

PROGRAM CALENDAR

Registration for the Winter 2024 season begins **Monday, December 18th 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.

Please 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, December 18th 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, two workshops, 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 1st, 2024
Monday, February 12th, 2024

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: Jan 2 - March 19, 2024

Location: Online (via Zoom)

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

****This group is made possible by Sarah's Place!**

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, 4:00 - 5:30pm***

Offered: Jan 2 - March 19, 2024

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

Facilitator: Aglaia Tudor, MACP, RP (Qualifying)

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

Offered: Jan 3 - March 20, 2024

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)

(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: Jan 2 – March 19, 2024

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) 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: Jan 2 – March 19, 2024

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.



(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, 12:30 - 2:00pm

Offered: Jan 8 – March 25, 2024

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.



(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: Jan 4 – March 21, 2024

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) 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: Jan 3 – March 20, 2024

Location: Online (via Zoom)

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



(D) 2SLGBTQ+ YOUNG ADULT SUPPORT (AGE 17-30) - NEW!

This group provides support for 2SLGBTQ+ 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, employment, academic pressures, and relationship concerns.

When: Tuesdays, 4:00 - 5:30pm

Offered: Jan 9 – March 12, 2024

Location: IN-PERSON (@ Friends of Ruby Youth Drop In Centre 489 Queen St E LL01)

Facilitators: Jennifer Li (she/her), MSW, RSW & Minna Frederick (she/her), MSW, RSW

Note: This group is led by Queer facilitators.

(D) 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, 2:30 - 4:00pm

Offered: Jan 2 – March 19, 2024

Location: Online (via Zoom)

Facilitators: Sophie Raniere (she/her), RP & Josée Sovinsky (she/they), RP, RD

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.

(O) MEN & MASCULINITY SUPPORT GROUP

Eating disorder spaces often leave out the experiences of folks who identify as men. This group will provide support for individuals who identify as men who are experiencing eating disorders, body image issues, and disordered eating behaviours. Topics related to masculinity, emotion regulation, relationship, coping, etc may be covered during the group.

When: Thursdays, 12-1:30pm

Offered: Jan 4 – March 21, 2024

Location: Online (via Zoom)

Facilitators: Kyle T. Ganson (he/him), PhD, MSW

Note: This is a trans-inclusive space centered around men & masculinity. People who feel that spaces centered around men and masculinity align with their personal identities are welcome to join, including cis men and trans masculine folks.



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

SUPPORT GROUPS (continued)

(D) NEW BEGINNINGS - NEW!

Are you navigating school or a new job/career while balancing your life and all the things going on in the world? Do you feel like your timeline is out of sync with your friends or your peers while you're working towards healing and recovery? Come talk about it with other folks who are in the same place. Let's talk about why it's worth showing up for yourself and all the different ways you can move forward with your recovery even when it feels like you're not ready or stalled. *Please note that this is a group who self-identify as folks in recovery and that can look very different for different people. This group is for you if you want to come. You can just come and listen or join in as you feel comfortable, there's no pressure to participate.

When: Tuesdays, 6:30 – 8:00 pm

Offered: Jan 2 – March 19, 2024

Location: Online (via Zoom)

Facilitators: JDP (they/them), Peer Support & Zac Grant (they/them), MSW, RSW

(O) BINGE EATING SUPPORT

This group offers space for individuals struggling with binge eating to give and receive support from others with similar challenges. Participants will be encouraged to share challenges, insights, and coping strategies.

When: Mondays, 6:30 – 8:00 pm

Offered: Jan 8 – March 25, 2024

Location: Online (via Zoom)

Facilitators: Zijia Liu (she/her), RSW, MSW & Natalie Garrison (she/her), MSW, RSW

(D) DROP-IN SUPPORT WITH DBT SKILLS

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: Fridays, 10:00 - 11:30am

Offered: Jan 5 – March 22, 2024

Location: Online (via Zoom)

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

(O) PREGNANCY SUPPORT

This group is for pregnant individuals looking to explore eating disorder support with their current reproductive experience in mind. By harnessing the power of shared experiences, the program facilitates a strong sense of community among participants. Pregnant individuals can connect with peers who have navigated similar challenges, providing invaluable insights, encouragement, and a non-judgmental space to express concerns and strategies. Topics may include (but are not limited to) harm reduction, appetite changes, body changes, bodily autonomy, interacting with healthcare, grief, strategies for self-advocacy, and managing stress.

