

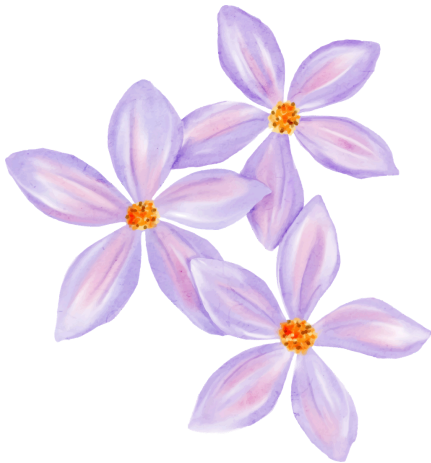
Summer 2026 Program Calendar

Registration for the Summer 2026 season begins **Monday, June 15th at 12pm**. Register online at 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, June 15th at 12pm**, online at 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:

Wednesday, July 1
Monday, September 7

87 Spadina Rd., Toronto, ON, M5R 2T1 | Tel: 416.927.8900 | www.sheenasplace.org | Charitable BN: 89878 8948 RR0001



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Workshops

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
12:30pm- 2:00pm D Disabled & Chronically Ill Support	10:00am - 11:30am C <u>Managing Cravings</u> C <u>Narrative Approaches</u>	5:30pm - 7:00pm D Big Time Body Liberation	10:00am - 12:00pm D Brush & Bloom	10:00 am - 11:30am D Making Sense of DBT
5:30pm - 7:00pm C Harm Reduction Skills	4:00pm- 6:00pm C <u>Art To Go</u> 4:30pm- 6:00pm D Adult Support 6:00pm - 7:30pm D Young Adult Support	6:30pm - 8:00pm D Adult Support	1:00pm - 2:30pm D Neurodivergent Support	
			4:00pm - 6:00pm C <u>Express Yourself!</u> <u>Creative Writing</u>	
	6:30pm- 8:00pm D <u>Family, Friends, and Partners Support</u> D <u>Binge Eating Support</u> C <u>Everyday Skills</u>		6:30pm - 8:00pm C BIPOC Support	
Groups highlighted in yellow are In-Person at 87 Spadina Rd.			D Trans, Non-Binary, & Gender Questioning 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: 12 sessions, July 7– Sept 22, 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

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: 12 sessions, July 7 - Sept 22, 2026

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

Facilitator: John Choi (he/him)

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

Offered: 12 sessions, July 8 - Sept 23, 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.

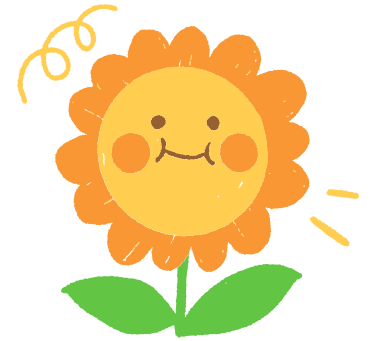
When: Tuesdays, 6:00pm - 7:30pm

Offered: 10 sessions, July 7 - Sept 8, 2026

Location: In-Person (87 Spadina Rd.)

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

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



(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: 10 sessions, July 8 - Sept 9, 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: 10 sessions, July 6 - Sept 14, 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.

(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: 10 sessions, July 9 - Sept 10, 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: 10 sessions, July 9 - Sept 10, 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

(C) BIPOC Support Group

This 6-week BIPOC support group is a discussion-based group exploring how race, culture, and systems shape our relationship with food and body. In the first week, participants will be invited to suggest topics they'd like to see discussed, and following group sessions will cover the suggested topics. Depending on participant needs and interest, the group may also include short mindfulness and somatic practices. Participants are invited to engage at their own pace, with consent, flexibility, and accessibility.

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

Offered: 6 sessions, July 9 - Aug 13, 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. This group does not count towards the 2 closed group limit.

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.

Note: This group will include amended guidelines, which will allow discussion of symptoms as well as some nutritional information.

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

Offered: 10 sessions, July 7 - Sept 8, 2026

Location: Online (via Zoom)

Facilitators: Zijia Liu (she/her), RSW, MSW & Yasmin Dadollahi (she/her), MHSc, RD

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 rcaastro@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: 10 sessions, July 9 - Sept 10, 2026

Location: Online (via Zoom)

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

Moderator: TBD

Expressive Arts Groups (continued)

Express yourself using a variety of art forms.

(C) Art To Go

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 reimagining, 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: This group will include amended guidelines, which allow for discussion of symptoms and diagnoses

When: Tuesdays, 4:00pm - 6:00pm

Offered: 8 sessions, July 7 - Aug 25, 2026

Location: In-Person (87 Spadina Rd.)

