



SHEENA'S PLACE

FALL 2022

PROGRAM CALENDAR

Registration for the Fall 2022 season begins **Monday, September 12th at 12pm.**

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.

This fall, we will be offering 3 in-person groups. Pay close attention to the location listed under each group description.

- [Click here to view the requirements for online group participation.](#)
- [Click here to view our COVID protocols for in-person groups.](#)

For more information about accessibility at Sheena's Place, please visit our [website](#).

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

How to register:

- If you did not register for groups in Summer 2022, you will need to create an account on our new registration platform. [Click here to learn more.](#)
- Registration opens **Monday, September 12th at 12pm**, online at sheenasplace.org. Staff will be available by phone (416-927-8900 x 100 or 330) to answer questions. 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, one workshop, and unlimited drop-in groups per season.**

INFORMATION SESSIONS

Join our Registrar team on the first and third Monday of every month to learn about our services and the registration process. Info sessions are open to individuals with an eating disorder as well as family, friends, partners, and health care providers. Visit our [website](#) for more information.

SHEENA'S PLACE CLOSURES

Groups will not run on the following dates:

October 10, 2022
September 19-23, 2022
(end of Summer season)
December 26-30, 2022
(end of Fall season)



Understanding Group Codes

D (drop-in): Participants can register 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): Participants can register at any time during the season, space allowing.

C (closed): 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.

WS (workshops): Single or multi-session programs exploring special topics that change seasonally.

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. A separate breakout room with one facilitator is used for the partners who attend this group.

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

Offered: September 27 - December 20, 2022

Location: Online (via Zoom)

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

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

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, 11:00 am - 12:30 pm***

Offered: September 26 - December 19, 2022

Location: Online (via Zoom)

Facilitators: Maureen Mahan (she/her), RN, MEd & Sara Desroches (she/her), MSW, RSW

When: Tuesdays, 6:00 - 7:30 pm***

Offered: September 27 - December 20, 2022

Location: IN-PERSON (87 Spadina Road)

Facilitator: Kelsey Johnston (she/her), MSW, RSW

*****Note:** In Monday, Tuesday, Wednesday afternoon, and Friday groups, we will continue to use our new language guidelines. Participants will be able to name eating disorder diagnoses and symptoms. Other language guidelines will remain the same. [Click here](#) for more information about our language guidelines.



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

SUPPORT GROUPS (continued)

(D) ADULT SUPPORT (continued)

When: Wednesdays, 1:00 - 2:30 pm***

Offered: September 28 - December 21, 2022

Location: IN-PERSON (87 Spadina Road)

Facilitator: Kaitlyn Axelrod (she/her), MSW, RSW

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

Offered: September 28 - December 21, 2022

Location: Online (via Zoom)

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

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

Offered: October 7 - December 23, 2022

Location: Online (via Zoom)

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW & Colleen Smith (she/her), RSW

(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: September 26 - December 19, 2022

Location: Online (via Zoom)

Facilitators: Kaley Roosen (she/her) Ph.D. C.Psych & 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.

(O) BIPOC SUPPORT

This group is designed to hold space for those who want to discuss how race and culture impacts our relationship with food and our bodies. We aim to co-create a culturally humble space, where people can feel safe navigating (often) messy conversations about systemic injustices, identity, eating disorders, and healing.

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

Offered: September 27 - December 13, 2022

Location: Online (via Zoom)

Facilitators: Ary Maharaj (he/him), M.Ed., RP (Qualifying) & Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying)

Note: When registering, please be mindful that this space is intended for and led by members of the BIPOC community (Black, Indigenous, and people of colour).

Also note that 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

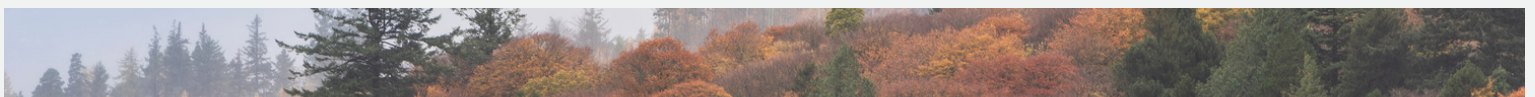
This group provides a safer space for folks in fat, larger, plus-size, thick, voluptuous, rotund, corpulent, monarch-sized, zaftig, chubby and fluffy bodies (or any other language you might use to describe your embodied experience moving through the world in a bigger body) to explore topics and experiences 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: September 28 - December 21, 2022

Location: Online (via Zoom)

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



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

SUPPORT GROUPS (continued)

(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: September 27 - December 20, 2022

Location: Online (via Zoom)

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.

