

 **REGISTRATION FORM**
FALL 2010

Name _____ Birth Year _____

Street Address, Apt. _____

City _____ Postal Code _____

Telephone (home) _____ (work) _____ (cell) _____

E-Mail _____


Have you previously registered for or attended groups? Yes No

Please indicate your preferred method of contact to confirm your registration
 Mail E-Mail **Help us save postage costs!**

Groups:
I would like to attend (check one only)
 Maximum two groups
 One group
Note: Support groups count as one group.

I am registering for the following groups:
 1st choice _____
 2nd choice _____


Nourishing Hope Series: (Choose one)

New Ways to Stop Bingeing 
Do you 'watch' and 'listen' to your thoughts and feelings? Become an informed and non-judgmental 'observer' of your eating patterns and learn new ways of relating to food and yourself.

8 sessions: WEDNESDAYS, 4:30–6 PM,
SEPT 30–NOV 18
Facilitated by Debbie Berlin-Romalis

NEW! Self-Help in Recovery with Antonella and Cynthia 

CANCELLED
For individuals who are actively taking steps toward recovery. Participation involves a meeting prior to starting.
8 sessions: WEDNESDAYS, 6:30–8PM,
SEPT 29–NOV 17

Taking Charge of My Life 
Learn how to take on everyday responsibilities. Empowerment, work roles, sexuality and conflict resolution will be tied to practical life skills and weekly goal setting.
8 sessions: TUESDAYS, 4:30–6PM,
SEPT 28–NOV 16
Facilitated by Margaret Powell

 **NOURISHING HOPE SERIES**
(Maximum one)

Laws of Gravity for the Creative Eater
Create a positive feedback system with food, our bodies and ourselves. Move from the negative to the positive, from judgment to acceptance, from self-reproach to self-respect and find a healthier, more beneficial life path.
WEDNESDAY, OCT 20, 6:30-8 PM
Facilitated by Robin Long

Operation Beautiful
Want to make a difference in the crusade to end 'fat talk'? All you need is a pen and piece of paper! Learn how to implement 'operation beautiful' in your life.
WEDNESDAY, OCT 13, 6:30-8 PM
Facilitated by Carrie Cox

Preparation for Treatment
What preparation is necessary to be considered for a hospital treatment program? What kinds of programs are available? Is a referral required? These and other questions will be addressed.
WEDNESDAY, OCT 6, 6:30–8 PM
Facilitated by: Dr. Blake Woodside, Director, Eating Disorder Program, Toronto General Hospital

Princess in the Mirror
Discuss how to embrace a new image of the "princess" for healing and wholeness.
THURSDAY, OCT 14, 6:30–8 PM
Facilitated by Jamie Johnson

Self and Strength
Learn how to harness your inner strengths using self care through the practices of meditation, chakra, basic yoga poses and by setting boundaries.
THURSDAY, NOV 11, 6:30-8 PM
Facilitated by Kim Tanzer and Michelle Goldstein

The Hungry Mirror
The author of the *The Hungry Mirror* will discuss her book which explores how the commodification of the female body in the market culture can become a malicious force, imprisoning young women in a terrifying cycle of self-negation. (Copies of the book will be available for sale).
THURSDAY SEPT 30, 6:30–8 PM
Facilitated by Lisa de Nikolis and Julie Notto

Transforming Tension with the Alexander Technique
Learn positive ways to connect with your body by using the Alexander Technique. Explore how this approach enhances your well-being, increases awareness of responses, and offers a simple, practical process for use in everyday life.
WEDNESDAY, OCT 27, 6:30-8 PM
Facilitated by Tanya Benard

Wheel of the Year: Fall Equinox
Join us for another Wheel of the Year celebration focusing on the Fall Equinox.
THURSDAY, SEPT 21, 6:30–8PM
Facilitated by Nan Keyser



Look for this program on our website: www.sheenasplace.org

2010 Fall PROGRAM



SHEENA'S PLACE
Support for eating disorders

87 Spadina Road, Toronto, ON M5R 2T1 Tel: 416.927.8900 Fax: 416.927.8844

September 27 - November 22

Welcome to our Fall program. We hope you will enjoy the groups we are offering. As you know, these are incredibly difficult economic times. We remain committed to providing our services at no charge to you; however, we could use your help. Please consider making a donation by going to www.sheenasplace.org and clicking the CanadaHelps.org icon on our home page, or by cheque, cash, Visa/MasterCard at the front desk. Thank you.

 **INFORMATION/SUPPORT OPPORTUNITIES**

Drop-In Group (General Public)
No appointment necessary
Ask questions about our groups and tour the house.
WEDNESDAYS, 11-1 PM
FRIDAYS, 10-11:30 AM

Individual Interviews (General Public)
Call in advance for appointment:
416-927-8900

Interviews are provided by individuals who have recovered from an eating disorder and/or participated in our program. Either by phone or in person, ask questions about our groups to get help in finding the right one for you.


