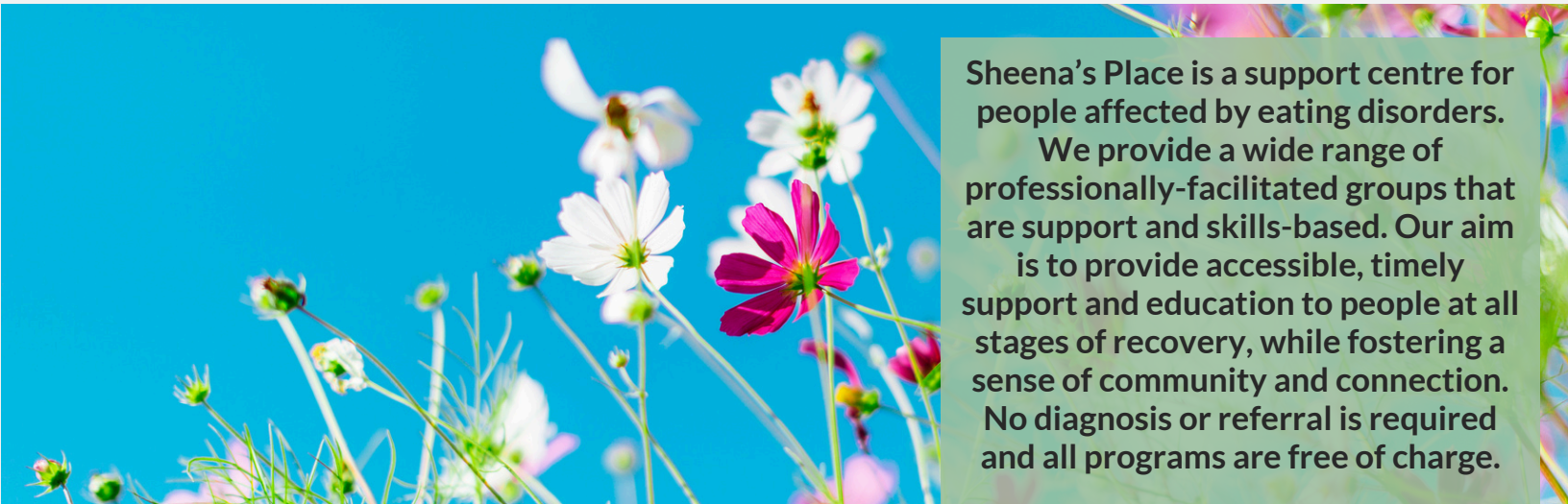


SUMMER 2024

PROGRAM CALENDAR

Registration for the Summer 2024 season begins **Monday, June 17th 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, June 17th 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, July 1st, 2024
Monday, August 5th, 2024
Monday, September 2nd, 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, 6:30pm - 8:00pm

Offered: July 2 – Sept 17, 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, 4:30pm - 6:00pm ([Broadened Guidelines](#))

Offered: July 2 – Sept 17, 2024

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

Facilitators: Aglaia Tudor, MACP, RP (Qualifying), John Choi (he/him)

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

Offered: July 3 – Sept 18, 2024

Location: Online (via Zoom)

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

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

Offered: July 4 – Sept 19, 2024

Location: Online (via Zoom)

Facilitators: Minna Frederick (she/her), MSW RSW, Chelle Carter (they/them), MSW

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, 6:30pm - 8:00pm

Offered: July 2 – Sept 17, 2024

Location: Online (via Zoom)

Facilitators: Ary Maharaj (he/him), M.Ed., RP; Nicole D'Souza (she/her), MSW, RSW, TCTSY-F

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, 4:30pm - 6:00pm

Offered: July 2 – Sept 17, 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, 12:30pm - 2:00pm

Offered: July 8 – Sept 16, 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, 6:30pm - 8:00pm

Offered: July 4 – Sept 19, 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, 2:00pm - 3:30pm

Offered: July 3 – Sept 18, 2024

Location: Online (via Zoom)

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



(D) YOUTH SUPPORT (AGES 17-25)

This group provides support for youth & young adults who are struggling with their eating and/or body image. There is a particular focus on issues specific to this age group, such as moving out, exploring employment opportunities and choosing career paths, academic pressures, and navigating relationships within family, friend, and romantic relationships. The suggested age range for this group is 17-25, but if this feels like a good fit for you and you are under the age of 30, feel free to join us!

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

Offered: July 2 – Sept 17, 2024

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

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

(D) BINGE EATING SUPPORT (Afternoon Group)

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. At the beginning of each group, facilitators will introduce a new coping skill and hold space to practice it before moving to group discussion.

