

# Spring 2026 Program Calendar

Registration for the Spring 2026 season begins **Monday, March 16th at 12pm**. Register online at [sheenasplace.org](https://sheenasplace.org).

**No diagnosis or referral is required and all programs are free!**

## Eligibility

- Age 17+
- Located in Ontario

## Registration Information

- To register, [create an account](#) on our registration platform. [View the registration process.](#)
- Registration opens **Monday, March 16th at 12pm**, online at [sheenasplace.org](https://sheenasplace.org). Staff will be available by phone (416-927-8900 x 100 or 340) 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.

## Quick Links

- [View the requirements for online group participation.](#)
- [View our COVID protocols for in-person groups.](#)
- [Learn more about accessibility at Sheena's Place](#)



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

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.

## Sheena's Place Closures

Groups will not run on the following dates:

Friday, April 3<sup>rd</sup>, 2026  
Monday, May 18<sup>th</sup>, 2026

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



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# 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. Participants can join from the waitlist, space allowing. Participants who miss sessions of the group will no longer be removed. Please be considerate of other participants who may be on waitlists and unenroll if you are no longer interested in a particular group.

## WS (workshop)

Single session programs exploring special topics that change seasonally.

## At A Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12:30pm - 2:00pm</b> D Disabled & Chronically Ill Support	<b>10:00am - 11:30am</b> C Mindful Approaches to Managing Cravings	<b>10:00am - 11:30am</b> C ARFID Skills	<b>10:00am - 12:00pm</b> D Brush & Bloom	<b>10:00 am - 11:30am</b> D Deepening Our Practice of DBT
<b>6:00pm - 7:30pm</b> C Harm Reduction Skills	<b>2:00pm - 4:00pm</b> D Sheena's Art Hive C Compassion in Motion	<b>3:00pm - 4:30pm</b> C Eating Disorders and Anxiety	<b>1:00pm - 2:30pm</b> D Neurodivergent Support	
<b>6:30pm - 8:00pm</b> C Everyday Skills	<b>4:30pm - 6:00pm</b> D Adult Support	<b>4:00pm - 6:00pm</b> C How Art Can Help	<b>6:30pm - 8:00pm</b> C BIPOC Somatic Support	
	<b>6:00pm - 7:30pm</b> D Young Adult Support	<b>5:30pm - 7:00pm</b> D Big Time Body Liberation	D Binge Eating Support D Trans, Non-Binary, & Gender Questioning Support	
Groups highlighted in yellow are <b>In-Person at 87 Spadina Rd.</b>	<b>6:30pm - 8:00pm</b> D Family, Friends, and Partners Support	<b>6:30pm - 8:00pm</b> D Adult Support		

## 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 7– June 23, 2026

**Location:** Online (via Zoom)

**Facilitators:** Margaret Powell, BScOT, Reg (ON), MEd(Psych), BCN & Colleen Smith, RSW

## 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

These 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:** April 7 - June 23, 2026

**Location:** In-Person (87 Spadina Road, Toronto)

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

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

**Offered:** April 8 - June 24, 2026

**Location:** Online (via Zoom)

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

## Support Groups (continued)

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) Young Adult Support (Ages 17-30)

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, friends, and partners.

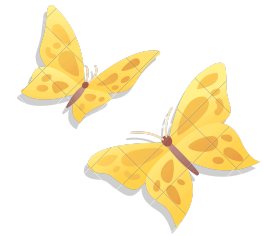
**When:** Tuesdays, 6:00pm - 7:30pm

**Offered:** April 7 - June 9 2026

**Location:** In-Person (87 Spadina Rd.)

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

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



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

**Offered:** April 8 - June 10, 2026

**Location:** Online (via Zoom)

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

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

## Support Groups (continued)

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) Disabled and 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:** April 6 - June 8, 2026

**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.

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### (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:** April 9 - June 11, 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.

## Support Groups (continued)

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) Trans, Non-Binary, and 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:** April 9 - June 11, 2026

**Location:** Online (via Zoom)

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

**Moderator:** 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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### (C) BIPOC Somatic Support Group: Exploring Body, Culture, and Nourishment

This 6-week BIPOC support group integrates culturally responsive somatic practices with facilitated discussion to explore how race, culture, and systems shape our relationship with food and body. Exploring breathwork, grounding, and body awareness can support nervous system regulation and interoceptive trust - areas often disrupted by disordered eating. Participants are invited to engage at their own pace, with consent, flexibility, and accessibility. This group will be a mix of discussion and practicing skills together as a group.

