

FALL 2024

MONDAY

12:00 PM - 1:00 PM
DROP-IN MINDFULNESS

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

6:30 PM - 8:00 PM
MINDFUL SELF-
COMPASSION & ED

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).

TUESDAY

1:00 PM - 3:00 PM
RESOURCING THE
NERVOUS SYSTEM

2:00 PM - 4:00 PM
BLOOM: EXPLORING
EATING & BODY IMAGE
THROUGH ART

2:30 PM - 4:00 PM
NEURODIVERGENT
SUPPORT

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

4:30 PM - 6:00 PM
ADULT SUPPORT

5:00 PM - 7:00 PM
ALTERED BOOKS

6:00 PM - 7:30 PM
YOUTH SUPPORT
(AGES 17 - 25)

6:30 - 8:00 PM
BIPOC SUPPORT

FAMILY, FRIENDS, &
PARTNERS SUPPORT

WEDNESDAY

10:30 AM - 12:30 PM
DROP-IN ART STUDIO
FOR SELF DISCOVERY

INTERPERSONAL
EFFECTIVENESS (NOV)

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

4:30 PM - 6:30 PM
ART RESPONDS TO ART

5:00 PM - 7:00 PM
EXPLORING PLAY WITH
YOUR INNER CHILD
(NOV - DEC)

6:30 PM - 8:00 PM
ADULT SUPPORT

THURSDAY

10:00 AM - 11:30 AM
GENTLE YOGA

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

INTUITIVE EATING

1:00 PM - 3:00 PM
BIPOC ARTS

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

BINGE EATING
SUPPORT (EVE)

ACCESSING PLEASURE
(NOV - DEC)

FRIDAY

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

MANAGING CRAVINGS
AND EMOTIONAL
EATING

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

For group descriptions, dates, and registration information, visit sheenasplace.org.