

# SUMMER 2025 PROGRAM CALENDAR

Registration for the Summer 2025 season begins **Monday, June 16th at 12pm**. Register online at [sheenasplace.org](https://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, June 16th at 12pm**, online at [sheenasplace.org](https://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:**

July 1st, 2025  
September 1st, 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:** July 8 – Sept 16, 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:** Mondays, 6:30pm - 8:00pm

**Offered:** June 30 – Sept 15th, 2025

**Location:** Online (via Zoom)

**Facilitator:** Aglaia Tudor (she/her), MACP, RP (Qualifying) & TBD

**When:** Tuesdays, 4:30pm - 6:00pm (**Broadened Guidelines**)

**Offered:** July 8 – Sept 16, 2025

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

**Facilitator:** Minna Frederick (she/her), MSW RSW

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

**Offered:** July 2 – Sept 17, 2025

**Location:** Online (via Zoom)

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

**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:** July 8 – Sept 16, 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 folx to give and receive support while discussing the challenges of living with an eating disorder and sharing insights, strategies and accomplishments.

**When:** Mondays, 6:00-7:30pm

**Offered:** June 30 – Sept 15, 2025

**Location:** Online (via Zoom)

**Facilitators:** 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:** June 30 – Sept 15th, 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:** July 3 – Sept 18, 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.





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## **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:** July 2 – Sept 17, 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:** July 8 – Sept 16, 2025

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

**Facilitators:** Jennifer Li (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.

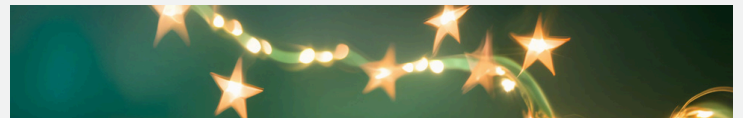
**When:** Tuesdays, 2:30pm - 4:00pm

**Offered:** July 8 – Sept 16, 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:** July 3 – Sept 18, 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](mailto:mfrederick@sheenasplace.org)





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## **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:** July 3 – Sept 18, 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:** July 3 – Sept 18, 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.



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## SKILL BUILDING GROUPS

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



### **(D) MAKING SENSE OF DBT (DIALECTICAL BEHAVIOURAL SKILLS)**

Learning DBT skills is the first step - now we want to find a way to actually apply them to our day to day lives! This group provides drop-in ED support designed to introduce and enhance your understanding and use of DBT skills and philosophy. Join us each week to learn new skills and discuss how to make the most of these tools. Let's work through what gets in the way, and how these skills can help you on your journey!

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

**Offered:** July 4 – Sept 5, 2025

**Location:** Online (via Zoom)

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



### **(C) NARRATIVE APPROACHES**

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:** Wednesdays, 10:30am - 12:00pm

**Offered:** July 2 - Sept 3, 2025

**Location:** Online (via Zoom)

**Facilitators:** Aglaia Tudor (she/her), MACP, RP (Qualifying) & John Choi (he/him)

### **(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:** June 30 – August 25, 2025

**Location:** Online (via Zoom)

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



### **(O) (RE)VISIONING BODY IMAGE: GUIDED OPEN STUDIO SPACE - NEW!**

How we understand ourselves as viewed/perceived by others deeply impacts how we view and understand our body/selves. In this guided open studio space, we'll examine, interrogate, and shift the gaze(s) that have impacted how we view and relate to our bodies/selves. Using a mix of group discussion and art making focused on a different theme each week, you will have space to explore alternative lenses and possibilities for (re)visioning body image.

**When:** Tuesdays, 4:30-6pm

**Offered:** July 8 - Sept 2, 2025

**Location:** Online (via Zoom)

**Facilitators:** Sookie Bardwell (she/they), MA, OCT & JDP (they/them)





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## **SKILL BUILDING GROUPS (continued)**

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



### **(C) RESOURCING THE NERVOUS SYSTEM: EXPLORING CONNECTIONS BETWEEN TRAUMA AND DISTRESSED/DISORDERED EATING**

In this group, participants will have the opportunity to explore the relationship between trauma impacts and experiences of distressed/disordered eating. In the first few sessions, we will delve into understanding our nervous systems and equipping ourselves with effective grounding tools for moments of overwhelm and triggers. Through discussion, psychoeducation, somatic practices, movement, and journaling, we will explore a trauma-informed, harm reduction, and healing-centered approach to navigating relationship to food and body.

**When:** Fridays, 10:30am - 12:00pm

**Offered:** July 4 - Sept 5, 2025

**Location:** Online (via Zoom)

**Facilitators:** Nicole D'Souza (she/her), MSW, RSW & Veronika Davy (they/them), MSW RSW, EXAT

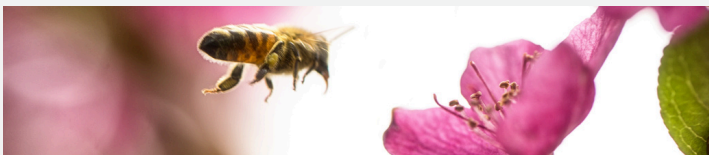
## **NUTRITION GROUPS**

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:** July 4 - Sept 5, 2025

**Location:** Online (via Zoom)

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





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## 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](mailto:mfrederick@sheenasplace.org).*

**NOTE:** If you are a Sheena's Place group member, you are invited to submit work for this year's art show, which will take place in October at Sheena's Place. All expressive art forms are welcome! Please contact [rcastro@sheenasplace.org](mailto:rcastro@sheenasplace.org) for more information.

