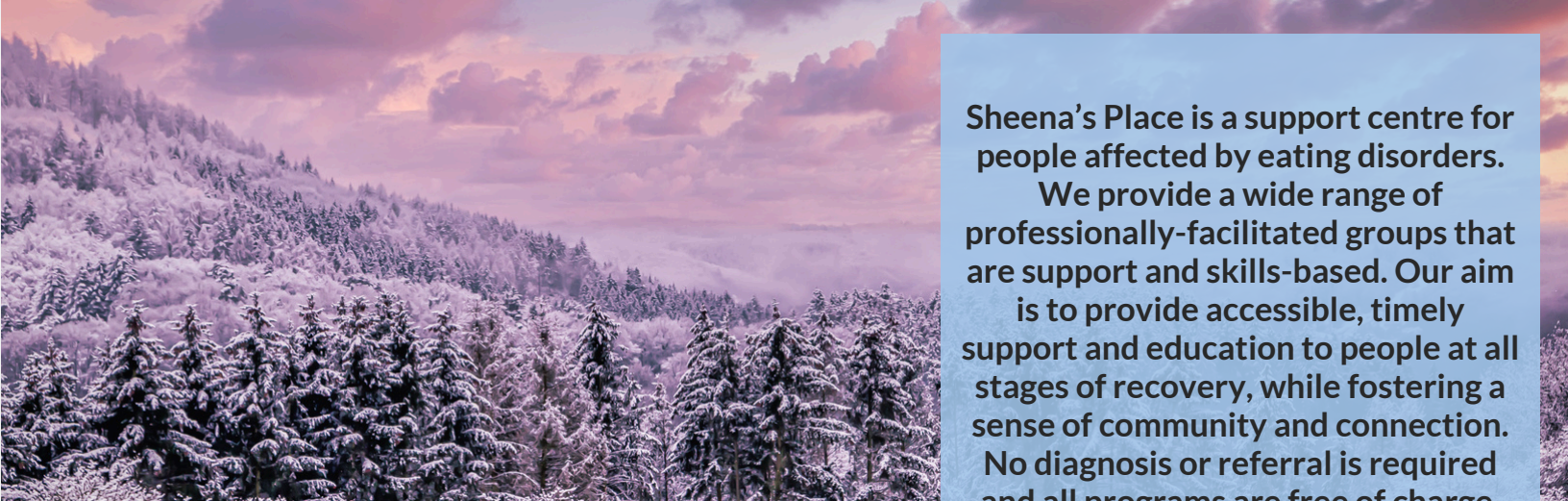




WINTER 2025 PROGRAM CALENDAR

Registration for the Winter 2025 season begins **Monday, December 16th** 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 16th 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:

January 1st, 2025
February 17th, 2025



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 - 8:00 pm

Offered: Jan 7 – Mar 18, 2025

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

Offered: Jan 8 – Mar 19, 2025

Location: Online (via Zoom)

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

When: Tuesdays, 4:30pm - 6:00pm ([Broadened Guidelines](#))

Offered: Jan 7 – Mar 18, 2025

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

Facilitator: John Choi (he/him)



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: Jan 7 – Mar 18, 2025

Location: Online (via Zoom)

Facilitators: Ary Maharaj (he/him), M.Ed., RP (Qualifying) & Chelle Carter (they/them), MSW, RSW

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: Jan 7 – Mar 18, 2025

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”.

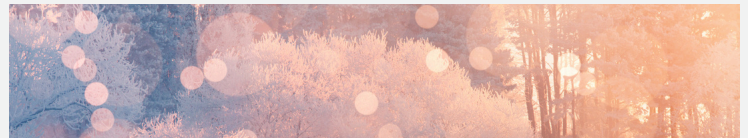
When: Mondays, 12:30pm - 2:00pm

Offered: Jan 6 – Mar 17, 2025

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: Jan 2 – Mar 20, 2025

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: Jan 8 – Mar 19, 2025

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)

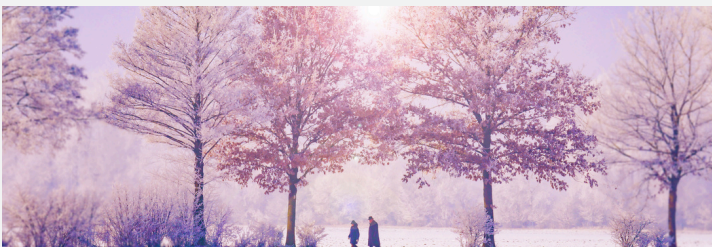
This group provides support for youth & young adults who are struggling with their eating and/or body image. There is a particular focus on issues specific to this age group, such as moving out, exploring employment opportunities and choosing career paths, academic pressures, and navigating relationships 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: Jan 7 – Mar 18, 2025

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

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



(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: Jan 7 – Mar 18, 2025

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.



