

# WINTER 2025

## MONDAY

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

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

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

## TUESDAY

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

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

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

**5:00 PM - 7:00 PM**  
SELF DISCOVERY  
THROUGH WATERCOLOUR  
ADVENTURES

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

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

DROP-IN FAMILY,  
FRIENDS, & PARTNERS  
SUPPORT

## WEDNESDAY

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

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

**4:30 PM - 6:30 PM**  
DROP-IN BODY  
LIBERATION: OPEN  
CREATIVE SPACE

**5:00 PM - 7:00 PM**  
RECOVERY TOOLKIT

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

TRAUMA SENSITIVE YOGA

REDEFINING RECOVERY

## THURSDAY

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

**1:00 PM - 2:30 PM**  
DROP-IN ARFID  
SUPPORT

**6:00 PM - 8:00 PM**  
DROP-IN BIPOC ARTS

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

DROP-IN BINGE  
EATING SUPPORT

## FRIDAY

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

MANAGING CRAVINGS  
AND EMOTIONAL  
EATING

**10:30 AM - 12:30 PM**  
INTERPERSONAL  
EFFECTIVENESS (FEB)

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).