Times available:
MONDAYS 5:30-7:45 PM
TUESDAYS 6-7:30 PM
WEDNESDAYS 1-3:15 PM
THURSDAYS 10:30-12:30 PM


Reading and Lending Library
Find books and videos on eating disorders and related issues.
Open half-hour before groups and TUESDAYS, 10–NOON


-  **OPEN GROUP:** attend any time after registering
-  **ON-GOING GROUP:** attend any time after registering, group continues all year
-  **CLOSED GROUP:** unavailable after second session


 **SUPPORT GROUPS**
Loosely structured groups where you are the expert of your own experience.

Adult
MONDAYS, 6:30-8 PM 
Ongoing every week
No group Oct 11
Facilitated by Kyla Fox

FRIDAYS, 10-11:30 AM 
Ongoing every week
Facilitated by Julie Notto

Breaking Through Bingeing 
THURSDAYS, 4:30-6 PM
Ongoing every week
Facilitated By Julie Notto

Family, Friends and Partners 
Share your experience of having a family member or friend with an eating disorder.
10 sessions: TUESDAYS, 6:30-8 PM, SEPT 28-NOV 30
Facilitated by Margaret Powell

Mothers 
Share your experience of having a daughter or son (young or old) with an eating disorder. Examine how you cope and balance your health, and the health of your family.
8 sessions: MONDAYS, 1:30-3 PM, SEPT 27–NOV 22
No group Oct 11
Facilitated by Julie Notto

Sheena's Place would like to mail you printed information such as program brochures, newsletters, etc.

I do not wish to be on the Sheena's Place mailing list for this purpose.

For more information about how we gather, use and retain personal information, please contact privacy@sheenasplace.org or 416.927.8900.



Professional Women ☉

A support group for professional women who struggle with disordered eating and/or body image issues.

8 sessions: WEDNESDAYS, 6:30-8 PM, SEPT 29–NOV 17

Facilitated by Freda Ariella Muscovitch

Women's Feelings and Life Stages ☉

Share your experience of having a past or current eating disorder at mid-life.

10 sessions: THURSDAYS, 6:30–8 PM, SEPT 30 –DEC 2

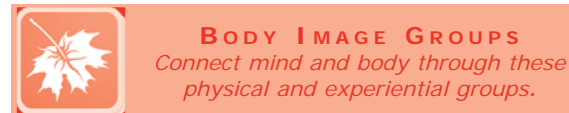
Facilitated by Freda Ariella Muscovitch

Young Adults ages 19-30yrs ☉☉

TUESDAYS, 6:30-8 PM

Ongoing every week

Facilitated by Kyla Fox



Bellydance (Women only) ☉

Explore the power of the female body by building a solid foundation of core belly dance moves while dancing freely to the sinuous music. Wear comfortable clothes.

7 sessions: MONDAYS, 5-6 PM, SEPT 27–NOV 15

No group Oct 11

Zing Dance Studio, College St. United Church, 452 College St.

Facilitated by Roula Said

Dance Our Way Home ☉

Through gentle dance, relaxation and imagery, safely come home to your own body's wisdom and expressions. No dance experience necessary.

8 sessions: THURSDAYS, 3-4.30 PM, SEPT 30- NOV 18

Yoga Plus, 40 Eglinton Ave. E. Suite 800

Facilitated by Erica Ross

NIA Technique ☉

Designed for all body types, Nia combines gentle martial arts, dance and body movement using healing music.

7 sessions: MONDAYS, 1:30-3 PM, SEPT 27–NOV 15

No group Oct 11

Yoga Plus, 40 Eglinton Ave. E., Suite 800

Facilitated by Nicole McKenzie

Reiki II as a Self-Healing Tool ☉

Further develop your Reiki Level I healing skills, and receive a Level II attunement.

7 sessions: MONDAYS, 6.30-8 PM, SEPT 27–NOV 15

No group Oct 11

Facilitated by Joanna Sipos

Unlocking Emotional Eating ☉

Use guided imagery and mindfulness to discover the needs and feelings behind emotional eating. Please bring a notebook.

7 sessions: MONDAYS, 4:30–6 PM, SEPT 27 - NOV 15

No group Oct 11

Facilitated by Wendy Wine

Yoga : Registration is limited to one yoga group and there may be waiting lists.

Full Bodied Yoga ☉

Designed especially for larger bodies, yoga postures are modified to suit group needs, strength and interests.

10 sessions: WEDNESDAYS, 5:45-7 PM, SEPT 29 – DEC 1

Feldenkrais Centre, 390 Dupont St, Ste 201

Facilitated by Christine Cinq Mars

Yoga ☉

Explore classical postures for flexibility and strength.

