

SPRING 2025 PROGRAM CALENDAR

Registration for the Spring 2025 season begins **Monday, March 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, March 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:

April 18th, 2025

May 19th, 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: April 1 – June 17, 2025

Location: Online (via Zoom)

Facilitators: Margaret Powell, BScOT, Reg (ON), MEd(Psych), BCN & Aglaia Tudor (she/her), MACP, RP (Qualifying)

****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: April 3 – June 18, 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: April 1 – June 17, 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: April 1 - June 17, 2025

Location: Online (via Zoom)

Facilitators: Ary Maharaj (he/him), M.Ed., RP & 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 folk 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: April 1 - June 17, 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: Mar 31 - June 16, 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 folk 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: April 3 - June 19, 2025

Location: Online (via Zoom)

Facilitators: Zac Grant (they/them), MSW, RSW & Sookie Bardwell (she/they), MA, OCT

Note: This space is facilitated by folk 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: April 3 – June 18, 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)

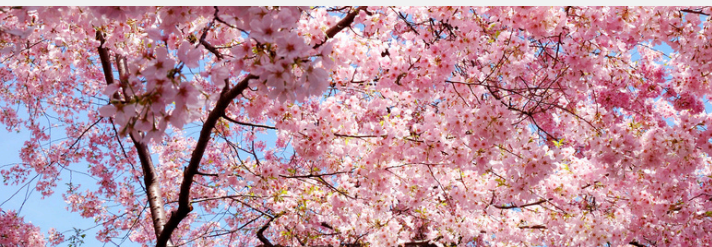
This group provides support for youth & young adults who are struggling with their eating and/or body image. There is a particular focus on issues specific to this age group, such as moving out, exploring employment opportunities and choosing career paths, academic pressures, and navigating relationships 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: April 1 – June 17, 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.

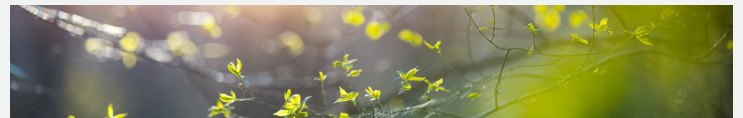
When: Tuesdays, 2:30pm - 4:00pm

Offered: April 1 – June 17, 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

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: April 3 – June 19 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. The session will often close with a short mindfulness exercise.

When: Thursdays, 6:30pm – 8:00pm

Offered: April 3 – June 19, 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: April 3 – June 19, 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 short psychoeducation around the five elements of trauma sensitive yoga, post traumatic growth, supporting our nervous system and self compassion. No experience is needed.

When: Wednesdays, 6:30pm – 8:00pm

Offered: April 2 - June 4, 2025

Location: Online (via Zoom)

Facilitators: Nicole D'Souza (she/her), MSW, RSW, TCTSY & Aglaia Tudor (she/her), MACP, RP (Qualifying)



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

BODY IMAGE & MOVEMENT GROUPS (continued)

Learn skills to reconnect with your body through discussion, education, and/or gentle movement.

(C) COMPASSION IN MOTION: THEATRE AND DANCE EXPLORATIONS - NEW!

Playful imagination and compassionate curiosity are the foundation for this movement-based group. Together, we will use fun and simple prompts to storytell, dance, vocalize, improvise, laugh, and move around in artistic ways. This group will also offer a supportive and adaptive environment to practice neutral self-regard and some easeful integration of body sensations and awareness. Overall, this group will be a collaborative and adaptive space for fueling self-empowerment, connecting with others, and leaning into playfulness.

Note: No dance or theatre experience necessary, the prerequisite is simply an interest in cultivating joy. In the context of larger societal norms and ED pressures, playfulness and community joy become revolutionary forces!

When: Wednesdays, 2:00-4:00pm

Offered: May 21 - June 16, 2025

Location: IN-PERSON (87 Spadina Rd.)

Facilitators: Gabe Goncalves (he/they), Student Therapist, DEXAT (Cand.) & Minna Frederick (she/her), MSW, RSW



SKILL BUILDING GROUPS

Learn new skills for coping, reducing harm, and creating change.

(D) DROP-IN WITH DBT SKILLS AND PHILOSOPHY

This group provides drop-in ED support designed to introduce and enhance your understanding and use of DBT skills and philosophy. Learn to identify areas in your life where change needs to happen. Engage in meaningful discussion in how to apply new learning, ideas and skills to lead you towards the life that aligns with who you truly are.

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

Offered: April 4- June 20, 2025

Location: Online (via Zoom)

Facilitators: Colleen Smith (she/her), RSW & Aglaia Tudor (she/her), MACP, RP (Qualifying)



(C) DISTRESS TOLERANCE SKILLS (MINI-SERIES) - NEW!