(D) NAVIGATING RECOVERY SUPPORT

An ongoing support group for people who feel they are in the recovery process. Each week, group members will explore challenges, share strategies, and support the changes that group members have made in a non-judgmental space. The intention of the group is to draw on the wisdom of lived experience along with facilitator-provided skill-building offerings. Building community through shared experience, we will work together to explore coping strategies and stress reduction techniques, encourage peer support, and to acknowledge barriers and facilitators to change.

When: Mondays, 6:00 - 7:30 pm

Offered: September 26 - December 19, 2022

Location: Online (via Zoom)

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.

(O) NEURODIVERGENT SUPPORT

This group aims to hold space for neurodivergent folks who would like to explore the intersection of neurodivergence and eating disorder experiences. Topics may include barriers to treatment, masking, sensory experiences, executive functioning, etc.

When: Tuesdays, 1:30 - 3:00 pm

Offered: September 27 - November 29, 2022

Location: Online (via Zoom)

Facilitators: Josée Sovinsky (she/they), RP, RD & Sophie Raniere (she/her), RP

Note: This group is intended for people who identify as being part of the broader neurodivergent community, including, but not limited to, people with self-identified or diagnosed ADHD, autism, HSP, etc. This group is run by facilitators who identify as being neurodivergent.

(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.

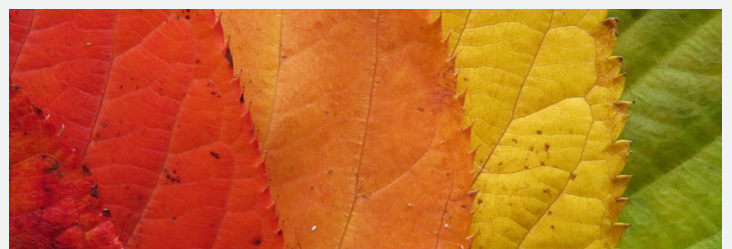
When: Thursdays, 6:30 - 8:00 pm

Offered: September 29 - December 22, 2022

Location: Online (via Zoom)

Facilitators: Christine Hsu (she/they), OCT & 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: September 27 - December 20, 2022

Location: Online (via Zoom)

Facilitators: Veronika Davy (she/they) B Mus Ed, ARCT, ExAT & 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: September 26 - December 19, 2022

Location: Online (via Zoom)

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

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

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: September 27 - December 20, 2022

Location: Online (via Zoom)

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.

(O) 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: September 28 - November 30, 2022

Location: Online (via Zoom)

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.



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 (eg. 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

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: Wednesdays, 10:30 am - 12:30 pm

Offered: September 28 - November 30, 2022

Location: Online (via Zoom)

Facilitators: Veronika Davy (she/they) B Mus Ed, ARCT, ExAT & Leanna Scheitrowsky (she/her), RP (Qualifying), DTATI (cand.)

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

(O) ART STUDIO: MINDFULNESS 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: Tuesdays, 1:30 - 3:30 pm

Offered: September 27 - November 29, 2022

Location: IN-PERSON (87 Spadina Rd)

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

Note: Use of scissors and exacto knives may be used for crafting purposes.

(C) DUNGEONS AND DRAGONS (D&D) INTEGRATED ART GROUP FOR YOUNG ADULTS (AGES 17-30)

This group combines the classic tabletop role-playing game, Dungeons and Dragons, with art therapy. In each session, participants will journey alongside their fellow adventurers, exploring collaborative storytelling as a methodology for self empowerment and group cohesiveness. Channel your hero within and join an adventuring party that will support you in whatever stage you are in on your journey. No previous D&D or art experience necessary!

When: Thursdays, 6:00 - 8:00 pm

Offered: September 29 - December 1, 2022

Location: Online (via Zoom)

Facilitators: Leanna Scheitrowsky (she/her), RP (Qualifying), DTATI (cand.) & Alex Nicholls (he/him), DTATI (cand.), 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, 1:00 - 3:00 pm

Offered: September 28 - November 30, 2022

Location: Online (via Zoom)

Facilitators: Ashley Seaman (she/her), B.Ed Educator, OCT & John Choi (he/him)



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

EXPRESSIVE ARTS GROUPS (continued)

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

Offered: September 29 - December 1, 2022

Location: Online (via Zoom)

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP & Leanna Scheitrowsky (she/her), RP (Qualifying), DTATI (cand.)

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

(C) JOURNEY TO SELF ART GROUP

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, 1:30 - 3:30 pm

Offered: September 26 - November 28, 2022

Location: Online (via Zoom)

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

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

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) BIPOC NUTRITION SUPPORT - NEW!