9 sessions: SUNDAYS, 6–7:15 PM, OCT 3–DEC 5

No group OCTOBER 10

Feldenkrais Centre, 390 Dupont St., Ste 201

Facilitated by Alex Bollag



EXPRESSIVE ART GROUPS
Express yourself verbally or through different art mediums.

Art Studio ☉

Create something wonderful on your own or with the help of a facilitator. New techniques demonstrated weekly. No previous art experience necessary.

8 sessions: WEDNESDAYS, 1-3 PM, SEPT 29–NOV 17

Facilitated by Rochelle Rubinstein

Connecting Life to Beauty Through Weaving ☉

Create a hand painted silk textile such as a scarf, stole, or wall hanging.

8 sessions: FRIDAYS, 10 AM - NOON, OCT 1-NOV 19

Facilitated by Patricia Phelan



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

Drumming for Wellness and Strength ☉

Express your natural rhythms in a drumming circle, while learning basic techniques.

8 sessions: TUESDAYS, 1:30–3 PM, SEPT 28-NOV 16

Facilitated by Terri Segal

Meditation/Healing Circle ☉

Learn and practice meditation, visualization and relaxation techniques to support you on your healing journey.

8 sessions: THURSDAYS, 4:30–6 PM, SEPT 30–NOV 18

Facilitated by Jennifer Schramm

Painting Explorations ☉

Explore your creative vision with acrylic paints through a variety of painting exercises.

8 sessions: THURSDAYS, 4:30 – 6 PM SEPT 30 – NOV 18

Facilitated by Jennifer Polo

Singing Your Way ☉

Become acquainted with your natural voice. Songs are provided and your own songs are welcome.

8 sessions: TUESDAYS, 4:30-6 PM, SEPT 28–NOV 16

Facilitated by Honey Novick

Writing Studio ☉

Free the words inside yourself while exploring and developing your own writing practice. Open to both experienced and novice writers.

8 sessions: TUESDAYS, 4-6 PM, SEPT 28 – NOV 16

Facilitated by Gili Haimovich



SKILL BUILDING GROUPS
Structured groups with a focus on learning new skills to cope and change.

Courage to Heal from Sexual Abuse I ☉

Based on the book *The Courage to Heal*, explore the stages of healing when an eating disorder is the result of sexual abuse.

7 sessions: MONDAYS, 6–7:30 PM, SEPT 27–NOV 15

No group Oct 11

Facilitated by Ally Clarke

Clutter Clearing for Clarity ☉

Explore the issues of clutter and perfectionism through Feng Shui, meditation, mindfulness and relaxation techniques.

8 sessions: WEDNESDAYS, 4:30–6 PM, SEPT 29–NOV 17

Facilitated by Cecilia Moorcroft

Eating In the Light of the Moon ☉ (For women only)

Based on the book by Anita Johnston, transform your relationships with food through myths, metaphors and storytelling, rediscovering truth, wisdom and 'hunger'.

8 sessions: WEDNESDAYS, 6:30–8 PM, SEPT 29- NOV 17

Facilitated by Debbie Berlin-Romalis

NEW! Holistic Nutrition

Learn how holistic nutrition can assist you to achieve optimal mental, physical, and spiritual health.

8 sessions: TUESDAYS, 6:30–8 PM, SEPT 28–NOV 16

Facilitated by Adele Tevlin

Students from professional programs, supervised by Sheena's Place staff, are involved in various groups throughout the year. We appreciate your feedback on student participation and hope you welcome them into your groups.

Questions & Answers about Sheena's Place

Can anyone attend groups at Sheena's Place?

Sheena's Place is a support centre for people affected by eating disorders. Men are welcome to all groups unless specified.

What group should I join?

At Sheena's Place, you are the expert of your own experience, so you will decide what is best for you. You might decide to make your decision based on the following:

1. Your schedule - there is a specific time or day when you are available.

2. The type of group you are interested in doing:

- Body Image:** focus on how you feel about your body
- Expressive Art:** use various art materials to express yourself
- Skill Building:** learn a new way of coping or making changes
- Support Group:** receive support from others

3. The facilitator leading the group - you have had a good experience with a facilitator, or like her philosophy (read about our facilitators on our website: www.sheenasplace.org under Group Support heading: *Facilitator Profile*).

How do I register for groups?

Fill out the registration form available in the program, or online, and register online, fax or mail by the deadline shown:

- Online: www.sheenasplace.org under the Group Support heading
- Fax: **416.927.8844**
- Mail or hand deliver to:
**87 Spadina Road,
Toronto ON M5R 2T1**

We try to give everyone their first choice. Registration forms are processed on a first come basis. Ongoing and open groups are always available.

We cannot take registrations over the telephone.

Although at the time of printing all program information is accurate, changes sometimes occur after printing. The most up to date program including changes can be found on our website: www.sheenasplace.org