

WINTER 2023

MONDAY

10:00 - 11:30 AM:
DBT SKILLS

10:30 AM - 12:30 PM:
CREATING A TREASURE BOX

11:00 AM - 12:00 PM:
MINDFULNESS DROP-IN

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

3:00 - 5:00 PM:
BIPOC ART ADVOCACY

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

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

6:00 - 7:30 PM:
EXERCISE SUPPORT

6:30 - 8:00PM:
DBT SKILLS

TUESDAY

10:00 - 11:30 AM:
GENTLE YOGA

1:30 - 3:30 PM:
ART JOURNALING

2:00 - 3:30PM:
ADULT SUPPORT

3:30 - 5:00PM:
NEURODIVERGENT
SUPPORT

4:30 - 6:00PM:
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 - 2:30 PM:
NARRATIVE APPROACHES:
RETELLING YOUR STORIES

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

5:30 - 7:30 PM:
COMMUNITY ART ADVOCACY:
WRITING A CHILDREN'S BOOK

6:30 - 8:00 PM:
ADULT SUPPORT

TRAUMA-SENSITIVE YOGA

THURSDAY

10:00 - 11:30 AM:
INTRO TO D&D
CHARACTER BUILDING
WORKSHOP

1:00 - 3:00 PM:
EXPLORING DBT SKILLS
THROUGH ART

4:30 - 6:30 PM:
SOFTENING URGENCY
THROUGH THE ARTS

6:00 - 7:30 PM:
CHALLENGING
PERFECTIONISM

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

FRIDAY

10:00 - 11:30 AM:
ADULT SUPPORT

10:00 - 11:30 AM:
NUTRITION
FUNDAMENTALS FOR
BIPOC FOLKS

1:00 - 2:30 PM:
MANAGING CRAVINGS &
EMOTIONAL EATING

1:00 - 3:00 PM:
IMPROV COMEDY
WORKSHOP

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

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

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