many of the important relationships in our lives—including the one we have with ourselves. In this group, we'll explore the impacts of weight stigma and develop our collective capacity to build relationships that centre Body Liberation, resist body negativity, and support individual and collective healing. We'll discuss all kinds of intra + interpersonal relationships, including familial relationships, friendships, and romantic, sexual and other intimate relationships.

When: Wednesdays, 4:30 – 6:30 pm

Offered: March 30 - June 1, 2022

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

(C) FIERCELY FAT FRIDAYS (MINI-SERIES) - 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: Fridays, 1:00 – 2:30 pm

Offered: April 29 - May 27, 2022 (5 sessions)

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



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) PRACTICING MINDFULNESS - NEW!

This is a structured group, derived from Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), where participants will learn the basics of mindfulness and will practice guided mindfulness as a group. Group members will learn skills and coping strategies designed to increase capacities in awareness, perspective-taking, and regulation of attention, emotion, and behaviour. No previous experience with mindfulness is required!

When: Thursdays, 5:30 - 7:00 pm

Offered: March 31 - June 2, 2022

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

(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: March 31 - June 2, 2022

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

(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: Fridays, 1:00 - 2:30 pm

Offered: April 1 - June 3, 2022

Facilitators: Denise Lawee (she/her), MSW, RSW & Miranda Pecoraro (she/her), BSW, RSW

(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: April 4 - June 6, 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.

(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: March 31 - June 2, 2022

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

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

Offered: March 31 - June 2, 2022

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



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) UNDERSTANDING BINGE EATING: STRATEGIES FOR COPING

A supportive and non-judgmental environment to help validate and reduce shame for those coping with the challenges of living with binge eating. Through facilitated discussions each week, group members will explore a variety of topics including: factors that contribute to the binge eating cycle, the role of nutrition and regular eating, and coping strategies for interrupting binge eating.

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

Offered: March 28 – May 16, 2022 (8 sessions)

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 including naming binge eating and, at times, discussing food. This group operates from a weight inclusive, non-diet approach.

(C) MANAGING CRAVINGS & EMOTIONAL EATING **- NEW!**

Food is emotional. It's connected to the good and bad events in our lives and it helps us feel both better and worse at times. This group will provide a safe and supportive environment to learn about our emotions and other triggers for cravings, our learned eating behaviours, and provide strategies to help us manage our cravings and cope with our emotions.

When: Fridays, 11am - 12:30 pm

Offered: April 1 - June 3, 2022

Facilitators: Yasmin Dadollahi (she/her), MHSc, RD & John Choi (he/him)

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

(C) MANAGING RECOVERY WITH MEAL PLANNING AND PREPARATION FOR BINGE EATING DISORDER

This group is a skills-based group for participants with BED. Through a brief facilitated discussion each week, group members will learn skills to interrupt binge eating, meal preparation, planning and gentle nutrition. Each week, facilitators will provide a cooking demonstration on how to confidently prepare gratifying foods that could work within a structured meal plan.

When: Mondays, 4:00 – 5:30 pm

Offered: March 28 - May 16, 2022 (8 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.



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](https://www.facebook.com/sheenasplacesupport)

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

YouTube: [youtube.com/sheenasplace](https://www.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

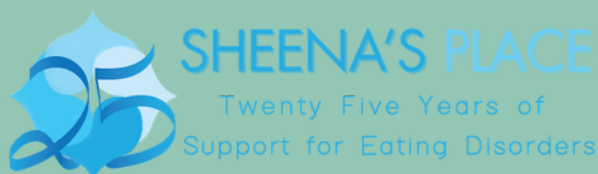
Visit [Sheena's Shared Stories](#) to explore works created by the SP community. You can contribute to the blog by sending your work to kmccarthy@sheenasplace.org. Posts can be shared on our website anonymously.

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