

# WINTER 2023

# PROGRAM CALENDAR

Registration for the Winter 2023 season begins **Monday, December 12th at 12pm**. Register online at [sheenasplace.org](https://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.

We will be offering **ONE** in-person group this season. 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, Fall, or December 2022, you will need to create an account on our new registration platform. [Click here to learn more.](#)
- Registration opens **Monday, December 12th at 12pm**, online at [sheenasplace.org](https://sheenasplace.org). Staff will be available by phone (416-927-8900 x 100 or 220) 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**. Some exceptions apply - see group descriptions.

## INFORMATION SESSIONS

Join our Registrar team every other Monday 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.

[Click here to sign up!](#)

## SHEENA'S PLACE CLOSURES

**Groups will not run on the following dates:**

Monday, January 2, 2023  
Monday, February 20, 2023

## 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 session programs exploring special topics that change seasonally.

## 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:** January 3 - March 21, 2023

**Location:** Online (via Zoom)

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

**NOTE:** 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 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:** Tuesdays, 2:00 - 3:30pm\*\*\*

**Offered:** January 3 - March 21, 2023

**Location:** Online (via Zoom)

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

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

**When:** Tuesdays, 4:30 - 6:00pm\*\*\*

**Offered:** January 3 - March 21, 2023

**Location:** IN-PERSON (87 Spadina Road)

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



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

## **SUPPORT GROUPS (continued)**

### **(D) ADULT SUPPORT** (continued)

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

**Offered:** January 4 - March 22, 2023

**Location:** Online (via Zoom)

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

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

**Offered:** January 6 - March 24, 2023

**Location:** Online (via Zoom)

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

### **(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 - 3:30pm

**Offered:** January 4 - March 22, 2023

**Location:** Online (via Zoom)

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



### **(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 - 2:30pm

**Offered:** January 9 - March 20, 2023

**Location:** Online (via Zoom)

**Facilitators:** Kaley Roosen (she/her) Ph.D. C.Psych & Zac Grant (they/them), MSW, RSW

**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 - 8:00pm

**Offered:** January 10 - March 14, 2023

**Location:** Online (via Zoom)

**Facilitators:** Ary Maharaj (he/him), M.Ed., RP (Qualifying) & Christine Hsu (she/they), OCT

**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.**





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

**Offered:** January 9 - March 20, 2023

**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 - 7:30pm

**Offered:** January 9 - March 20, 2023

**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, 3:30 - 5:00pm

**Offered:** January 3 - March 7, 2023

**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 - 8:00pm

**Offered:** January 5 - March 23, 2023

**Location:** Online (via Zoom)

**Facilitators:** Zac Grant (they/them), MSW, RSW & 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 - 8:00pm

**Offered:** January 3 - March 21, 2023

**Location:** Online (via Zoom)

**Facilitators:** Veronika Davy (they/them), 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 - 5:30pm

**Offered:** January 9 - March 20, 2023

**Location:** Online (via Zoom)

**Facilitators:** Sookie Bardwell (she/they), MA, OCT & Zac Grant (they/them), MSW, RSW

**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 - 11:30am

**Offered:** January 3 - March 21, 2023

**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 - 8:00pm

**Offered:** January 4 - March 8, 2023

**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.



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## **EXPRESSIVE ARTS GROUPS & WORKSHOPS**

**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](mailto:ahanania@sheenasplace.org).*

### **(C) CREATING A TREASURE BOX - NEW!**

We are exploring strengths through creative arts. This art group draws upon our existing resources and cultivates potential ones. Group members are invited to participate in creative processes that explore skills such as forgiveness, resiliency, self-soothing, community building, etc. We can use markers, collages, paint, glitters and more! No previous art-making experience is required.

**When:** Mondays, 10:30am - 12:30pm

**Offered:** January 9 - March 6, 2023

**Location:** Online (via Zoom)

**Facilitators:** Monique Yang (she/her), TATI Student & Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying)

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

### **(C) EXPLORING DBT SKILLS THROUGH ART - NEW!**

Deepen your connection with Wise Mind and explore a more fluid approach to connecting to your emotions through art. Gain deeper insights through the art-making process while learning and practicing DBT concepts and skills. Activate your coping strategies to navigate big feelings. No previous art experience needed!

