

SUMMER 2023

PROGRAM CALENDAR

Registration for the Summer 2023 season begins **Monday, June 19th 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 summer, we'll be offering a few in-person groups and workshops. 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 have not already done so, you will need to create an account on our registration platform. [Click here to learn more.](#)
- Registration opens **Monday, June 19th at 12pm**, online at 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, August 7, 2023
Monday, September 4, 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: July 4 - September 19, 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 the Family, Friends, and Partners Support group. 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, 6:00 - 7:30pm***

Offered: July 4 - September 19, 2023

Location: IN-PERSON (87 Spadina Road, Toronto)

Facilitator: Aglaia Tudor (she/her), MACP (In Progress), RP (Qualifying)

When: Wednesdays, 4:30 - 6:00pm***

Offered: July 5 - September 20, 2023

Location: IN-PERSON (87 Spadina Road, Toronto)

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

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

Offered: July 5 - September 20, 2023

Location: Online (via Zoom)

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



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

SUPPORT GROUPS (continued)

(D) ADULT SUPPORT (continued)

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

Offered: July 6 - September 21, 2023

Location: Online (via Zoom)

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW & Minna Frederick (she/her), MSW, RSW

***Note: In Tuesday, Wednesday afternoon, and Thursday groups, we will continue to use new language guidelines. Participants will be able to name eating disorder diagnoses and symptoms. In Wednesday evening groups, we will use more limited language guidelines, including not naming eating disorder diagnoses and symptoms. [Click here for more information about our language guidelines.](#)

(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: July 5 - September 20, 2023

Location: Online (via Zoom)

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



(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: July 4 - September 19, 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.**

(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, 1:30 - 3:00pm

Offered: July 3 - September 18, 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.



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: July 3 - September 18, 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: July 10 - September 18, 2023

Location: Online (via Zoom)

Facilitators: Maureen Mahan (she/her), RN, MEd & Miranda Pecoraro (she/her), MSW, RSW

Note: This group is designed for participants who consider themselves to be in eating disorder recovery.

(D) DROP-IN SUPPORT WITH DBT SKILLS - NEW!

This group provides drop-in ED support with a DBT skill taught at the beginning of each session. The focus of this group is to have participants support each other, while learning to apply DBT skills to support recovery.

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

Offered: July 6 - September 7, 2023

Location: Online (via Zoom)

Facilitators: Colleen Smith (she/her), RSW & Sara Desroches (she/her), MSW, RSW

(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: July 6 - September 21, 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.

(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: Tuesdays, 4:30 - 6:00pm

Offered: July 4 - September 19, 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.



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

SUPPORT GROUPS (continued)

(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, 12:00 - 1:30pm

Offered: July 4 - September 19, 2023

Location: Online (via Zoom)

Facilitators: Sophie Raniere (she/her), RP & Minna Frederick (she/her), MSW, RSW

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) YOUNG ADULT SUPPORT (AGES 17-30)

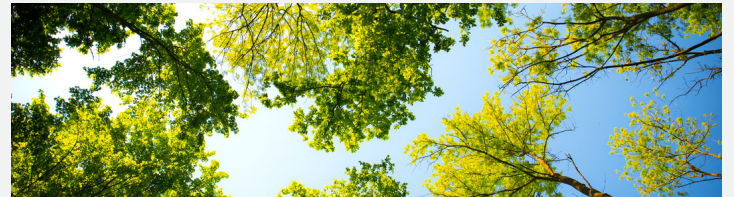
This group provides support for young adults who are struggling with their eating and/or body image issues. There is a particular focus on issues specific to this age group, such as living independently, choosing careers, academic pressures, and relationship concerns.

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

Offered: July 4 - September 19, 2023

Location: Online (via Zoom)

Facilitators: Veronika Davy (they/them), B Mus Ed, ARCT, ExAT & JDP (they/them), Peer Support



BODY IMAGE & MOVEMENT GROUPS

Learn skills to reconnect with your body through discussion, education, and/or gentle movement.

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

Offered: July 6 - September 21, 2023

Location: Online (via Zoom)

Facilitators: Emma Baril (she/her), RYT & Kaitlyn Axelrod (she/her), MSW, RSW

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: July 5 - September 6, 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.



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

SKILL BUILDING GROUPS

Learn new skills for coping, reducing harm, and creating change.