This group will teach skills from the Distress Tolerance DBT Modules, seeking to build on crisis survival skills and reality acceptance skills through practical discussions and optional homework. Distress tolerance can support you in managing and preventing eating disorder symptoms.

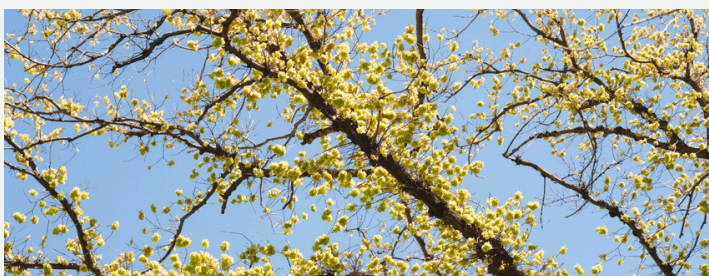
When: Thursdays, 10:30am - 12:30pm

Offered: May 1 - May 22, 2025 (4 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



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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) 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: April 3 - June 5, 2025

Location: Online (via Zoom)

Facilitators: Aglaia Tudor (she/her), MACP, RP (Qualifying)



(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: Mar 31 – June 2, 2025

Location: Online (via Zoom)

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



(C) ACCESSING PLEASURE: EVERY DAY PLEASURE (MINI-SERIES)

For many people with disordered eating, accessing pleasure can be challenging. Grounded in a non-judgemental approach, this four-part miniseries will focus on the concept of pleasure in our everyday lives. We will explore how pleasure functions in our relationship to self, including definitions of pleasure, gateways and barriers. Participants will be invited to participate in meditation, breathing practices and calming somatic activities.

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

Offered: March 31 - April 21, 2025 (4 sessions)

Location: Online (via Zoom)

Facilitators: Lorraine Hewitt (she/her), MSW RSW & Emily Huynh (she/her), MSW RSW

Note: This accessing pleasure series will focus on everyday pleasure and will not discuss sex explicitly. You're welcome to sign up for one or both Accessing Pleasure mini-series.



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

This group creates space to discuss challenges accessing support through a critical lens, exploring systemic and structural barriers to recovery (i.e., gaps in the healthcare system, exclusionary criteria for co-occurring experiences). This could be a good fit for people who are facing challenges receiving care that upholds a client-centered approach, those who have not felt supported when accessing care through mainstream treatment options, or those who do not resonate with the medical model's definition of "recovery." The group will be a mix of facilitator-led content and group-based discussions where you will have a chance to share your lived/living experiences together. Join us in exploring topics such as harm reduction, navigating healthcare systems, intersectional identities and/or co-occurring experiences, and developing personal goals in relation to your recovery journey.

When: Wednesdays, 4:00pm - 5:30pm

Offered: April 2 - June 4, 2025

Location: IN-PERSON (87 Spadina Rd.)

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

(C) ACCESSING PLEASURE: SEXUAL PLEASURE (MINI-SERIES)

For many people with disordered eating, accessing pleasure can be challenging. Grounded in a non-judgemental approach and respect for sexual diversity, this four-part miniseries will focus on the concept of pleasure in sexual intimacy. We will explore how pleasure functions in our relationship to self as well as in our relationships with partners, including definitions of pleasure, gateways and barriers, pleasure in relationship to the body and libido concerns. Participants will be invited to participate in meditation, breathing practices and calming somatic activities. This is a space where you can feel free to ask questions, share knowledge and challenge stereotypes.

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

Offered: April 28 - May 26, 2025 (4 sessions)

Location: Online (via Zoom)

Facilitators: Lorraine Hewitt (she/her), MSW RSW & Emily Huynh (she/her), MSW RSW

Note: This series will involve discussing sex and desire directly. You're welcome to sign up for one or both Accessing Pleasure mini-series.



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

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.



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

Offered: April 4 – June 20, 2025

Location: Online (via Zoom)

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

(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.

EXPRESSIVE ARTS GROUPS

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) TREASURE BOX ART GROUP

We are exploring strengths through creative arts. This art group draws upon our existing resources and cultivates potential ones. Group members are invited to participate in creative processes that explore skills such as forgiveness, resiliency, self-soothing, community building, etc. We use markers, collages, paint, glitters and more! No previous art-making experience is required.

