

# FALL 2025 PROGRAM CALENDAR

Registration for the Fall 2025 season begins **Monday, September 15th 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, September 15th 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:**

October 13<sup>th</sup>, 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:** Sept 30– Dec 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 **(Broadened Guidelines)**

**Offered:** Sept 29 -Dec 15, 2025

**Location:** Online (via Zoom)

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

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

**Offered:** Sept 30– Dec 16, 2025

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

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

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

**Offered:** Oct 1 - Dec 17, 2025

**Location:** Online (via Zoom)

**Facilitators:** Maureen Mahan (she/her), RN, MEd & Aglaia Tudor (she/her), MACP, RP (Qualifying)



**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:** Sept 30 - Dec 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:** Sept 29- Dec 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:** Sept 29-Dec 15, 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:** Oct 2 - Dec 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.





**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:** Oct 1 - Dec 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)**

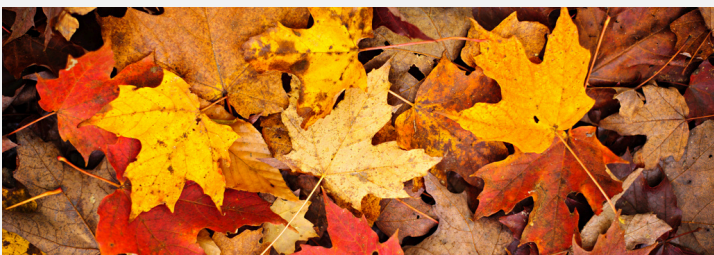
This group provides support for youth & young adults who are struggling with their eating and/or body image. There is a particular focus on issues specific to this age group, such as moving out, exploring employment opportunities and choosing career paths, academic pressures, and navigating relationships 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:** Sept 30- Dec 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:** Sept 30- Dec 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:** Oct 2- Dec 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 fear of aversive consequences and 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)

87 Spadina Rd., Toronto, ON, M5R 2T1 | Tel: 416.927.8900 | [www.sheenasplace.org](http://www.sheenasplace.org) | Charitable BN: 89878 8948 RR0001



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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:** Oct 2- Dec 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:** Oct 2- Dec 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.



### **(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:** Oct 1- Dec 3, 2025

**Location:** Online (via Zoom)

**Facilitators:** Nicole D'Souza (she/her), MSW, RSW, TCTSY, and Ashley Seaman (she/her) OCT, B.Ed, BA

**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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## **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**

Playful imagination and compassionate curiosity are the foundation for this movement-based group. Together, we will use fun and simple prompts to story-tell, 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 fuelling self-empowerment, connecting with others, and leaning into playfulness.



**When:** Wednesdays, 5:00pm – 7:00pm

**Offered:** Oct 1- Dec 3, 2025

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

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

**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!

**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.

## **SKILL BUILDING GROUPS**

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

### **(C) MINDFUL SELF-COMPASSION**

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

**Offered:** Oct 1- Dec 3, 2025

**Location:** Online (via Zoom)

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





**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.



### **(D) DEEPENING OUR PRACTICE 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. As a drop in group, there's no expectation to attend each week. The skills are, however, complementary, and easily build upon each other. Let's work through what gets in the way, and how these skills can help you on your journey!

Note: This group has extended attendance allowances, and may have up to 20 participants at a time.

**When:** Fridays, 10:00am - 11:30am (**Broadened Guidelines**)

**Offered:** Oct 3- Dec 2025

**Location:** Online (via Zoom)

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

### **(C) SHIFTING SHAME: A BODY LIBERATION GROUP NEW!**

For many of us, shame has deeply impacted our embodied experience and especially so in dealing with distressed and disordered eating. In this group, we'll unpack some of the ways in which shame impacts the relationships we have with ourselves and with others, and work together to build our collective capacity to resist and push back against shame in pursuit of greater Body Liberation.

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

**Offered:** Oct 1 – Dec 3, 2025

**Location:** Online (via Zoom)

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

### **(C) SKILLS FOR DEVELOPING ASSERTIVENESS - NEW!**

Expressing our needs and boundaries can feel overwhelming. Grounded in a compassionate, recovery-focused approach, this group will explore the foundations of assertive communication. Together, we'll examine the role of assertiveness in relationships, practice skill-building exercises, and reflect on the barriers that make speaking up difficult. This is a space to build confidence, connect with others, and develop tools to support your voice in recovery.

**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 Aglaia at [atudor@sheenasplace.org](mailto:atudor@sheenasplace.org) and register as usual on registration day.

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

**Offered:** Sept 30 – Dec 2, 2025

**Location:** Online (via Zoom)

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





**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.**

### **(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:** Sept 29 - Dec 1, 2025

**Location:** Online (via Zoom)

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

### **(C) DISTRESS TOLERANCE SKILLS (MINI-SERIES)**

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, 10:00am-12:00 pm ([Broadened Guidelines](#))

**Offered:** Oct 16– Nov 6, 2025 (4 sessions)

**Location:** Online (via Zoom)

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

## **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:** 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.

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

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

**Offered:** Oct 3 – Dec 5, 2025

**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.

*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).*



### **(D) BIPOC ARTS (MINI-SERIES)**

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!