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

**Offered:** January 5 - March 9, 2023

**Location:** Online (via Zoom)

**Facilitators:** Evgenia Khilov (she/her), DTATI, RP & Veronika Davy (they/them), B Mus Ed, ARCT, ExAT

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

### **(C) SOFTENING URGENCY THROUGH THE ARTS - NEW!**

Each week, participants will be invited into open-studio art-making where they will work within a creative process of their choice (drawing, painting, writing, collage, textiles, etc). Group members will be invited to think about a topic that allows for softening our sense of urgency, exploring themes such as 'gentleness,' 'tenderness,' and 'self-compassion.' No previous art experience necessary!

**When:** Thursdays, 4:30 - 6:30pm

**Offered:** January 5 - March 9, 2023

**Location:** Online (via Zoom)

**Facilitators:** Magdalin Livingston (she/her), MT, TATI Student & Veronika Davy (they/them), B Mus Ed, ARCT, ExAT

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

### **(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:** Tuesdays, 1:30 - 3:30pm

**Offered:** January 3 - March 7, 2023

**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.



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

## **EXPRESSIVE ARTS GROUPS & WORKSHOPS (continued)**

### **(C) BIPOC ART ADVOCACY GROUP: MAKING ZINES - NEW!**

Join us for a dual purpose group of self-expression through expressive arts and art advocacy. Together, we will be creating a zine with the purpose of sharing our ED experiences with a wider BIPOC community across Canada. Each week, we will contribute to a new page of the zine, processing our experiences through the arts and getting the chance to share them with others. Special consent will be requested in order to have your work published in the final zine (zines are self-published illustrated booklets often used in social justice movements). This group is funded by the Bell Let's Talk Community Fund.

**When:** Mondays, 3:30 - 5:30pm

**Offered:** January 9 - March 20, 2023

**Location:** Online (via Zoom)

**Facilitators:** Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying), Magdalin Livingston (she/her), MT, TATI Student, & Monique Yang (she/her), TATI Student

**Note:** 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.** Participants will be provided some art supplies, but are also asked to provide their own basic art supplies.



### **(C) COMMUNITY ART ADVOCACY: WRITING A CHILDREN'S BOOK - NEW!**

Join us for a dual purpose group of self expression through creative writing and art advocacy! Together, we will create a children's book with the purpose of sharing our experiences and hopes for our younger selves. By the end of the group, a short children's book will be created with the purpose of distribution. Special consent will be requested in order to have your work published in the final book. This group is funded by the Bell Let's Talk Community Fund.

**When:** Wednesdays, 5:30 - 7:30pm

**Offered:** January 4 - March 1, 2023 + March 22, 2023 (10 sessions)

**Location:** Online (via Zoom)

**Facilitators:** Miranda Pecoraro (she/her), MSW, RSW & John Choi (he/him)

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

### **(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, 10:30am - 12:30pm

**Offered:** January 4 - March 22, 2023

**Location:** Online (via Zoom)

**Facilitators:** Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying) & Veronika Davy (they/them), B Mus Ed, ARCT, ExAT

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





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

## **EXPRESSIVE ARTS GROUPS & WORKSHOPS (continued)**

### **(WS) INTRO TO DUNGEONS AND DRAGONS (D&D) AND CHARACTER BUILDING WORKSHOP - NEW!**

This workshop combines the classic tabletop role-playing game, Dungeons and Dragons, with art therapy. In each session, participants will be led through the process of creating their own unique D&D character. In this workshop, explore concepts of character backstory, self-discovery, and collaborative storytelling. No previous D&D or art experience necessary!