(D) MINDFULNESS DROP-IN

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: July 3 - August 28, 2023

Location: Online (via Zoom)

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & Minna Frederick (she/her), MSW, RSW

(C) INTRO TO ACT (ACCEPTANCE AND COMMITMENT THERAPY) FOR BODY IMAGE DISTRESS

Experiencing negative thoughts about our body can feel overwhelming, often causing us to feel 'stuck' or unable to do certain things in our lives when these thoughts arise. Understandably, we commonly spend great time and energy trying to 'stop' these thoughts from happening. In this workshop series, you're invited to explore the ACT model, which instead encourages 'psychological flexibility' around negative body image thoughts. We will discuss ACT strategies of mindfulness, acceptance, and defusion, to practice engaging with our long term values when distressing body image thoughts show up for us.

When: Wednesdays, 10:00am - 12:00pm

Offered: August 2 - September 6, 2023 (6 sessions)

Location: IN-PERSON (87 Spadina Road, Toronto)

Facilitators: Lauren Drouhard (she/her), MSW, RSW



(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: Tuesdays, 2:30 - 4:00pm

Offered: July 4 - September 5, 2023

Location: Online (via Zoom)

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

(C) DEALING WITH THE DENTIST - NEW!

Going to the dentist can be really tough and can also be an important aspect of health care! Drawing from DBT, CBT, mindfulness, and assertiveness strategies, this mini-series will focus on developing coping skills for making it through dental appointments.

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

Offered: August 9 - August 30, 2023 (4 sessions)

Location: Online (via Zoom)

Facilitators: Ashley Chalmers (they/them), MSW, RSW & Kelsey Johnston (she/her), MSW, RSW

(WS) DRUMMING UP COURAGE

Join together to create community and explore self-expression through samba-inspired drumming. No musical experience necessary! This workshop will invite participants into a playful and supportive space where we will learn to drum together, make music, create connection and express our creativity. We will explore how music can be powerful pathway to personal healing, finding a sense of belonging, and creating positive social change.

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

Offered: July 19, 2023 (1 session)

Location: IN-PERSON (87 Spadina Road, Toronto)

Facilitators: Laura Hartley (she/her), BA, MES



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

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 (e.g. 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 mfrederick@sheenasplace.org.

(C) TRANSFORMING TRAUMA

At its core, trauma creates a disconnect. In this group, participants will come together in creative community to co-create a space of possibility. Expressive Arts will be combined with Sensorimotor and Narrative modalities to support an experiential, embodied, and relational approach to healing. Guided by the senses, and with a moment to moment focus on perception and process in art making, we will explore the power of the arts to hold, resource, and transform experiences of trauma. No previous artistic skill or experience required!

When: Wednesdays, 4:30-6:30pm

Offered: July 5 - September 6, 2023

Location: Online (via Zoom)

Facilitators: Veronika Davy (they/them), B Mus Ed, ARCT, ExAT & Cindy Kwong (she/her), MSW, RSW, 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: Thursdays, 1:00 - 3:00pm

Offered: July 6 - September 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.

(C) CONVERSATIONS FROM WITHIN:

COLLAGE/MIXED MEDIA DIARY - NEW!

The Conversations Within group is an 8-week therapeutic journey that aims to provide a safe and transformative space for participants to engage in self-exploration and healing. Through collage and mixed media, participants will delve into their personal identity, inner dialogue, self-criticism, and various parts of the self beyond their eating disorder. By creating their own collage diaries participants will visually represent their growth and transformation, fostering personal empowerment and supporting their recovery journey.

Note: Participants will need to have collage materials and other mixed media supplies available to fully participate in the art activities throughout the group.

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

Offered: July 3 - August 28, 2023

Location: Online (via Zoom)

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

(O) SELF-DISCOVERY THROUGH PRINTMAKING - NEW!

This group is designed to challenge a person's beliefs about themselves and their world including perfectionism, courage, trust in the process and letting go. Each week we'll use a different technique and combine with other printing methods on paper, fabric and canvas, then come together for personal reflection and group sharing.

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

Offered: July 5 - September 6, 2023

Location: IN-PERSON (87 Spadina Road, Toronto)

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



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

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 (e.g. 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 mfrederick@sheenasplace.org.

