

FALL 2022

MONDAY

10:00 - 11:30 AM:
DBT SKILLS

11:00 AM - 12:30 PM:
ADULT SUPPORT

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

1:30 - 3:30 PM:
JOURNEY TO SELF ART
GROUP

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

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

TUESDAY

10:00 - 11:30 AM:
GENTLE YOGA

1:30 - 3:00 PM
NEURODIVERGENT
SUPPORT

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

3:00 - 4:30 PM:
EXERCISE SUPPORT

6:00 - 7:30 PM:
ADULT SUPPORT

6:30 - 8:00 PM:
BIPOC SUPPORT

FAMILY, FRIENDS, &
PARTNERS SUPPORT

YOUNG ADULT SUPPORT

WEDNESDAY

10:30 AM - 12:30 PM:
DROP-INTO RECOVERY
THROUGH THE ARTS

1:00 - 3:00 PM:
IMPROV COMEDY FOR THE
HEALING PROCESS

1:00 - 2:30 PM:
ADULT SUPPORT

1:30 - 3:00 PM
EFFECTIVE COMMUNICATION
STRATEGIES

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

6:00 - 8:00 PM:
BIPOC NUTRITION SUPPORT

6:30 - 8:00 PM:
ADULT SUPPORT

TRAUMA-SENSITIVE YOGA

THURSDAY

10:30 AM - 12:00 PM:
INTUITIVE EATING &
EATING DISORDERS

1:00 - 2:30 PM:
RADICALLY OPEN DBT
SKILLS

1:30 - 3:30 PM:
ART JOURNALING

5:30 - 7:00 PM:
CHALLENGING
PERFECTIONISM

6:00 - 8:00 PM:
DUNGEONS & DRAGONS
(D&D) INTEGRATED ART
GROUP FOR YOUNG
ADULTS

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
orange are IN-PERSON (87
Spadina Road). All other
groups are online.**

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