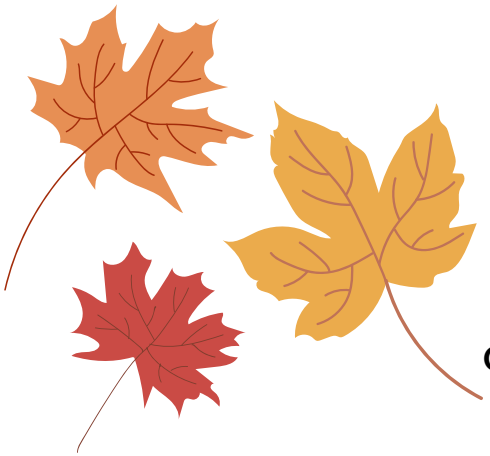
Fall 2026 Program Calendar

Registration for the Fall 2026 season begins **Monday, September 14th 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, September 14th 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:

Monday, October 12 - Thanksgiving Day

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

@sheenasplace facebook.com/sheenasplacesupport @sheenasplace youtube.com/sheenasplace

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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
12:30pm- 2:00pm D Disabled & Chronically Ill Support	**10:00am - 11:30am** C Managing Cravings **1:30-3:30pm** D Art Hive	**1:00pm-2:30pm** C ARFID Skills	**10:00am - 12:00pm** D Brush & Bloom	**10:00 am - 11:30am** D Making Sense of DBT
6:00pm - 8:00pm C Art and ACT Skills	**4:00pm- 5:30pm** C Relinquishing Control Through Art	**4:00pm - 5:30pm** C Assertiveness Skills	**1:00pm - 2:30pm** D Neurodivergent Support	
	4:30pm- 6:00pm D Adult Support **6:00pm - 7:30pm** D Young Adult Support	**5:00pm - 6:00pm** D Gentle Yoga at Kula Yoga Studio	**5:30pm - 7:00pm** C Everyday Skills	
Groups highlighted in yellow are **In-Person at 87 Spadina Rd.**	**6:30pm- 8:00pm** D Family, Friends, and Partners Support	**5:30pm - 7:00pm** D Big Time Body Liberation	**6:30pm - 8:00pm** C BIPOC Support D Trans, Non-Binary, & Gender Questioning Support	
	D Binge Eating Support	**6:30pm - 8:00pm** 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: 11 sessions, Oct 6 - Dec 15, 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: 11 sessions, Oct 6- Dec 15, 2026
Location: In-Person (87 Spadina Road, Toronto)
Facilitator: John Choi (he/him)

When: Wednesdays, 6:30pm - 8:00pm
Offered: 11 sessions, Oct 7- Dec 16, 2026
Location: Online (via Zoom)
Facilitators: Maureen Mahan (she/her), RN, MEd & Sara Katz (she/her), MSW RSW

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, Oct 6 - Dec 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, Oct 7 - Dec 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, Oct 5 - Dec 7, 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.

(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, Oct 8 - Dec 10, 2026
Location: Online (via Zoom)
Facilitators: Sophie Raniere (she/her), RP & Christine McPhail (she/her), 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, Oct 8 - Dec 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

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(D) 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, Oct 8 - Nov 12, 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.

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, Oct 6 - Dec 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 rcastro@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: 8 sessions, Oct 8 – Nov 26, 2026
Location: Online (via Zoom)
Facilitator: Monique Yang (she/her) RP (Q), DTATI (Cand.)

Expressive Arts Groups (continued)

Express yourself using a variety of art forms.

(C) Relinquishing Control Through Art-making

Challenge your perfectionism through spontaneous, expressive art-making in this 6-week art-based support group, paired with bite-sized psychoeducation. If you're new to art-based therapy and feel intimidated by a blank page, this group will ease the pressure of getting started. If you are an experienced artist, you will also have the opportunity to gain new insights through a variety of unique art activities.

No artistic experience is required—just a willingness to explore, create, and connect.

When: Tuesdays, 4:00-5:30 pm
Offered: 6 sessions, Oct 6 – Nov 10, 2026
Location: In-Person, 87 Spadina
Facilitators: Leizu Xie (she/her), TATI Student and Caitlin Maclean (she/her), BA Hons, DTATI, RP (Qualifying)

(C) Art and ACT

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, 6:00-8:00 pm
Offered: 6 sessions, Oct 5 – Nov 16, 2026
Location: Online (via Zoom)
Facilitators: Gabe Goncalves (he/they), Student Therapist, DEXAT (Cand.)

