

# FALL 2023

## MONDAY

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

**12:30 - 2:00 PM:**  
DISABLED & CHRONICALLY  
ILL SUPPORT

**6:00 - 7:30 PM:**  
EXERCISE SUPPORT

**6:30 - 8:00 PM:**  
NARRATIVE  
APPROACHES

CREATIVE WRITING  
(WORKSHOP)

## TUESDAY

**10:00 - 12:00PM:**  
DROP-IN ART STUDIO  
FOR SELF DISCOVERY

**2:30 - 4:00 PM:**  
NEURODIVERGENT SUPPORT

DBT SKILLS

**3:30 - 5:00 PM:**  
IMPROV COMEDY FOR  
THE HEALING PROCESS

**4:30 - 6:00 PM:**  
2SLGBTQI+ SUPPORT

**4:00 - 5:30 PM:**  
ADULT SUPPORT

**6:30 - 8:00 PM:**  
BIPOC SUPPORT

YOUNG ADULT SUPPORT

FAMILY, FRIENDS, &  
PARTNERS SUPPORT

## WEDNESDAY

**10:30 - 12:00 PM:**  
PREGNANCY SUPPORT

**1:00 - 3:00 PM:**  
ART STUDIO

**1:00 PM - 3:00 PM:**  
INTRO TO ACT

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

**6:00 - 7:30 PM:**  
HOLIDAY GAMES  
(DROP-IN)

**6:30 - 8:00 PM:**  
ADULT SUPPORT

TRAUMA-SENSITIVE YOGA

## THURSDAY

**10:00 - 11:30 AM:**  
GENTLE YOGA

**12:00 - 1:30 PM:**  
MEN & MASCULINITY  
SUPPORT

**1:00 - 2:30 PM:**  
ADULT SUPPORT

**1:00 - 3:00 PM:**  
ART JOURNALING

**4:30 - 6:00 PM:**  
ADULT SUPPORT

**6:00 - 7:30 PM:**  
NAVIGATING RECOVERY  
SUPPORT & STRATEGIES

BIPOC WELLNESS

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

## FRIDAY

**10:00 AM - 11:30 PM:**  
DROP-IN SUPPORT WITH  
DBT SKILLS

**1:00 - 3:00 PM:**  
DUNGEONS & DRAGONS  
(D&D) INTEGRATED ART  
GROUP

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

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

**For group descriptions, dates,  
and registration information,  
visit [sheenasplace.org](https://sheenasplace.org).**