(D) ARFID (Avoidant/Restrictive Food Intake Disorder) SUPPORT - NEW!

This group aims to be a supportive space for people with ARFID and ARFID-like traits to discuss their experiences, challenges, and successes. The group aims to embrace a neurodivergent affirming approach, where autonomy and agency are valued, and where different brains and ways of being are validated. Potential topics include creating supportive eating environments, sensory differences, challenging the idea of "normalcy", experiences of infantilization, and the impact of ableism on those with eating differences.

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

Offered: Jan 2 – Mar 20, 2025

Location: Online (via Zoom)

Facilitators: Josée Sovinsky (she/they), RP & Minna Frederick (she/her), MSW, RSW

Note: Language guidelines will be modified to allow for relevant discussions about sensory experiences related to food. If you have any questions about the guideline modifications, you can reach out to the Program Manager at mfrederick@sheenasplace.org



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

SUPPORT GROUPS (continued)



(D) 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. 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, 6:30pm – 8:00pm

Offered: Jan 2 – Mar 20, 2025

Location: Online (via Zoom)

Facilitators: Zijia Liu (she/her), RSW, MSW & Lorraine Hewitt (she/her), RSW MSW

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: Jan 2 – Mar 20, 2025

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.



(O) TRAUMA SENSITIVE YOGA

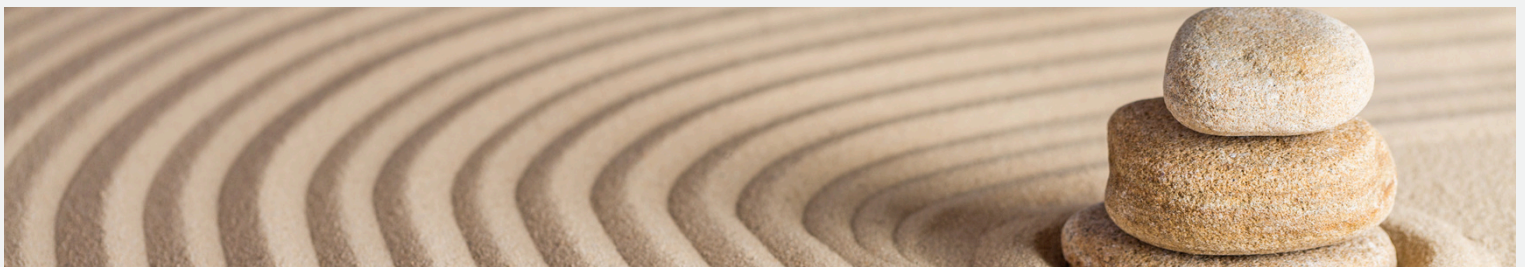
This trauma sensitive yoga asana class emphasizes choice making, while providing different options of forms and bringing our awareness to the present moment. There is invitational language for each person to decide how they would like to move throughout the class, so each person can decide what feels useful for them. There will also be some discussion around 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: Jan 8 - Mar 5, 2025

Location: Online (via Zoom)

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY & Ashley Seaman (she/her), BEd Educator, OCT



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, 10:00-11:30am

Offered: Jan 3 – Mar 21, 2025

Location: Online (via Zoom)

Facilitators: Colleen Smith (she/her), RSW & TBD



(C) INTERPERSONAL EFFECTIVENESS SKILLS (MINI-SERIES)

This group will teach skills from the Interpersonal Effectiveness and Middle Path DBT Modules, seeking to build on people and communication skills through practical skills discussions and optional homework. Interpersonal effectiveness skills work to support improved communication, setting of priorities and reduction of more challenging areas including people pleasing.

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

Offered: Feb 7 - Feb 28, 2025 (4 sessions)

Location: Online (via Zoom)

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

Note: 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) NARRATIVE APPROACHES: REDEFINING OUR STORIES

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, 6:30pm - 8:00pm

Offered: Jan 6 – Mar 17, 2025

Location: Online (via Zoom)

Facilitators: John Choi (he/him) & Minna Frederick (she/her), MSW, RSW

(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, 12:00pm - 1:00pm

Offered: Jan 6 – Mar 17, 2025

Location: Online (via Zoom)

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

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) REDEFINING RECOVERY - NEW!

This group creates space to challenge Western/mainstream ideas about "recovery" within hospital and community-based care. Recognizing that many community members with diverse lived/living experiences are often left out of these discussions, we want to explore medical definitions of recovery and how they connect to different levels of privilege and accessibility. Join us in exploring topics such as harm reduction strategies, navigating healthcare systems, intersectional identities and/or co-occurring experiences, and developing personal goals in relation to your recovery journey.