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

**Offered:** April 9 - May 14, 2026

**Location:** Online (via Zoom)

**Facilitator:** Anika Rasheed (she/her), Certified Trauma-Informed Somatic & Sound Healing Practitioner & Facilitator

**Moderator:** Rhys Castro (she/her), DTATI, RP (Qualifying)

**Note:** This group is intended for Black, Indigenous, and People of Colour and is led by facilitators who also belong to these communities.

## Support Groups (continued)

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) 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 9 - June 11, 2026

**Location:** Online (via Zoom)

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

**Moderator:** Emily Hill (she/her)

## 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 [rcastr@sheenasplace.org](mailto:rcastr@sheenasplace.org).*

### (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. No previous art-making experience is required.

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

**Offered:** April 9 - June 11, 2026

**Location:** Online (via Zoom)

**Facilitator:** Monique Yang (she/her) RP (Q), DTATI (Cand.)

**Moderator:** Stephanie Wigney (she/her)

## Expressive Arts Groups (continued)

Express yourself using a variety of art forms.

### (C) How Art Can Help: Art as Eating Disorder Support

Have you been curious about art groups at Sheena's Place, but not sure what it is or where to begin? Join us for this six-week group that will explore a handful of the aspects that create the therapeutic art space. Through discussion, learn about how to use art as a support and connect to that knowledge through creatively exploring and expressing yourself through artmaking. No art experience is necessary, just your curiosity and willingness to explore!

**When:** Wednesdays, 4:00pm - 6:00pm

**Offered:** April 29 - June 3, 2026

**Location:** Online (via Zoom)

**Facilitator:** Caitlin MacLean (she/her), BA Hons, DTATI, RP (Qualifying)

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



### (D) Sheena's Art Hive

Play, slow down, and discover your creative voice! You're invited to enjoy an afternoon of open art marking with community members. Each week we'll highlight a different material or technique, from crayons and collage to fibre and printmaking. All skill levels are welcome, all materials provided, and zero pressure! Whether you're looking to try something new, collaborate with others, or just hang out and make art, this is a safe, non-judgmental, diet and body-talk free space. Feel free to bring your own supplies or projects too!

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

**Offered:** April 7 - May 26, 2026

**Location:** In-Person (87 Spadina Ave.)

**Facilitator:** Rhys Castro (she/her), DTATI, RP (Qualifying)

## Expressive Arts Groups (continued)

Express yourself using a variety of art forms.

### (C) Compassion in Motion

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.

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

**Offered:** May 5 - June 23, 2026

**Location:** In-Person (87 Spadina Rd)

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

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

**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!

## 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:** April 10 - June 19, 2026

**Location:** Online (via Zoom)

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

**Moderator:** Suweyda Ugas (she/her)

## Skill Building Groups (continued)

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

### (C) Harm Reduction Skills for Eating Disorders

Harm Reduction is an approach that seeks to reduce the harm of engaging in various behaviours rather than requiring abstinence (stopping behaviours completely). While Harm Reduction is commonly associated with substance use, this approach can be applied in many different realms of well-being, including eating disorders. Harm reduction is flexible, grounded in self-determination and choice, and meets you where you are at. As part of this group, you will be invited to develop your own harm reduction and safety plan, reflect on your own individual recovery goals, and learn skills that will support you to reduce harm from disordered eating and improve your quality of life.

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

**Offered:** May 25 - June 29, 2026

**Location:** Online (via Zoom)

**Facilitator/Moderator:** Kat Parker (they/them), MSW RSW & Sarthak Matravadia (he/him), RD, PhD

**Note:** This group does not constitute medical advice and is educational in nature. Facilitators will not be providing feedback on individual harm reduction plans but instead will provide you with relevant information to support you in building your own plan. Group guidelines will be amended to allow for relevant discussion. Group content may include specific eating disorder behaviors, specific foods, numbers, and medical complications of eating disorders.

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### (C) Eating Disorders and Anxiety (mini-series)

This mini-series explores the relationship between anxiety and eating disorders. Participants will learn how anxiety functions in the body and mind, how eating disorder behaviours often develop as attempts to manage anxiety, and why anxiety commonly intensifies during recovery. The group introduces practical, accessible, compassionate skills for responding to anxiety without relying on eating disorder behaviours. Sessions emphasize normalization, curiosity, choice, and self-compassion.