The BIPOC Nutrition Support group focuses on nutrition education for participants experiencing distressed or disordered eating, using an anti-racist and anti-oppression lens. Participants in the group are encouraged to enhance their understanding of food, nutrition, food insecurity, and health equity while learning to embrace their cultural foods and lived experiences.

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

Offered: September 28 - November 30, 2022

Location: Online (via Zoom)

Facilitators: Rosie Mensah (she/her), RD, MPH & Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying)

Note: Language guidelines will be amended in this group to allow for relevant discussion including naming foods. Also, when registering, please be mindful that this space is intended for and led by members of the BIPOC community (Black, Indigenous, and people of colour).

(C) INTUITIVE EATING AND EATING DISORDERS: WHAT'S THE CONNECTION?

In this psychoeducational mini-series we will discuss when and how those with eating disorders can integrate principles of intuitive eating in their recovery.

When: Thursdays, 10:30 - 12:00 pm

Offered: October 27 - December 1, 2022 (6 sessions)

Location: Online (via Zoom)

Facilitators: Josée Sovinsky (she/they), RP, RD & Christine McPhail (she/her), RD

Note: Language guidelines will be amended in this group to allow for relevant discussion including naming eating disorder behaviours and foods.



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

SKILL BUILDING GROUPS & WORKSHOPS

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, 5:30 - 7:00pm

Offered: September 29 - December 1, 2022

Location: Online (via Zoom)

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

(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: Mondays, 10:00 - 11:30 am

Offered: September 26 - November 28, 2022

Location: Online (via Zoom)

Facilitators: Cynthia Shea (she/her), MSW, RSW & Shauna Wallace (she/her), MA, RP

(O) EFFECTIVE COMMUNICATION STRATEGIES

Together, this group will explore communication skills and be curious about communication styles including passive, aggressive and assertive communication. Facilitators will provide skill building tools that would support group members to express wants and needs while exploring challenges to effective communication.

When: Wednesdays, 1:30 - 3:00pm

Offered: September 28 - November 30, 2022

Location: Online (via Zoom)

Facilitators: Maureen Mahan (she/her), RN, MEd & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

(O) 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 themselves!

Note: Breakout rooms will be used to facilitate discussions in smaller groups.

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

Offered: September 29 - December 1, 2022

Location: Online (via Zoom)

Facilitators: Denise Lawee (she/her), MSW, RSW & Sara Desroches (she/her), MSW, RSW

(WS) HOW TO FIND AN ED-INFORMED THERAPIST/SERVICE PROVIDER

Finding a therapist can be a daunting task and finding an eating disorder-informed therapist or service provider can be even tougher. In this workshop, in collaboration with the National Eating Disorder Information Centre, facilitators will share strategies and suggestions for system navigation, including where to search, what to look for, and what types of questions to ask a prospective therapist/service provider.

Note: This workshop will not match participants directly to a therapist.

When: Thursday, October 13, 2022 (1:00 - 3:30 pm)

Location: Online (via Zoom)

Facilitators: Emily Huynh (she/her), BSW, RSW [NEDIC] & Kaitlyn Axelrod (she/her), MSW, RSW

More workshops will be available in our December workshop calendar - stay tuned!

To learn more about our group facilitators, visit sheenasplace.org/facilitators



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

COMMUNITY COLLABORATIONS

SHERIDAN COLLEGE - EATING DISORDER SUPPORT

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: Tuesdays, 1:30 - 3:00pm

Offered: September 27 - November 22, 2022

Location: Hosted by Sheridan College

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW, Alyse Nishimura (she/her), MSW, RSW, & Colette Barras she/her), MSW, RSW

Note: These groups are open to Sheridan College students only

SHERIDAN COLLEGE - EXPRESS YOURSELF: USING VISUAL ARTS TO EXPLORE DISORDERED EATING

This group offers participants the opportunity to experiment and express themselves through a variety of visual art materials. Together, we will explore the underlying behaviours and emotions that may be influencing your experience with body image through discussion and art-making. No previous art experience needed!

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

Offered: September 29 - November 24, 2022

Location: Hosted by Sheridan College

Facilitators: Alex Nicholls (he/him), DTATI (cand.), RP (Qualifying), Alyse Nishimura (she/her), MSW, RSW, & Colette Barras she/her), MSW, RSW

WEBINARS

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

Did you know that Sheena's Place provides all programs and services free of charge, without the support of ongoing government funding?

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 for their ongoing support.



SHEENA'S PLACE
Support for eating disorders



Foundation