### **(D) BRUSH AND BLOOM - NEW!**

A gentle, art-based support group for individuals in eating disorder recovery. Through art invitations, participants are invited to express, reflect, and reconnect with themselves in a safe, supportive space. No art experience necessary—just a willingness to show up and create.

**When:** Thursdays, 10:00am - 12:00pm

**Offered:** July 3 - Sept 4, 2025

**Location:** Online (via Zoom)

**Facilitators:** Monique Yang (she/her) RP (Q), DTATI (Cand.) & Rhys Castro (she/her) DTATI, RP



### **(C) ART JOURNALING WITH A FOCUS ON JOY**

This self-discovery method Debbie created years ago allows you to test and express yourself through new and familiar art-making ideas and reflect on the process through notes after. The theme this season will be exploring Joy: its presence or absence in our lived experience.

No previous art experience is necessary!

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

**Offered:** July 8 - Sept 9, 2025

**Location:** IN-PERSON (87 Spadina Rd)

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

### **(C) CREATIVE WRITING (MINI-SERIES)**

Explore a compassionate & gentle guided writing practice to support your healing process with a variety of creative prompts and time to playfully wander with your pen (or whatever writing method you prefer!) to discover new worlds and connect with possibilities that exist in your creative imagination!

**When:** Wednesdays, 5:00pm - 6:30pm

**Offered:** July 2 - July 23, 2025 (4 weeks)

**Location:** Online (via Zoom)

**Facilitators:** Ashley Seaman (she/her) OCT, B.Ed, BA

### **(O) EXPRESSIVE EXPLORATIONS: AN OPEN STUDIO - NEW!**

Take part in exploring the intersections of art and healing in a creative community that encourages curiosity and exploration. Each week, you're invited to respond to the theme using art materials of your choice. No previous art experience is necessary!

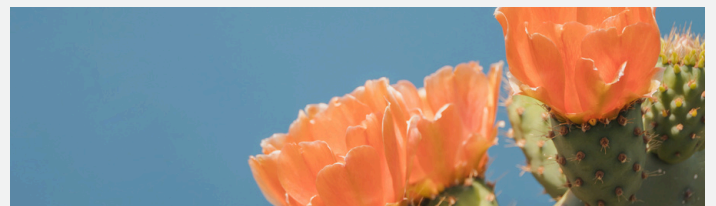
Note: We will be holding 5 dedicated spots for BIPOC participants in this group. If you would like to be considered for one of these spots, please email Rhys at [rcastro@sheenasplace.org](mailto:rcastro@sheenasplace.org) and register as usual on registration day.

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

**Offered:** July 8-Sept 9, 2025

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

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



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[facebook.com/sheenasplacesupport](https://facebook.com/sheenasplacesupport)



[@sheenasplace](https://twitter.com/sheenasplace)



[youtube.com/sheenasplace](https://youtube.com/sheenasplace)

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## **EXPRESSIVE ARTS GROUPS (continued)**

**Express yourself using a variety of art forms.**

### **(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:** July 2 - Sept 3, 2025

**Location:** Online (via Zoom)

**Facilitators:** Debbie Uttama Anderson (she/her), BAHons, DTATI, RP & Gabe Gonçalves, Student Therapist, DExAT (Cand.)

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



### **(C) ADVANCED 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.

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

**Offered:** July 4 - Sept 5, 2025

**Location:** Online (via Zoom)

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

**Note:** For the advanced session this season, participants should have experience attending Dungeons & Dragons at Sheena's Place before. Participants will be asked to provide their own basic art supplies.

## **WORKSHOPS**

### **(WS) CELEBRATING SUMMER: NATURE CONNECTION**

Join together as we welcome the summer 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, 5:00-7:00pm

**Offered:** TBD (1 session)

**Location:** IN-PERSON (87 Spadina Rd.)

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





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## WORKSHOPS (continued)

### **(WS) CENTERING BIPOC VOICES IN EATING DISORDER SPACES**

This workshop holds space for participants to join in art-making with a BIPOC creative community. Working with the materials/modality of your choice (drawing, painting, writing, poetry, clay, collage, textiles, etc); we will engage with the arts as an exploration of the importance of BIPOC voices and spaces in eating disorder spaces. Participants will have the opportunity to create, share and process their work while nurturing creative capacities as part of a holistic approach to recovery. No previous artistic experience required!

**When:** Wednesday, 3:00pm - 5:00pm

**Offered:** August 13, 2025 (1 session)

**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.



### **(WS) SHEENA'S CAMP**

Our 2-day summer version of Sheena's Camp is back! Sheena's Camp strives to create a safe and nonjudgmental space where folks can take a break from the stresses of everyday living and explore a variety of camp-inspired activities, focusing on team and friendship building, self-esteem, self-compassion, and (most importantly) fun.

**When:** 10:00am - 4:30pm, both days

**Offered:** Saturday, September 27 & Sunday, September 28, 2025

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

**Facilitators:** Sheena's Place Program Staff

**Note:** Registration for Sheena's Camp requires a \$10 deposit, which is returned to participants at camp. For more information about Sheena's Camp, check out our [camper information package](#). Sheena's Camp counts as one workshop. We will be holding 5 dedicated spots for BIPOC participants at Sheena's Camp. If you would like to be considered for one of these spots, please email [rcaastro@sheenasplace.org](mailto:rcaastro@sheenasplace.org) and register as usual on registration day.





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**To learn more about our group facilitators, visit [sheenasplace.org/facilitators](https://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://facebook.com/sheenasplacesupport)  
**X (Twitter):** [@sheenasplace](https://www.x.com/sheenasplace)  
**YouTube:** [youtube.com/sheenasplace](https://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](https://www.sheenasplace.org) 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](https://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](mailto: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.



**SHEENA'S PLACE**  
Support for eating disorders