



# WINTER 2026 PROGRAM CALENDAR

Registration for the Winter 2026 season begins **Monday, December 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, December 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 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:**

Monday, February 16<sup>th</sup>, 2026



## 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.

**C (closed):** Registration is unavailable following the second session.

**\*NEW Update\*** Participants who miss sessions of the group will no longer be removed. Please be considerate of other participants who may be on waitlists and remove yourself if you are no longer interested in a particular group.

**WS (workshops):** Single session programs exploring special topics that change seasonally.

## SUPPORT FOR CAREGIVERS & LOVED ONES

Connect with other caregivers and loved ones to learn more about eating disorders and how to support someone who has one, while surrounding yourself with much needed support.

### **(D) FAMILY, FRIENDS, AND PARTNERS SUPPORT**

These support sessions provide a space where family members, partners, and friends can explore the experience of having a loved one with an eating disorder, seek support, share resources, and gain new insights and information. A separate breakout room with one facilitator is used for the partners who attend this group.

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

**Offered:** Jan 6– Mar 10, 2026

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

**Offered:** Jan 6 - Mar 10, 2026

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

**Facilitator:** John Choi (he/him)

**Moderator:** TBD



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

**Offered:** Jan 7 - Mar 11, 2026

**Location:** Online (via Zoom)

**Facilitators:** Maureen Mahan (she/her), RN, MEd & Sezgi Ozel (she/her), MACP, RP





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## **SUPPORT GROUPS (continued)**

### **(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. This group is also a welcoming place for those with ARFID or ARFID-like experiences, and guidelines will be amended to allow for more direct conversations about ARFID.

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

**Offered:** Jan 8 - Mar 12, 2026

**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) YOUTH SUPPORT (AGES 17-25)**

This group provides support for youth & young adults who are struggling with their eating and/or body image. There is a particular focus on issues specific to this age group, such as moving out, exploring employment opportunities and choosing career paths, academic pressures, and navigating relationships within family, friend, and romantic relationships. The suggested age range for this group is 17-25, but if this feels like a good fit for you and you are under the age of 30, feel free to join us!

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

**Offered:** Jan 6 - Mar 10, 2026

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

**Facilitator:** Jennifer Li (she/her), MSW RSW

**Moderator:** Leizu Xie (she/her), TATI Student



### **(D) DISABLED & CHRONICALLY ILL SUPPORT**

This group is designed to provide a safer space for those in the disability community to explore their unique experiences of body image and disordered eating in an ableist society that is often preoccupied with a narrow definition of “health”.

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

**Offered:** Jan 5 - Mar 9, 2026

**Location:** Online (via Zoom)

**Facilitator:** Kaley Roosen (she/her), Ph.D. C.Psych

**Moderator:** 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.



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) TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT**

This group offers a safe space for folx to discuss the complexities and interconnectedness of gender identity and body image. Providing a supportive environment to explore topics and share insights/ strategies related to navigating the world as a Trans individual with an eating disorder.

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

**Offered:** Jan 8 - Mar 12, 2026

**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.



### **(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, 5:30-7:00pm

**Offered:** Jan 7 - Mar 11, 2026

**Location:** Online (via Zoom)

**Facilitator:** Sookie Bardwell (she/they), MA, OCT

**Moderator:** Kaley Roosen (she/her), Ph.D. C.Psych



### **(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:** Jan 8 - Mar 12, 2026

**Location:** Online (via Zoom)

**Facilitators:** Zijia Liu (she/her), RSW, MSW & Sara Desroches (she/her), MSW RSW





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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).*



### **(C) ART AND ACT (ACCEPTANCE AND COMMITMENT THERAPY) SKILLS**

Artmaking and playfulness are empowering modes of expression that open us up to learning, growth, and acquisition of new skills for recovery. In this arts-based exploration of Acceptance and Commitment Therapy (ACT) skills, we will explore concepts like mindfulness, cognitive defusion, and value-based goal setting in the context of distressed and disordered eating. Join us to discover new ways of expressing yourself, connecting with others, and building a more flexible, compassionate relationship with your inner world. No art experience needed!

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

**Offered:** Jan 5 - Feb 9, 2026

**Location:** Online (via Zoom)

**Facilitator:** Gabe Goncalves (he/they), Student Therapist, DEXAT (Cand.)

**Moderator:** TBD



### **(C) EXPRESS YOURSELF! CREATIVE WRITING FOR SELF-EXPRESSION AND HEALING**

Join us on a creative writing journey through the winter season! This group will offer the opportunity for participants to experiment with expressing themselves through a mix of creative writing exercises and open writing space. Laura strives to create a warm, supportive, and inviting environment where participants feel encouraged to explore writing as a transformative tool for support and healing. We will explore strategies for developing a personal writing practice that supports each individual's unique healing journey.

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

**Offered:** Jan 6 - Mar 10, 2026

**Location:** Online (via Zoom)

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

**Moderator:** TBD



### **(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:** Jan 8 - Mar 12, 2026

**Location:** Online (via Zoom)

**Facilitators:** Monique Yang (she/her) RP (Qualifying), DTATI

**Moderator:** TBD



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### **(D) COMMUNITY OF CARE TAPESTRY CIRCLE**

In recognition of 30 years of advocacy, support, and community healing, we invite you to be part of a collaborative art experience. This is a space for remembrance, reflection, and a chance to explore and engage with the diverse experiences of eating disorders and recovery.

Community members are invited to contribute unique patches to form a collective tapestry, with each piece being a tribute to lives affected by eating disorders. Whether you choose to express your own journey of healing, hope, and recovery, share a message of love, recovery, or strength, or honour someone lost or impacted by an eating disorder your contribution will become part of a larger tapestry of community voices, stitched together in solidarity and hope. No artistic or sewing experience is required! Just bring your story and a willingness to be creative. Materials will be provided, and facilitators will guide you through the process in a supportive, inclusive space.