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

Offered: July 4 – Aug 22, 2024 (8 sessions)

Location: Online (via Zoom)

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

(D) BINGE EATING SUPPORT (Evening Group)

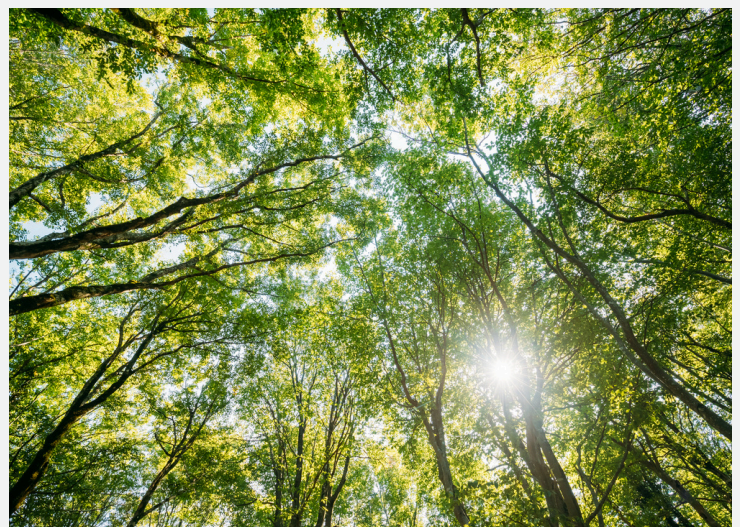
This group offers space for individuals struggling with binge eating to give and receive support from others with similar challenges. Participants will be encouraged to share challenges, insights, and coping strategies. At the beginning of each group, facilitators will introduce a new coping skill and hold space to practice it before moving to group discussion.

When: Thursdays, 6:00pm – 7:30pm

Offered: July 4 – Sept 19, 2024

Location: Online (via Zoom)

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



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

SUPPORT GROUPS (continued)

(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, 2:30pm - 4:00pm

Offered: July 2 – Sept 17, 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.

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, 10:00am – 11:30am

Offered: July 4– Sept 19, 2024

Location: Online (via Zoom)

Facilitator: 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.

(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 Polyvagal therapy and the five elements of trauma sensitive yoga: choice making, invitational language, non-coercion, authenticity and interception. **No experience is needed.**

When: Wednesdays, 6:30pm – 8:00pm

Offered: July 3 – Sept 4, 2024

Location: Online (via Zoom)

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY & Caitlin MacLean (she/her), BA (Hons), DTATI Candidate



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) DROP-IN SUPPORT WITH DBT/RO SKILLS

This group provides drop-in ED support with a DBT or RO-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, 10:00am - 11:30am

Offered: July 5 – Sept 20, 2024

Location: Online (via Zoom)

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

(C) DBT SKILLS (MINI-SERIES) - NEW!

Please join us for discussion and learning about DBT and the DBT modules (Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness). Group will be a mix of teaching and group discussion. You will be invited to try some at home practice between sessions if desired that will be reviewed in sessions.

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

Offered: July 3 – Aug 7, 2024 (6 sessions)

Location: Online (via Zoom)

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

Note: Language guidelines will be modified to allow for naming and discussing ED symptoms and how DBT can support you in your ED recovery. If you have any questions about the guideline modifications you can reach out to the Program Manager at mfrederick@sheenasplace.org



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

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, 10:30am - 12:00pm

Offered: July 4 - Sept 5, 2024

Location: Online (via Zoom)

Facilitators: Aglaia Tudor (she/her), MACP, RP (Qualifying) & John Choi (he/him)

(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 8 – Aug 26, 2024

Location: Online (via Zoom)

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



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.

(C) EXPLORING REST, SLEEP, AND DREAMING W/EDS (MINI-SERIES)

Many people with eating disorders also experience challenges with sleep. Together we will navigate the world of sleep, including nightmares, insomnia, and oversleeping. We will explore the connections between eating disorder behaviours, sleeping, and stress and spend time developing personal sleep and rest rituals. We will incorporate mindfulness, practical tools, and take a trauma-informed approach to the ways our nervous system reacts to sleeping. Although some exercises might improve our sleep, we are not focused on "fixing" our sleeping, but instead exploring our relationship to sleep with curiosity. Together, we'll find ways to add more ease and rest into our lives in ways that feel good for each of us.

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

Offered: July 8 - Aug 19, 2024 (6 sessions)

Location: Online (via Zoom)

Facilitators: Minna Frederick (she/her), MSW RSW & Ariella Meinhard (she/her), MSW, RSW

(C) RESOURCING THE NERVOUS SYSTEM: EXPLORING CONNECTIONS BETWEEN TRAUMA & DISTRESSED/DISORDERED EATING - NEW!