**When:** Wednesdays, 3:00pm - 4:30pm

**Offered:** May 6 -27, 2026

**Location:** Online (via Zoom)

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

**Moderator:** Stephanie Wigney (she/her)



## Skill Building Groups (continued)

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

### **(C) Everyday Skills For Recovery**

Eating disorders often significantly disrupt daily routines, roles, identity, and participation in meaningful activities, as symptoms can occupy a substantial amount of time and mental energy. This group focuses on how people engage in daily life, including how they care for themselves, allocate their time and energy, and reconnect with meaning, purpose and joy beyond the eating disorder. Using an Occupational Therapy lens, the group explores the dynamic interaction between the person, their environment, and their daily activities (occupations). Sessions will focus on self-regulation, routine, values, identity, self-compassion, and engagement in meaningful activities that support recovery and overall well-being.

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

**Offered:** April 6 - May 11, 2026

**Location:** Online (via Zoom)

**Facilitator:** Sezgi Ozel (she/her), OT Reg. (Ont.)

**Moderator:** Emily Hill (she/her)

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### **(C) ARFID (Avoidant/Restrictive Food Intake Disorder) Skills (mini-series)**

In this mini-series, we will explore the needs and experiences of those with ARFID and ARFID-related traits which often go unseen and unsupported. Sessions will consist of a combination of information sharing, group discussion, and brainstorming. Themes will include the types of ARFID, a neurodivergent-affirming approach to ARFID, navigating relationships and social settings, building supportive eating environments, sensory needs, treatment considerations, and redefining ARFID recovery. This group is not for caregivers, friends, or family members of people with ARFID; it is for people who experience ARFID or ARFID-related traits as part of their own lived experience.

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

**Offered:** April 8 - April 29, 2026

**Location:** Online (via Zoom)

**Facilitator:** Josee Sovinsky (she/they), RP, RD

**Moderator:** Suweyda Ugas (she/her)

**Note:** Language guidelines will be amended to allow for relevant discussion related to ARFID, sensory experiences, and fear of aversive consequences.

## 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.

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

**Offered:** April 7 - May 26, 2026

**Location:** Online (via Zoom)

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

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

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### (WS) Unpacking Social Media and Nutrition Myths

In this workshop, we will be unpacking some common nutrition myths influenced by diet and wellness culture. The session will focus on reducing shame by debunking myths, discussing why the myths hold so much power, understanding the difference between public health messaging and recovery needs. We will also spend time reflecting on how social media influences food beliefs, nutrition knowledge, and eating behaviours and develop skills to critically evaluate nutrition information.

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

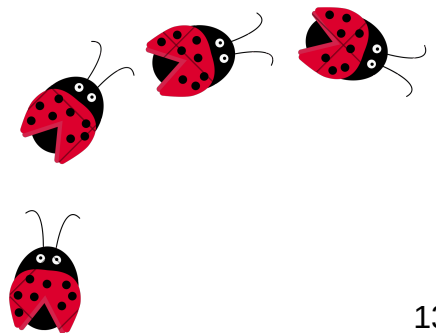
**Offered:** April 15<sup>th</sup>, 2026

**Location:** Online (via Zoom)

**Facilitator:** Samantha Rocca (she/her)

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

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



## Nutrition Groups

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**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.**

### **(WS) Gentle Nourishment: Cooking and Planning for One**

Rebuilding a relationship with food often includes learning how to shop, plan, and cook in supportive, manageable ways. This session explores gentle meal planning, grocery shopping with ease, and simple strategies for building balanced meals when cooking for one. The focus is on structure, variety, and self-compassion – not perfection – to help make food feel less stressful and more approachable.

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

**Offered:** April 29<sup>th</sup>, 2026

**Location:** In-Person (87 Spadina Rd.)

**Facilitator:** Giselle Segovia (she/her), MHSc, RD

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

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

## Webinars, Education, and Training

### **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)

### **Education and 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.

## Visit Our Blog & Support Us!

### Blog

Visit [Sheena's Shared Stories](#) to explore stories, artwork, and interviews by and for the Sheena's Place community. You can contribute to the blog by sending your post 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.

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### Support Us!

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.

[Make a donation by clicking this link!](#)



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