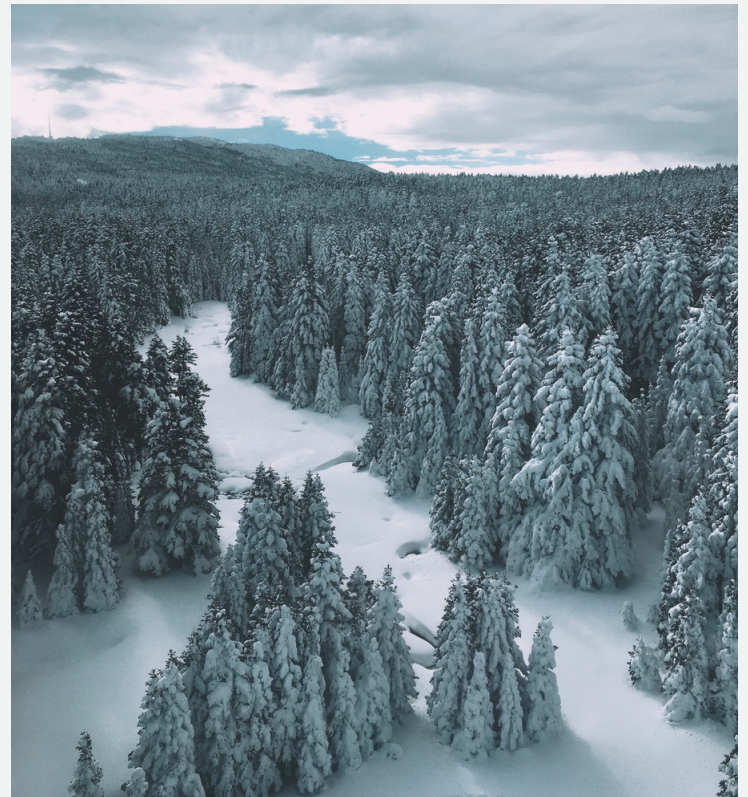
When: Thursdays, 1:30 - 3:00pm

Offered: Jan 4 – March 21, 2024

Location: Online (via Zoom)

Facilitators: Raquel Griffin (she/her), CIEC MSW RSW & Aglaia Tudor (she/her), MACP, RP (Qualifying)

Note: This group will model and practice gender-neutral language and is welcome to pregnant participants of any gender.



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

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: Jan 4 – March 21, 2024

Location: Online (via Zoom)

Facilitators: Emma Baril (she/her), RYT

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.



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: January 8 - March 11, 2024

Location: Online (via Zoom)

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

(O) SKILLS AND SUPPORT FOR BINGE EATING - NEW!

This group provides a space for people struggling with binge eating behaviours. Each week group participants will support each other, share strategies and learn new coping skills. The facilitators will work to foster a non-judgemental, weight-neutral group dynamic that is welcoming for people at any stage of their journey. Skills will be presented by facilitators with time available for group members to discuss, share about themselves, listen to others and contribute knowledge from their lived experience.

When: Wednesdays, 2:30 - 4:00pm

Offered: January 10 – Feb 28, 2024

Location: Online (via Zoom)

Facilitators: Lorraine Hewitt she/her), MSW Student & Minna Frederick (she/her), MSW, RSW



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youtube.com/sheenasplace

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

SKILL BUILDING GROUPS (continued)

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

(O) NARRATIVE APPROACHES

In this group we'll reflect on the stories we use to help make sense of our experiences and consider who and what drives those stories. Borrowing from some of the ideas embedded in Narrative Therapy, we'll explore the possibilities of rewriting some of the stories that may not be serving us well.

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

Offered: January 8- March 11, 2024

Location: Online (via Zoom)

Facilitators: John Choi (he/him)



(C) MINDFUL SELF-COMPASSION AND ED: DISCOVERING, EXPLORING, AND NURTURING - NEW!

Self-compassion – What is it? How do we practice it? Why is it so hard? And how can it help us in ED recovery? Participants will learn the three pillars of self-compassion – self kindness, mindfulness and common humanity. Learn to respond to experiences with mindful awareness, understanding, and kindness, to improve managing difficult and stressful events while cultivating emotional resiliency! Through group discussion and learning, participants will be supported in understanding and discovering self-compassion in the context of their unique story. Weekly sessions will include a check-in, followed by group learning and discussion on self-compassion and related topics such as self-esteem, self-acceptance and perfectionism. We'll explore our relationship with self-compassion by engaging in individual and group reflection, letter-writing and guided meditation to nurture self-compassion in our day-to-day lives!

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

Offered: Jan 4 – March 7, 2024

Location: Online (via Zoom)

Facilitator: Aglaia Tudor (she/her), MACP, RP (Qualifying) & Lorraine Hewitt (she/her) MSW Student

(O) CHALLENGING PERFECTIONISM

Each week, we will work together and explore ways to support each other and build skills to manage perfectionism. This group aims to offer a safe space to reflect on the impact perfectionism has on various parts of our lives while navigating critical thoughts and behaviours. The intention of the group is to provide understanding on the role of perfectionism, practical skills to challenge perfectionism, and resources to embrace who we truly are.

When: Fridays, 2:30 - 4:00pm

Offered: January 12 – March 8, 2024

Location: Online (via Zoom)

Facilitators: Shuruthii Thiyagadoruban (she/her) MSW Student & Minna Frederick (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: January 2 - March 5, 2024

Location: Online (via Zoom)

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



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

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) MANAGING CRAVINGS & EMOTIONAL EATING

Food is emotional. It's 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 learn about our emotions and other triggers for cravings, our learned eating behaviours, and provide strategies to help us manage our cravings and cope with our emotions.