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

Offered: Jan 8 – Mar 5, 2025

Location: Online (via Zoom)

Facilitators: Jennifer Li (she/her), MSW, RSW & Kat Parker (they/them) RSW, MSW



NUTRITION GROUPS

Structured groups with a focus on developing knowledge and skills for nourishing our bodies. 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) MINDFUL APPROACHES TO MANAGING CRAVINGS & EMOTIONAL EATING

Food is deeply emotional, intertwined with the highs and lows of our lives, often offering comfort but sometimes leading to challenges. This group offers a safe and supportive space to explore the connection between our emotions and cravings, understand the learned eating behaviors that shape our relationship with food, and discover mindful approaches to managing cravings and coping with emotions effectively.

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

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

Offered: Jan 3 – Mar 7, 2024

Location: Online (via Zoom)

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



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

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

(D) BIPOC ARTS

This group holds space for participants to join an open-studio art-making BIPOC creative community. Working with the materials/modality of your choice (drawing, painting, writing, poetry, clay, collage, textiles, etc); we will engage the arts as way of being with and responding to the impacts of race, culture, and identity on ED experiences. Participants will have the opportunity to share and process their work while nurturing creative capacities as part of a holistic approach to recovery. No previous artistic experience required!

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

Offered: Jan 2 – Mar 6, 2025

Location: Online (via Zoom)

Facilitators: Leanna Scheitrowsky (she/her), DTATI, RP (Qualifying) & Rhys Castro (she/her), DTATI, RP (Qualifying)

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



(O) SELF-DISCOVERY THROUGH WATERCOLOUR ADVENTURES- NEW!

Using a different watercolour technique each week we'll explore our reactions to the process and how that relates to how we cope with ED living.

When: Tuesdays, 5:00pm - 7:00pm

Offered: Jan 7- Mar 10, 2025

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

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

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

Offered: Jan 8 - Mar 5, 2025

Location: Online (via Zoom)

Facilitators: Caitlin MacLean (she/her), BA (Hons), DTATI Candidate & Debbie Uttama Anderson (she/her), DTATI, RP

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

(D) BODY LIBERATION: OPEN CREATIVE SPACE

Having a body can be a really challenging experience, all the more so given that we live in challenging circumstances, within systems that seek to make enemies of our bodies and separate us from ourselves and one another. In this group, we will come together in creative community, to explore how we can resist and develop resilience within these systems. Each week you will be invited to work with the materials/modalities of your choice (drawing, painting, writing, poetry, clay, collage, textiles, etc.) to explore the impacts of body negativity, and cultivate a more liberation-centred relationship to body.

When: Wednesdays, 4:30pm - 6:30pm

Offered: Jan 8 – Mar 5, 2025

Location: Online (via Zoom)

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

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) RECOVERY TOOLKIT: COPING THROUGH THE ARTS

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, 5:00pm - 7:00pm

Offered: Jan 8 - Mar 5, 2025

Location: Online (via Zoom)

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

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

This group 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: Wednesdays, 5:30pm - 7:30pm

Offered: Jan 8 - Mar 5, 2025

Location: Online (via Zoom)

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

WORKSHOPS

(WS) A LIGHT IN MID-WINTER

Winter is a season that for many of us is experienced as challenging. Join us for an opportunity to engage in ritual practice recognizing midwinter- the midpoint between the winter solstice and the spring equinox. Using the wisdom that can be gathered from the natural world and the changing seasons, we will explore both the challenges and healing potential of winter as we begin to welcome back the light and longer days that spring will bring. Let this ritual space offer a container for whatever we are holding this winter season and allow us to find support through connection with ourselves, each other and the rhythms of seasonal changes taking place.

When: Tuesday, February 4, 2025, 6:00pm - 8:00pm

Offered: February 4, 2025 (1 session)

Location: Online (via Zoom)

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



(WS) BUILDING MEN'S SPACES

Eating disorder spaces often leave out the experiences of men. This meeting will provide an opportunity for men to come together to imagine men's eating disorder spaces that could be offered at Sheena's Place. The feedback gathered from this session will be used to develop new men's programming. You're welcome to also share your experiences in other groups or drop-ins and feedback related to how to feel supported in those spaces.

When: Thursday, March 6, 2025, 6:00pm - 7:30pm

Offered: March 6, 2025 (1 session)

Location: Online (via Zoom)

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

Note: This is a trans-inclusive space centered around men and 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 people



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)

X (Twitter): [@sheenasplace](https://www.x.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 for their ongoing support.



SHEENA'S PLACE
Support for eating disorders



Foundation