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



(C) Express Yourself! Writing For Self-Expression and Healing

Join us on a writing journey through the summer season! This group will offer the opportunity for participants to experiment with expressing themselves through a mix of 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, with a focus on disordered eating.

When: Thursdays, 4:00pm -6:00pm

Offered: 6 sessions, July 9 - Aug 13, 2026

Location: Online (via Zoom)

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

Moderator: TBD

Skill Building Groups

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, 5:30pm - 7:00pm

Offered: 6 sessions, Aug 10 - Sept 21, 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.

(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, with a focus on stories that may be contributing to our eating disorder experiences.

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

Offered: 8 sessions, July 7 - Aug 25, 2026

Location: Online (via Zoom)

Facilitator: John Choi (he/him)

Moderator: TBD

Skill Building Groups (continued)

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: 10 sessions, July 10 - Sept 11, 2026

Location: Online (via Zoom)

Facilitator: Colleen Smith (she/her), RSW

Moderator: Suweyda Ugas (she/her)



(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: Tuesdays, 6:30-8:00pm

Offered: 6 sessions, July 7 - Aug 11, 2026

Location: Online (via Zoom)

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

Moderator: TBD

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) Unpacking Social Media and Nutrition Myths

In this 4 week mini-series, 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 behaviors and develop skills to critically evaluate nutrition information.

When: Thursdays, 6:30pm - 8pm

Offered: 4 sessions, Aug 6 - Aug 27, 2026

Location: Online (via Zoom)

Facilitator: Samantha Rocca (she/her), RD

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

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

(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: 6 sessions, July 7 - Aug 11, 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.

Workshops

(WS) The Digital Mirror: Social Media, Body Image, and Self Worth

This workshop explores the relationship between social media use, body image, and mental health among transitional-aged youth. Through a combination of psychoeducation, discussion, and lived experience, participants will explore how digital environments shape self-perception, comparison, self-worth, and appearance-based pressure. Topics include algorithmic reinforcement, trend cycles, beauty standards, disordered eating, body dysmorphia, identity performance online, and the emotional impact of constant exposure to curated content. The workshop concludes with discussion surrounding recovery, self-awareness, emotional resilience, and the psychological process of stepping away from harmful online environments.

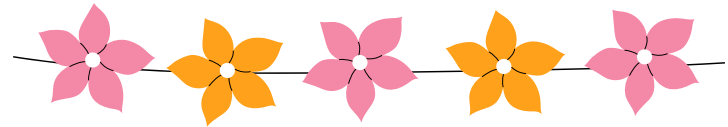
When: Thursday, 6:30pm -8:00pm

Offered: 1 session, July 16th, 2026

Location: Online (via Zoom)

Facilitator: Kayleigh Robertson (she/her), Peer Support Specialist

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



Note: This group is open to participants of all ages, but some content will focus on the experiences of young adults from 17-30. Language guidelines will be amended in this group to allow for relevant discussion.

(WS) Handmade Papermaking

Join us for a playful and hands-on creative experience where you are invited to transform recycled paper into handmade paper sheets. We'll explore paper pulp as an artistic medium and metaphor for transformation and reclamation. We'll also explore the connections between the body, creativity, and experiences with eating disorders through the papermaking process.

Participants are invited to bring personal materials such as journal pages, written reflections, or symbolic items to be pulped into new paper, offering a tactile way to process, re-imagine, and release. No artistic experience is necessary—just a willingness to play, let go, and explore.

When: Thursday, 4:30pm -6:30pm

Offered: 1 session, August 27th, 2026

Location: In-Person (87 Spadina Rd)

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

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

Workshops (continued)

(WS) Navigating Setbacks Without Shame

Setbacks are a common and expected part of the eating disorder recovery process, yet they are often accompanied by the challenges of shame, self-criticism, and difficulty accessing existing supports. This workshop explores how shame—not the setback itself—can lead to distress and make recovery feel more difficult. Through gentle psychoeducation and reflective exercises, participants are supported in reframing setbacks as moments of vulnerability rather than failure. The workshop emphasizes compassion, normalization, and repair, helping participants develop more supportive ways of responding to themselves when recovery feels hard.

When: Thursday, 6:30-8pm

Offered: 1 session, July 9th

Location: Online (via Zoom)

Facilitator: Maureen Mahan (she/her), RN MEd

Moderator: TBD

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. Posts can be shared on our website anonymously.

Note: Blog content adheres to Sheena's Place language guidelines.

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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