(C) DUNGEONS AND DRAGONS (D&D) INTEGRATED ART GROUP

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: Fridays, 1:00 - 2:30pm

Offered: July 7 - September 8, 2023

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) INTRO TO DUNGEONS AND DRAGONS (D&D) & CHARACTER BUILDING WORKSHOP

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, we explore concepts of character backstory, self-discovery, and collaborative storytelling. No previous D&D or art experience necessary! This is a great opportunity to try out D&D before committing to a longer group.

When: Fridays, 10:00am - 12:00pm

Offered: July 7 & July 14, 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.

(D) IMPROV COMEDY FOR THE HEALING PROCESS

Curious about Improv, but also nervous, anxious (or completely terrified)? All feelings welcome! This group is for folks who feel like their healing process could use a boost of playful energy, permission to giggle, and perhaps a gentle & supported, judgement-free step beyond your comfort zone. There is absolutely no pressure and zero expectations to make anyone laugh, just an invitation to join a space & practice where we might let laughter happen. Each week, through (facilitator-led) group games, we explore the pillars of Improv (presence, acceptance, connection, support, play and optional laughs!). In this practice, we also offer a safe & accepting experience to the trickier parts of being human (for instance: uncertainty, imperfection, and anxiety). This is also a safe space to reflect, share and connect with one another around how we feel in our experiences. No previous experience required.

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

Offered: July 7 - September 8, 2023

Location: Online (via Zoom)

Facilitators: Ashley Seaman (she/her), B.Ed Educator, OCT & Aglaia Tudor (she/her), MACP (In-Progress), RP (Qualifying)



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

EXPRESSIVE ARTS GROUPS & WORKSHOPS (continued)

(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: Tuesdays, 1:00 - 3:00pm

Offered: July 11 - September 19, 2023

Location: Online (via Zoom)

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

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

(C) BIPOC EXPLORING WELLNESS THROUGH ARTS & YOGA - NEW!

The group utilizes a combination of trauma sensitive yoga, meditation/mindfulness exercises, and art therapy-based techniques, which are structured around a specific goal for each session. This is an experiential process that builds upon the intention for each session and allows space to explore wellness through a culturally sensitive lens.

When: Fridays, 2:00 - 3:30pm

Offered: July 7 - July 28, 2023 (4 sessions)

Location: Online (via Zoom)

Facilitators: Nicole D'Souza (she/her), MSW, RSW & TCTSY-F, David Cho (he/him), RP, DTATI

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).

(D) DROP-IN ART STUDIO FOR SELF-DISCOVERY - NEW!

Each week you are invited to be part of this supportive art-based group with others who, like you, are on an ED healing journey. You are invited to choose paper, colour, clay, fabrics; whatever you feel inspired to use or have available to help you art-splare aspects of your experience and reflect on your feelings. Then you will have the opportunity to share your process and reactions with a caring community in a space of trust. No previous art experience required as this is heart-based art.

When: Fridays, 10:30am- 12:30pm

Offered: July 7 - September 22, 2023

Location: Online (via Zoom)

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

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

In response to the high demand for the Drop-Into Recovery Through the Arts group, we have added this new online drop-in art group to the Summer Program Calendar. Our hope is that offering two drop-in art groups will increase accessibility and better meet community needs. We continue to be open to your feedback!



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

RECREATIONAL PROGRAMS

Connect with others and reduce isolation through fun, social, community-building activities.

(D) BOARD GAME AFTERNOON

Join us for an afternoon of hanging out and playing games at Sheena's Place!

When: Friday, 2:00-4:00pm

Offered: July 14, 2023 (1 session)

Location: IN-PERSON (87 Spadina Road, Toronto)

Facilitators: Kaitlyn Axelrod (she/her), MSW, RSW & Steve Bowa (he/him)



(WS) SHEENA'S CAMP

Our 2-day summer version of Sheena's Camp is 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.

When: Saturday, September 23 and Sunday, September 24, 2023 (10am - 4:30pm on both days)

Location: IN-PERSON (87 Spadina Road, Toronto)

Facilitators: Sheena's Place Program Staff Team

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**. For registration, Sheena's Camp counts as one workshop.



REMINDER: 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.



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

To learn more about our group facilitators, visit 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

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

YouTube: 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](https://www.sheenasplace.org) 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.

BLOG

Visit [Sheena's Shared Stories](https://www.sheenasplace.org) 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. [Click here to make a donation.](https://www.sheenasplace.org/donate)

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



SHEENA'S PLACE
Support for eating disorders



Foundation