In this group, participants will have the opportunity to explore the relationship between trauma impacts and experiences of distressed/disordered eating. In the first few sessions, we will delve into understanding our nervous systems and equipping ourselves with effective grounding tools for moments of overwhelm and triggers. Through discussion, psychoeducation, somatic practices, movement, and journaling, we will explore a trauma-informed, harm reduction, and healing-centered approach to navigating relationship to food and body.

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

Offered: July 2 - Sept 3, 2024

Location: Online (via Zoom)

Facilitators: Veronika Davy (they/them) MSW, EXAT & Nicole D'Souza (she/her), MSW, RSW, TCTSY-F

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, 1:00pm - 2:30pm

Offered: July 5 - Aug 30 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.



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

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

(C) ART JOURNALING (WITH A FOCUS ON NATURE)

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: Tuesdays, 6:00pm - 8:00pm

Offered: July 2 – Sept 3, 2024

Location: IN PERSON (87 Spadina Rd, Toronto)

Facilitators: Debbie Uttama Anderson (she/her), DTATI, RP & Leanna Scheitrowsky (she/her), DTATI, RP (Qualifying), Deepika Birdi (she/her) RP(Qualifying) DTATI (candidate)



(C) ADVANCED DUNGEONS AND DRAGONS (D&D) ART GROUP- NEW!

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.

Note: For the advanced session this season, participants should have experience attending Dungeons & Dragons at Sheena's Place before. Next season, we will run a session for beginners/first time Sheena's players only.

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

Offered: July 5 – Sept 6, 2024

Location: Online (via Zoom)

Facilitators: Leanna Scheitrowsky (she/her), RP (Qualifying), DTATI & Alex Nicholls (he/him), DTATI, RP (Qualifying), Caitlin MacLean (she/her), BA (Hons), DTATI Candidate

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

(D) DROP-IN ART STUDIO TO ART-SPLORE YOUR ED EXPERIENCE

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, 10:00am - 12:00pm

Offered: July 2 – Sept 17, 2024

Location: Online (via Zoom)

Facilitators: Debbie Uttama Anderson (she/her), BAHons, DTATI, RP & Leanna Scheitrowsky (she/her), DTATI, RP (Qualifying), Deepika Birdi (she/her) RP(Qualifying) DTATI (candidate)

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

(D) BIG TIME BODY LIBERATION: OPEN CREATIVE SPACE

Come one, come all fat, larger, plus-size, thick, voluptuous, rotund, corpulent, monarch-sized, zaftig, chubby and fluffy (or any other language you might use to describe your embodied experience moving through the world in a bigger body) artists of all stripes to this Body Liberation-centred open-studio space. Each week, you're invited to work with the materials/modality of your choice (drawing, painting, writing, poetry, clay, collage, textiles, etc.) to explore experiences related to moving through the world in a bigger body, and to and envision and create a more Liberation-centred relationship with your body image.

When: Mondays, 3:00pm - 5:00pm

Offered: July 8 – Sept 16, 2024

Location: Online (via Zoom)

Facilitators: Sookie Bardwell (she/they), MA, OCT & 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 (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.

(C) ALTERED BOOKS FOR SELF DISCOVERY - NEW!

Altered books are a form of mixed media artwork where you modify a book and create your own story in images. Using a variety of art techniques you will illustrate aspects of your experience of living with ED safely contained within the pages. **No previous art experience required as this is heart-based art.**

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

Offered: July 3 - Sept 4, 2024

Location: Online (via Zoom)

Facilitators: Debbie Anderson, she, BA, dTATI, RP & Alexandra Hanania, she/her, MA, dTATI, RP

Note: Participants will be asked to provide their own basic art supplies as well as provided with a supply package. A list will be provided in advance.

(C) RESOURCING TRAUMA THROUGH THE ARTS - NEW!

At its core, trauma creates a disconnect. This group is designed to invite participants into a co-creative space of radical reconnection through the arts. Together, we will explore experiential, embodied, and relational approaches to trauma healing. Guided by the senses, and with a moment to moment focus on perception and process in art making, participants will explore the power of the arts to hold, resource, and transform experiences of trauma.

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

Offered: July 8 - Sept 16, 2024

Location: Online (via Zoom)

Facilitators: Veronika Davy (they/them) MSW, EXAT & Chelle Carter (they/them), MSW

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

(O) RECOVERY TOOLKIT: COPING THROUGH THE ARTS - NEW!

Add a new tool to your toolkit through artmaking and discussion. Each week we will explore a different theme related to eating disorders and disordered eating, and through artmaking and discussion learn new coping skills to help you along your healing journey. Some themes we will cover include emotion regulation, identity, body image and more.