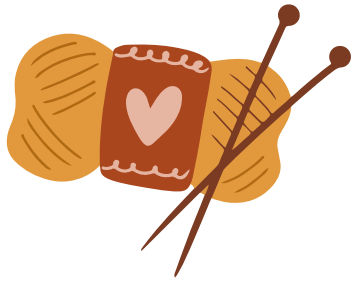
Expressive Arts Groups (continued)

Express yourself using a variety of art forms.

(D) Sheena's Art Hive

Looking for a space to play, doodle, and discover your creative voice? Each week we'll try out 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 or just hang out and make art, this is a relaxed, safe, non-judgmental, diet and body-talk free space to connect with other fellow creatives. You are welcome to bring existing projects and any materials you want to work with.

When: Tuesdays, 1:30-3:30pm
Offered: 7 sessions, Nov 3 – Dec 15, 2026
Location: In Person, 87 Spadina Rd.
Facilitator: Rhys Castro (she/her), DTATI, RP (Qualifying)



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, 10:00-11:30am
Offered: 10 sessions, Oct 9 – Dec 11, 2026
Location: Online (via Zoom)
Facilitators: Colleen Smith (she/her), RSW

Skill Building Groups (continued)

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

(C) Skills for Developing Assertiveness

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.

When: Wednesdays, 4-5:30pm
Offered: 6 sessions, Oct 7 – Nov 11, 2026
Location: Online (via Zoom)
Facilitator: Maureen Mahan (she/her), RN, MEd

(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: Thursdays, 5:30-7pm
Offered: 6 sessions, Oct 8 – Nov 12, 2026
Location: Online (via Zoom)
Facilitator: Natasha Prokopchuk (she/her), OT

Skill Building Groups (continued)

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

(C) ARFID (Avoidance Restrictive Food Intake Disorder

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, 1:00-2:30pm
Offered: 4 sessions, Oct 7 - Oct 28, 2026
Location: Online (via Zoom)
Facilitator: Josee Sovinsky (she/they), RP

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

Movement Groups

Reconnect with movement and your body in an understanding environment.

(C) Gentle Yoga

Engaging in movement or returning to movement can be challenging in eating disorder recovery. Combining gentle movement and meditation, this class offers an opportunity to get curious about being present with your body and your mind. All levels are welcome, no prior experience is necessary.

When: Wednesdays, 5-6pm
Offered: 6 sessions, Oct 7 – Nov 11th, 2026
Location: In Person at Kula Yoga, 304 Brunswick Ave (10 min walk from Sheena's Place)
Facilitator: Emma Baril (she/her), RYT

Note: While this group is free, a yoga mat is required. Kula Yoga offers yoga mat rentals for $2. If this is prohibitive to your attendance, please reach out to our Program Manager, Minna Frederick, at mfrederick@sheenasplace.org. We have a limited number of mats available.

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: 6 sessions, Oct 6 - Nov 10 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) 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 during recovery.

When: Monday, 6:30-8pm
Offered: 1 session, Oct 5th
Location: Online (via Zoom)
Facilitator: Giselle Segovia (she/her), MHSc, RD

Note: Language guidelines will be amended in this group to allow for relevant discussion, including of specific foods.

Workshops (cont.)

(WS) ED Voice Vs. The Self

Many people in recovery describe their eating disorder as having a distinct “voice”—one that is critical, demanding, and often convincing. This workshop introduces participants to the concept of the ED voice as separate from their authentic self. Through gentle education and reflection, participants are supported in recognizing when the ED voice is present, understanding its function, and reconnecting with a more compassionate, values-aligned sense of self. The workshop emphasizes awareness, choice, and self-understanding rather than change, control, or elimination of thoughts.

When: Wednesday, 6-7:30pm
Offered: 1 session, Nov 4th
Location: Online (via Zoom)
Facilitator: Colleen Smith (she/her), RSW

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
Facebook: facebook.com/sheenasplacesupport
X (Twitter): @sheenasplace
YouTube: 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!