

# SUMMMER 2024

## MONDAY

**10:30 AM - 12:30 PM**  
RESOURCING TRAUMA  
THROUGH THE ARTS

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

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

**3:00 PM - 5:00 PM**  
BIG TIME BODY  
LIBERATION: OPEN  
CREATIVE SPACE

**6:00 PM - 7:30 PM**  
EXPLORING SLEEP &  
EDS (JULY- AUG)

## TUESDAY

**10:00 AM - 12:00 PM**  
DROP-IN ART STUDIO

**1:00 PM - 3:00 PM**  
RESOURCING THE  
NERVOUS SYTEM

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

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

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

**6:00 PM - 7:30 PM**  
YOUNG  
ADULT SUPPORT (17-25)

**6:00 PM - 8:00 PM**  
ART JOURNALING

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

FAMILY, FRIENDS, &  
PARTNERS SUPPORT

## WEDNESDAY

**10:30 AM - 12:30 PM**  
ALTERED BOOKS FOR SELF  
DISCOVERY

DBT SKILLS (JULY- AUG)

**1:00 PM - 3:00 PM**  
RECOVERY TOOLKIT

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

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

TRAUMA SENSITIVE YOGA

## THURSDAY

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

**10:30AM - 12:00 PM**  
MINDFUL SELF-  
COMPASSION AND ED

**1:00 PM - 2:30 PM**  
BINGE EATING SUPPORT  
(AFT) (JULY-AUGUST)

**6:00 PM - 7:30 PM**  
BINGE EATING  
SUPPORT (EVE)

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

ADULT SUPPORT

## FRIDAY

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

**1:00 PM - 2:30 PM**  
MANAGING CRAVINGS  
AND EMOTIONAL  
EATING

**1:00 PM - 3:00 PM**  
ADVANCED DUNGEONS  
& DRAGONS (D&D) 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).

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