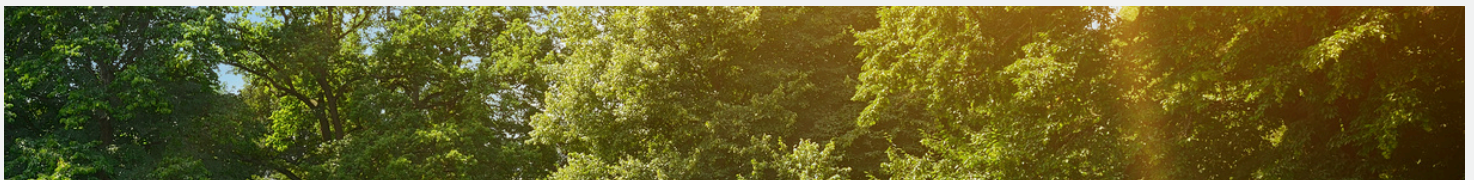
When: Wednesdays, 1:00pm - 3:00pm

Offered: July 3 - Sept 4, 2024

Location: Online (via Zoom)

Facilitators: Caitlin MacLean (she/her), BA (Hons), DTATI Candidate & Rhys Castro (she/her), DTATI, RP (Qualifying)

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.

WORKSHOPS

(WS) IMPROV COMEDY FOR THE HEALING PROCESS

Curious about Improv, but also nervous, anxious (or completely terrified)? All feelings welcome! This workshop 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: Thursday, 1:00 - 3:00pm

Offered: July 18th (1 session)

Location: Online (via Zoom)

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

(WS) CREATIVE WRITING

Join us for a relaxing, cozy, supportive, shared practice of connection with your creative self through writing. We will explore story, free-flow creative expression, character, and writing from various inspirational prompts (all optional). Some space for sharing will be offered, but no pressure. No experience required, just bring whatever writing tools you like to use (journal, notebook, pen, or you can write at your screen - whatever you prefer)!

When: Monday, 3:00 - 5:00pm

Offered: July 15th (1 session)

Location: Online (via Zoom)

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

(WS) FIERCELY FAT (MINI-SERIES)

Are you fat and/or want an introduction to fatness and body liberation? Would you like an introduction to embracing your body where it is, or want to meet it there? Then this is the workshop for you! In this three hour workshop we introduce fat as a neutral descriptor. We are here to gently begin to investigate our feelings around fatness and talk about building a neutral relationship with our bodies. There's a lot to talk about, please join us and bring your thoughts.

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

Offered: July 15- July 29, 2024 (3 sessions)

Location: Online (via Zoom)

Facilitators: Sookie Bardwell (she/they), MA, OCT & JDP (they/them), Peer Counsellor

(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: 10:00am - 4:30pm both days

Offered: Saturday, September 21 & Sunday, September 22, 2024

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

Facilitators: Sheena's Place Program Staff

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, 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

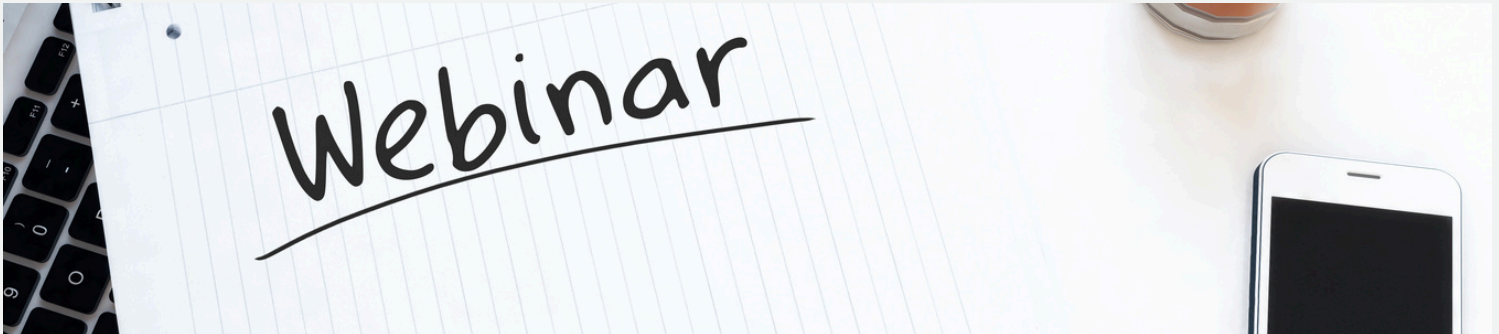
Follow us on social media for updates on upcoming educational webinars!
Past webinars can be viewed on our YouTube channel.

Instagram: [@sheenasplace](https://www.instagram.com/sheenasplace)

Facebook: facebook.com/sheenasplacesupport

X(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](#) 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 Bell Let's Talk and RBC for their ongoing support.



SHEENA'S PLACE
Support for eating disorders



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