



SHEENA'S PLACE

DECEMBER 2022

PROGRAM CALENDAR

Registration for December workshops opens **Monday, November 14th 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 and workshops 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.

HOW TO REGISTER

- If you did not register for groups in Summer or Fall 2022, you will need to create an account on our new registration platform. [Click here to learn more.](#)
- Registration opens **Monday, November 14th at 12pm**, online at sheenasplace.org. Staff will be available by phone (416-927-8900 x 220) to answer questions. Workshops are filled on a first-come-first-served basis.
- Participants may register for a **maximum of one December workshop**.
- **Note:** Many of our Fall season drop-in groups continue into December. See our [Fall 2022 Program Calendar](#) for more information.

ADDITIONAL INFORMATION

- Workshops are open to people age 17+ in Ontario who self-identify as living with an eating disorder.
- Workshops will take place either online or in-person. View the requirements for online group participation [here](#), and view our COVID protocols for in-person groups [here](#).
- For more information about accessibility at Sheena's Place, please visit our [website](#).

SHEENA'S PLACE CLOSURES

We will be closed from Monday, December 26th to Friday, December 30th.

[Click here for a list of emergency resources you can access during this time.](#)



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

MONDAY, DECEMBER 5

HOLIDAY MINDFULNESS

In this workshop we will explore Mindfulness in relation to handling conflict skillfully for the holidays. There will be two mindful practices as well as conversations and reflections based on the topic.

When: Monday, December 5th (11:00am - 12:30pm)

Location: Online (via Zoom)

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & Monique Yang (she/her), TATI Student

TUESDAY, DECEMBER 6

VISION FOR THE NEW YEAR

Come to the warm and welcoming home of Sheena's Place and let's take some time to meditate and vision some aspects of your new year. We will use magazines, scissors and glue and let our inner wise person give us some hints.

When: Tuesday, December 6th (1:30 - 3:30pm)

Location: IN-PERSON (87 Spadina Road)

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP & Magdalin Livingston (she/her), TATI Student

Note: Scissors and exacto knives may be used for crafting purposes.

THURSDAY, DECEMBER 8

COPING WITH THE HOLIDAYS

While the December holidays can be a joyful time of year, they can also be quite distressing for many people living with eating disorders and disordered eating. In this workshop, we will explore strategies to help navigate some stresses that might occur during the holidays, ideally leaving you feeling more prepared to cope with this time of year.

When: Thursday, December 8th (10:00 - 11:30am)

Location: Online (via Zoom)

Facilitators: Zijia Liu (she/her), MSW Student & Kaitlyn Axelrod (she/her), MSW, RSW

WEDNESDAY, DECEMBER 7

WEN-DO WOMEN'S SELF-DEFENCE

Come and learn simple and effective verbal and physical self-defense techniques in an inclusive and empowering space. Laura creates a welcoming and supportive atmosphere for participants to step into their own strength and power! *This workshop is open to all women (cis and trans).

When: Wednesday, December 7th (5:30 - 7:30pm)

Location: Online (via Zoom)

Facilitators: Laura Hartley (she/her), BA, MES, Certified Self-Defence Instructor & Ashley Seaman (she/her) B.Ed Educator, OCT

A HEART FOR THE SEASON

Create a decorative heart while considering your own and the state it's in this holiday season.

When: Wednesday, December 7th (10:00am - 12:00pm)

Location: Online (via Zoom)

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP & Monique Yang (she/her), TATI Student



IMPROV COMEDY FOR THE HOLIDAYS

Give yourself the gift of play, connection, and a little retreat from the hustle and bustle of the season. Through supportively guided games, we explore the value in being present with each other in a practice of acceptance - and silliness! There is no need to prepare anything and there is no pressure to "be funny" - it's less about making others laugh and more about letting yourself laugh with others! (If you want. No pressure!).

When: Thursday, December 8th (1:00 - 3:00pm)

Location: Online (via Zoom)

Facilitators: Ashley Seaman (she/her), B.Ed Educator, OCT & Zijia Liu (she/her), MSW Student



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

THURSDAY, DECEMBER 8

EXPRESS YOURSELF! HOLIDAY CREATIVE WRITING

This workshop will offer the opportunity for participants to experiment with expressing themselves through a mix of creative writing exercises and open writing/creative 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.

When: Thursday, December 8th (5:30 - 7:30pm)

Location: Online (via Zoom)

Facilitators: Laura Hartley (she/her), BA, MES & Magdalin Livingston (she/her), TATI Student



FRIDAY, DECEMBER 9

A HEART FOR THE SEASON

Create a decorative heart while considering your own and the state it's in this holiday season.

When: Friday, December 9th (10:00am - 12:00pm)

Location: Online (via Zoom)

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP & Magdalin Livingston (she/her), TATI Student



ART OF BODY LIBERATION: HOLIDAY CRAFTS EDITION!

In this workshop we will explore the basics of Body Liberation and how this framework can support us in accessing joyful embodiment, deepening connection to ourselves and others, and engaging meaningfully with celebration as we move through the holiday season. Participants will also have the opportunity to create Body- Liberation-centered gifts for themselves/others!

When: Friday, December 9th (1:00 - 4:00pm)

Location: Online (via Zoom)

Facilitators: Sookie Bardwell (she/they), MA, OCT & Veronika Davy (she/they), B Mus Ed, ARCT, ExAT & Monique Yang (she/her), TATI Student

SATURDAY, DECEMBER 10

SHEENA'S CAMP - WINTER EDITION!

After a 2-year hiatus, we're back! Sheena's Camp strives to create a safe and non-judgmental space where folks can take a break from the stresses of everyday living and explore a variety of camp-inspired activities, focusing on team and friendship building, self-esteem, self-compassion, and (most importantly) fun. Join us for our first ever one-day long winter edition of Sheena's Camp!

When: Saturday, December 10th (10:00am - 5:00pm)

Location: IN-PERSON (87 Spadina Road)

Facilitators: Kaitlyn Axelrod (she/her), Alexandra Hanania (she/her), John Choi (he/him), Aglaia Gurevich (she/her), Steve Bowa (he/him), Debbie Uttama Anderson (she/her), Kelsey Johnston (she/her)

Note: Registration for Sheena's Camp requires a \$10 deposit, which is returned to participants at camp. For more information about Sheena's Camp, check out our [camper information package](#).

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