**When:** Thursdays, 10:00am - 12:00pm

**Offered:** January 12 - January 19, 2023 (2 sessions)

**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.

### **(WS) 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:** Friday, 1:00 - 3:00pm

**Offered:** January 20, 2023 (1 session)

**Location:** Online (via Zoom)

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

**REMINDER: You may register for a maximum of ONE workshop each season.**

## **SKILL BUILDING GROUPS**

**Structured groups with a focus on learning new skills for coping, reducing harm, and creating change.**

### **(D) MINDFULNESS DROP-IN - NEW!**

Drop-in for a weekly mindfulness practice and discussion! In this group, we will explore mindfulness practices that we can use in our daily lives as well as reflect on the different themes that relate to our emotions and experiences, to support the process of accessing the wisdom within ourselves. The sessions start with a mindfulness practice and then we will explore a check in, read about our theme together and share our thoughts, explore a question related to the theme and end with a mindful practice.

**When:** Mondays, 11:00am - 12:00pm

**Offered:** January 9 - March 6, 2023

**Location:** Online (via Zoom)

**Facilitators:** Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & Ashley Seaman (she/her), B.Ed Educator, OCT

### **(O) NARRATIVE APPROACHES: RETELLING YOUR STORIES - NEW!**

We all have life stories that are worth telling. We carry these stories around and they help define who we are. This group uses approaches from Narrative Therapy to bring new perspectives to how we tell our stories, including those about our relationship to food and the body. Come and discover your own narratives in a supportive environment!

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

**Offered:** January 11 - March 15, 2023

**Location:** Online (via Zoom)

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





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

## SKILL-BUILDING GROUPS (continued)

### **(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 - 11:30am

**Offered:** January 9 - March 13, 2023

**Location:** Online (via Zoom)

**Facilitators:** Cynthia Shea (she/her), MSW, RSW & Zac Grant (they/them), MSW, RSW

**When:** Mondays, 6:30 - 8:00pm

**Offered:** January 9 - March 13, 2023

**Location:** Online (via Zoom)

**Facilitators:** Colleen Smith (she/her), RSW & Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying)

### **(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, 6:00 - 7:30pm

**Offered:** January 5 - March 9, 2023

**Location:** Online (via Zoom)

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

## 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) NUTRITION FUNDAMENTALS FOR BIPOC FOLKS (MINI-SERIES) - NEW!**

This group is designed to explore select nutrition topics (such as meal planning, macronutrients, structured eating, hunger cues, etc.) from the lens of BIPOC folks. Participants can expect a mix of structured learning and group discussion as we look toward healing our relationship with food while honoring our history, food culture, and our bodies.

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

**Offered:** January 6 - February 10, 2023 (6 sessions)

**Location:** Online (via Zoom)

**Facilitators:** Sarthak Matravadia (he/him), MSc, PhD & Yasmin Dadollahi (she/her), RD

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

### **(C) MANAGING CRAVINGS & EMOTIONAL EATING**

Food is emotional. It is connected to the good and bad events in our lives and it helps us feel both better and worse at times. This group will provide a safe and supportive environment to explore and learn about our personal eating triggers, our learned eating behaviours, and provide strategies to help us manage our cravings and cope with our emotions.

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

**Offered:** January 6 - March 17, 2023 (no session Feb 24)

**Location:** Online (via Zoom)

**Facilitators:** Yasmin Dadollahi (she/her), RD & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

**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.**

**To learn more about our group facilitators, visit [sheenasplace.org/facilitators](https://sheenasplace.org/facilitators)**

## 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://facebook.com/sheenasplacesupport)

**Twitter:** [@sheenasplace](https://twitter.com/sheenasplace)

**YouTube:** [youtube.com/sheenasplace](https://youtube.com/sheenasplace)

## EDUCATION & TRAINING

Is your team interested in learning more about supporting people with eating disorders? Book a workshop or training with one of our team members. Visit our [website](#) for more information.



### WEBSITE

Our informational website provides an overview of our support services as well as information about eating disorders. Visit [www.sheenasplace.org](https://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](mailto: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](https://sheenasplace.org/donate) for more information.

**We would like to thank RBC and Bell  
Let's Talk for their ongoing support.**



**SHEENA'S PLACE**  
Support for eating disorders



**Foundation**