

SUMMER 2022

MONDAY

10:00 - 11:30 AM:
ADULT SUPPORT

1:00 - 2:00 PM:
MINDFULNESS
MINI-SERIES

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

1:00 - 3:00 PM:
DROP-INTO RECOVERY
THROUGH THE ARTS

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

6:00 - 7:30 PM:
NAVIGATING RECOVERY
SUPPORT

TUESDAY

10:00 - 11:30 AM:
GENTLE YOGA

UNDERSTANDING BINGE
EATING: STRATEGIES FOR
COPING

10:30 AM - 12:30 PM:
ADDRESSING GRIEF AND
BEING ALONE THROUGH
ART-MAKING

1:30 - 3:30 PM:
ART STUDIO:
MINDFULNESS PRACTICES
THROUGH ART MAKING

3:00 - 4:30 PM:
EXERCISE SUPPORT

6:30 - 8:00 PM:
BIPOC SUPPORT

FAMILY, FRIENDS, &
PARTNERS SUPPORT

YOUNG ADULT SUPPORT

**MANAGING CRAVINGS &
EMOTIONAL EATING**

WEDNESDAY

10:00 AM - 12:00 PM:
ART JOURNALING

1:00 - 2:30 PM:
ED RECOVERY FOR
ATHLETES MINI-SERIES

1:30 - 3:30 PM:
IMPROV COMEDY

2:00 - 3:30 PM:
BIG TIME BODY
LIBERATION: A SPACE TO
TALK ABOUT RESISTING
WEIGHT STIGMA FOR
FOLKS IN BIGGER BODIES

3:30 - 5:00 PM:
NEURODIVERGENT
SUPPORT

6:00 - 7:30 PM:
ADULT SUPPORT

6:30 - 8:00 PM:
ADULT SUPPORT

TRAUMA-SENSITIVE YOGA

THURSDAY

1:00 - 2:30 PM:
ADULT SUPPORT

1:00 - 3:00 PM:
DUNGEONS & DRAGONS
(D&D) INTEGRATED ART
GROUP

4:00 - 6:00 PM:
MANAGING RECOVERY
WITH MEAL PLANNING &
PREPARATION

5:30 - 7:30 PM:
CREATIVE WRITING:
EXPLORING BEYOND THE
EATING DISORDER VOICE

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

FRIDAY

10:00 - 11:30 AM:
ADULT SUPPORT

**All groups are free of charge
and available to people age
17+ in Ontario.**

**Groups highlighted in green
are IN-PERSON (87 Spadina
Road). All other groups are
online.**

**For full group descriptions
and registration information,
visit sheenasplace.org.**