**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.

**When:** Fridays, 11:00am - 1:00pm

**Offered:** Nov 7 -28, 2025 (4 sessions)

**Location:** Online (via Zoom)

**Facilitators:** Rhys Castro (she/her), DTATI, RP (Qualifying) & Maria Ordonez (she/her), TATI Student

### **(C) ART TO GO: MEANING MAKING THROUGH ART**

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 self-expression, growth, and community. Through the theme of repurposing and reimaging, use and embellish materials like aprons and picture frames to create symbolic meaning that you can carry with you through your art. No previous art experience required!

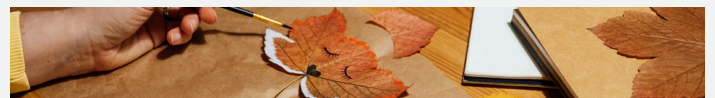
**Note:** We will be holding 5 dedicated spots for BIPOC participants in this group. If you would like to be considered for one of these spots, please email Rhys at [rcastro@sheenasplace.org](mailto:rcastro@sheenasplace.org) and register as usual on registration day.

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

**Offered:** Sept 30 – Dec 2, 2025

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

**Facilitators:** Caitlin MacLean (she/her) BAH, DTATI Cand., RP (Qualifying) & Leanna Scheitrowsky (she/her), DTATI, RP (Qualifying)



### **(D) BRUSH AND BLOOM**

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:** Oct 2 – Dec 4, 2025

**Location:** Online (via Zoom)

**Facilitators:** Monique Yang (she/her) RP (Q), DTATI & Maria Ordonez (she/her), TATI Student



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

### **(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-splare 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.

**Note:** No previous art experience required as this is heart-based art. As we're online, participants will be asked to provide their own basic art supplies.

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

**Offered:** Oct 1 - Dec 3, 2025

**Location:** Online (via Zoom)

**Facilitators:** Debbie Uttama Anderson (she/her), BAHons, DTATI, RP & Leizu Xie (she/her), TATI Student

### **(C) ART JOURNALING**

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. Take time to re-view and re-think personal beliefs and underlying behaviours that may be influencing your experience with disordered eating through discussion and art-making. The theme this season will be exploring Joy: its presence or absence in our lived experience.

No previous art experience is necessary!

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

**Offered:** Oct 7 - Dec 9, 2025

**Location:** Online (via Zoom)

**Facilitators:** Debbie Uttama Anderson (she/her), BAHons, DTATI, RP & Alexandra Hanania (she/her), MA, DTATI, RP



### **(C) RECOVERY TOOLKIT: COPING THROUGH THE ARTS**

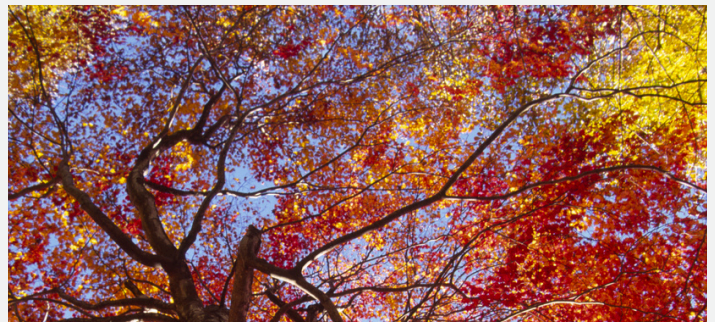
Add a new tool to your toolkit through artmaking and discussion. Each week we will explore a different theme related to eating disorders and disordered eating, and through artmaking and discussion learn new coping skills to help you along your healing journey. Some themes we will cover include emotion regulation, identity, body image and more.

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

**Offered:** Oct 1 - Dec 3, 2025

**Location:** Online (via Zoom)

**Facilitators:** Caitlin MacLean (she/her), BAH, DTATI Cand., RP (Qualifying) & Rhys Castro (she/her), DTATI, RP (Qualifying)





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

## WORKSHOPS



### **(WS) RECLAIMING SHREDS: A PAPER MAKING WORKSHOP - NEW!**

Join us for a gentle, hands-on workshop where you are invited to explore the connections between the body, creativity, and experiences with eating disorders through papermaking. In this workshop, making paper is used as both metaphor and method, shaping something whole from fragments, pressing stories into fibres, and reclaiming through creation.

Participants are invited to bring personal materials such as old journal pages, written reflections, or symbolic items to be pulped into new paper, offering a tactile way to process, re-imagine, and release. There will be an invitation for quiet reflection, discussion, and optional sharing as we explore themes of reclamation, identity, control, perfectionism, and healing. No artistic experience is necessary—just a willingness to explore.

### **(WS) NATURE CONNECTION: FEELING FALL**

Join together to engage in practices that support us in remembering and reconnecting with the natural world and web of life that we are all a part of. We will have the opportunity 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, 3:00-5:00pm

**Offered:** Oct 21, 2025 (1 session)

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

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



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

**Offered:** Nov 4, 2025 (1 session)

**Location:** Online (via Zoom)

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

**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.



87 Spadina Rd., Toronto, ON, M5R 2T1 | Tel: 416.927.8900 | [www.sheenasplace.org](http://www.sheenasplace.org) | Charitable BN: 89878 8948 RR0001



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

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

**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://twitter.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](#) 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](http://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