When: Fridays, 10am - 11:30 am

Offered: January 5 - March 1, 2024

Location: Online (via Zoom)

Facilitators: Yasmin Dadollahi (she/her), MHSc, RD & Giselle Segovia (she/her) RD, MHSc

Note: Language guidelines will be amended in this group to allow for relevant discussion.



EXPRESSIVE ARTS GROUPS & WORKSHOPS

Express yourself using a variety of art forms.

(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 in a sketchbook (our version of journal). No previous art experience necessary as this is heart-based art.

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

Offered: January 4 - March 7, 2024

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 and sketchbook.

(O) ART STUDIO (IN-PERSON)

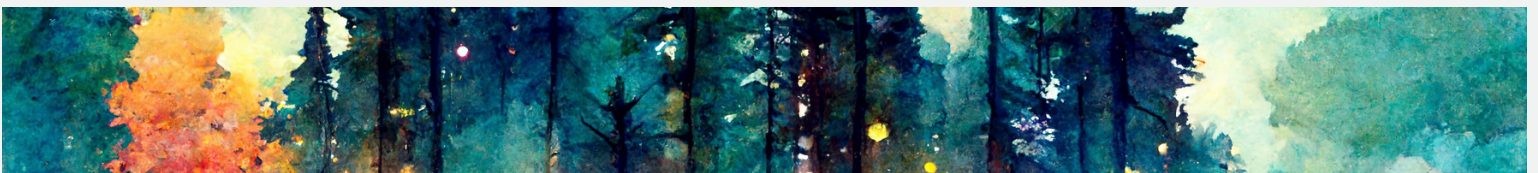
Each week you are invited to be part of this supportive art-based group with others who, like you, are on an ED healing journey. You are invited to choose paper, colour, clay, fabrics; whatever you feel inspired to use or have available to help you art-splore aspects of your experience and reflect on 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: Tuesdays, 1:00-3:00pm

Offered: January 2 - March 5, 2024

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

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP



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

EXPRESSIVE ARTS GROUPS & WORKSHOPS (continued)

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.

(D) DROP-IN ART STUDIO FOR SELF DISCOVERY

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 is required as this is heart-based art.

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

Offered: January 3 - March 6, 2024

Location: Online (via Zoom)

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP & Shuruthii Thiyagasoruban (she/her) MSW Student

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

(WS) ACCESSING PLEASURE - NEW!

For many people with disordered eating, accessing pleasure can be challenging. This two-part workshop will focus on fostering pleasure in our everyday lives. We will explore how pleasure functions in our relationship to self as well as in our relationships with partners. Topics covered will include permission for pleasure, mindfulness, libido and sexual communication. This is a space where you can feel free to ask questions, share knowledge and challenge stereotypes. The facilitator brings over 20 years of experience as a pleasure-based sex educator. Important values within her workshops include openness, respect for sexual diversity and a non-judgemental approach.

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

Offered: March 6 & 13, 2024

Location: Online (via Zoom)

Facilitator: Lorraine Hewitt (she/her) MSW Student

(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, 10:00am - 12:00pm

Offered: January 5 - March 8, 2024

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) ACCESSING PLEASURE - NEW!

For many people with disordered eating, accessing pleasure can be challenging. This workshop will focus on fostering pleasure in our everyday lives. We will explore how pleasure functions in our relationship to self as well as in our relationships with partners. Topics covered will include permission for pleasure, mindfulness, libido and sexual communication. This is a space where you can feel free to ask questions, share knowledge and challenge stereotypes. The facilitator brings over 20 years of experience as a pleasure-based sex educator. Important values within her workshops include openness, respect for sexual diversity and a non-judgemental approach.

When: Wednesday, 1:00 - 4:00pm

Offered: March 20, 2024

Location: IN-PERSON (87 Spadina Road)

Facilitator: Lorraine Hewitt (she/her) MSW Student



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

EXPRESSIVE ARTS GROUPS & WORKSHOPS (continued)

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.

(WS) 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. 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: Thursday, 1:00 - 3:00pm

Offered: January 11 & February 8, 2024 (each session is a stand alone workshop)

Location: Online (via Zoom)

Facilitators: Ashley Seaman (she/her), B.Ed Educator, OCT



(WS) EXPRESS YOURSELF! CREATIVE WRITING FOR SELF-EXPRESSION AND HEALING

This workshop will offer the opportunity for participants to experiment with expressing themselves through a mix of creative writing exercises and open writing 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. We will explore strategies for developing a personal writing practice that supports each individual's unique healing journey.

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

Offered: January 24, 2024

Location: Online (via Zoom)

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



(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 a powerful pathway to personal healing, finding a sense of belonging, and creating positive social change.

When: Tuesday, 5:30 - 7:30pm

Offered: January 30, 2024

Location: IN-PERSON (87 Spadina Road)

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

REMINDER: Participants may register for a maximum of two open or closed groups, up to two workshops, 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](https://www.facebook.com/sheenasplacesupport)

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

YouTube: [youtube.com/sheenasplace](https://www.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.

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. 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.](#)

We would like to thank Sarah's Place for their generosity in funding Family, Friends, & Partners Support.

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



SHEENA'S PLACE
Support for eating disorders



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