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

**Offered:** Jan 6 - Mar 10, 2026

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

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



### **(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:** Tuesdays, 5:00pm-7:00pm

**Offered:** Jan 6 - Mar 10, 2026

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

**Facilitators:** Caitlin MacLean (she/her), BA (Hons), DTATI Candidate, RP (Qualifying) & Leanna Scheitrowsky (she/her), DTATI, RP (Qualifying)

## **SKILL BUILDING GROUPS**

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

### **(C) NARRATIVE APPROACHES: REDEFINING OUR STORIES**

In this group we'll reflect on the stories we use to help make sense of our experiences and consider who and what drives those stories. Borrowing from some of the ideas embedded in Narrative Therapy, we'll explore the possibilities of rewriting some of the stories that may not be serving us well.

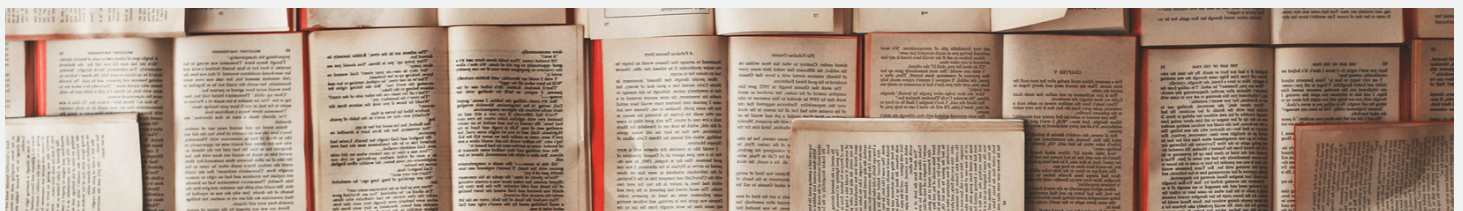
**When:** Wednesdays, 10:00am - 11:30am

**Offered:** Jan 7 - Feb 11, 2026

**Location:** Online (via Zoom)

**Facilitators:** John Choi (he/him)

**Moderator:** TBD



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

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



### **(D) FEELING OUR FEELINGS! A SPACE TO EXPLORE OUR RELATIONSHIPS WITH EMOTION - NEW!**

Feelings are extremely challenging terrain for many of us- we may have been encouraged to disconnect from our emotions and the way they feel in our bodies for all kinds of reasons; and very few of us received effective modelling from our caregivers or education around how to recognize, value and understand our experiences of our emotions. This group provides an opportunity to explore our relationships with some of the feelings folks often find most challenging through group discussion, hands-on activities and arts exploration. Together, we'll work to develop our collective capacity to encounter our emotions with greater ease and self-compassion, and to navigate the information that they provide in ways that better serve our individual and collective well-being.

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

**Offered:** Jan 6 - Feb 10, 2026

**Location:** Online (via Zoom)

**Facilitator:** Sookie Bardwell (she/they), MA, OCT

**Moderator:** Zac Grant (they/them), MSW RSW

### **(D) DEEPENING OUR PRACTICE OF DBT (DIALECTICAL BEHAVIOURAL SKILLS)**

Are you curious about DBT skills, and want to learn more? Have you previously learned DBT skills and are looking to deepen your understanding of them? Then this group is for you! Over the course of 8 weeks, we will introduce some DBT skills and support their practical application in your daily life. DBT skills are invaluable in learning to manage immediate crisis, support your ability to regulate emotions and increase your skills in communicating your needs effectively. Regular attendance in this group will highly increase your understanding and ability to apply these skills. Experience in DBT is not necessary, and those who have experience will benefit from continued discussion and insight into skills use.

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

**Offered:** Jan 9 - Feb 27, 2026

**Location:** Online (via Zoom)

**Facilitator:** Colleen Smith (she/her), RSW

**Moderator:** TBD



### **(C) CHALLENGING PERFECTIONISM**

For people with eating disorders, perfectionism can contribute to harmful relationships with food, body, and exercise, and for many also makes recovery more difficult. In this group, we will explore how perfectionism and eating disorders are connected and practice skills to support you in challenging perfectionism in your life. The intention of the group is to provide understanding on the role of perfectionism in your life, practical skills to challenge perfectionism, and resources to embrace who we truly are.

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

**Offered:** Jan 28 - Mar 4, 2026

**Location:** Online (via Zoom)

**Facilitator/Moderators:** Minna Frederick (she/her), MSW RSW, Melanie Collins (she/her), MSW Student, Yuxuan Zhang (she/her), MSW Student



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## **NUTRITION GROUPS**

Structured groups with a focus on developing knowledge and skills for nourishing our bodies. Please note: Nutrition groups and workshops are recommended for participants who are in later stages of recovery and feel ready to engage in conversations about food and nutrition and their effects on the body. Language guidelines will be adapted accordingly.

### **(C) MINDFUL APPROACHES TO MANAGING CRAVINGS & EMOTIONAL EATING**

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

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

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

**Offered:** Jan 9 - Feb 13, 2026

**Location:** Online (via Zoom)

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



## **WEBINARS**

Follow us on social media for updates on upcoming educational webinars!  
Past webinars can be viewed on our YouTube channel.

**Instagram:** [@sheenasplace](https://www.instagram.com/sheenasplace)

**Facebook:** [facebook.com/sheenasplacesupport](https://www.facebook.com/sheenasplacesupport)

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

**YouTube:** [youtube.com/sheenasplace](https://www.youtube.com/sheenasplace)





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**To learn more about our group facilitators, visit [sheenasplace.org/facilitators](https://sheenasplace.org/facilitators)**

## 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.