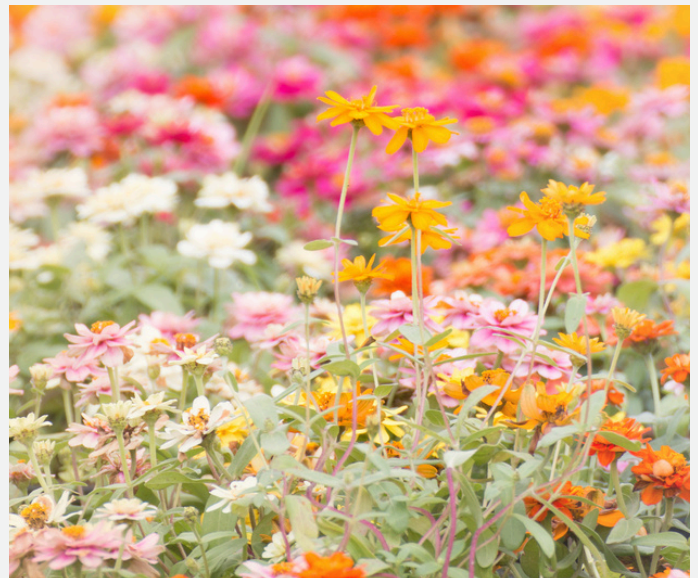
When: Tuesdays, 5:00pm - 7:00pm

Offered: April 1 - June 3, 2025

Location: Online (via Zoom)

Facilitators: Monique Yang (she/her) RP (Qualifying), DTATI (Cand.) & Debbie Uttama Anderson (she/her), BAHons, DTATI, RP

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



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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.

(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: April 3 - June 5, 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.

(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: April 2 - June 4, 2025

Location: Online (via Zoom)

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

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

(C) ART TO GO: MEANING MAKING THROUGH ART - **NEW!**

Create and take your art to go! Each week we will engage with art invitations that serve as a living metaphor for experiences such as caring for self, compassion, community, and wellness. Using and embellishing materials like plant pots, tote bags, and picture frames, create symbolic meaning you can carry with you through your art. No previous art experience required!

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

Offered: April 2 - June 4, 2025

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

Facilitators: Caitlin MacLean (she/her), BA (Hons), DTATI Candidate, RP (Qualifying) & Gabe Goncalves (he/they), Student Therapist, DEXAT (Cand.)



(C) BEGINNER'S DUNGEONS AND DRAGONS (D&D) INTEGRATED ART GROUP

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. No previous D&D or art experience necessary!

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

Offered: April 4 - June 20, 2025

Location: Online (via Zoom)

Facilitators: Leanna Scheitrowsky (she/her) DTATI, RP (Qualifying) & Alex Nicholls (he/him) DTATI, RP (Qualifying)

Note: This group is 16 weeks long, and runs in both the Spring and the Summer season. Registering for this group will get you a spot for 12 weeks in the spring AND another 4 weeks in the summer with the same group. We are also holding 3 dedicated spots for BIPOC participants. Participants will be asked to provide their own basic art supplies.

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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.



(D) REIMAGINE AND REASSEMBLE: EXPLORING ED AND BODY IMAGE THROUGH COLLAGE - NEW!

Each week you are invited to take part in a supportive, creative community to express and explore ED experiences through collage. By using images, textures, and art materials, we will engage in a process that encourages self-reflection and empowerment while providing a tangible way to express feelings and experiences that might be difficult to put into words. No previous art experience is necessary!

When: Tuesdays, 3:30pm - 5:30pm

Offered: April 1 - June 3, 2025

Location: IN-PERSON (87 Spadina Rd.)

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

WORKSHOPS

(WS) DRUMMING UP COURAGE

Join together to create community and explore self-expression through samba-inspired drumming. No musical experience necessary! This workshop will invite participants into a playful and supportive space where we will learn to drum together, make music, create connection and express our creativity. We will explore how music can be a powerful pathway to personal healing, finding a sense of belonging, and creating positive social change.

When: Wednesday, June 11, 2025, 5:00pm - 7:00pm

Offered: June 11, 2025 (1 session)

Location: IN-PERSON (87 Spadina Rd.)

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



(WS) SENSING SPRING: NATURE CONNECTION

Join together as we welcome the spring season! We'll explore practices that support us in remembering and reconnecting with the natural world and web of life that we are all a part of. This is an offering to observe and engage with the environment around us. Let's explore how connecting with nature can be beneficial practice in our day-to-day life to increase feelings of wellness, connection and a sense of belonging.

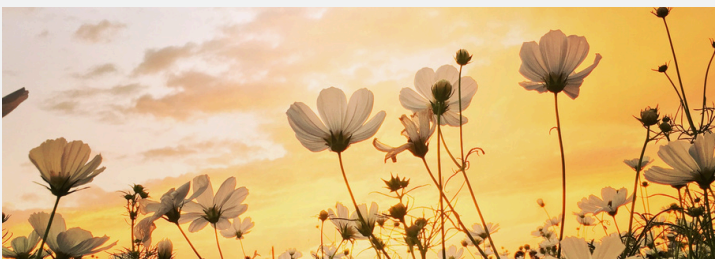
Note: Workshop will happen in the backyard rain or shine so please wear clothing you will be comfortable in!

When: Tuesday, May 6th, 2025, 5:00pm - 7:00pm

Offered: May 6, 2025 (1 session)

Location: IN-PERSON (87 Spadina Rd.)

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



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://www.x.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](#) 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