

**REGISTRATION FORM
SPRING 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: (2 Maximum)
1. _____
2. _____

**REGISTRATION DEADLINE
Wednesday March 31, 2010**

Registration is on a first come, first serve basis. Volume is very high and many groups fill quickly. Closer to the deadline, space may be available only in the open/ongoing groups.
NO TELEPHONE REGISTRATION IS ACCEPTED.

Mail, fax or deliver this form to:

 Sheena's Place
87 Spadina Road,
Toronto ON M5R 2T1
Fax: 416.927.8844

For on-line registration: www.sheenasplace.org

Privacy: Sheena's Place respects your privacy, protects your personal information and does not disclose, sell, trade or lend our mailing list unless required by law. The information on this form is used to understand your needs and assist in serving you better.

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.

NOURISHING HOPE SERIES
(Maximum two per person)

Creative Images: A Collage and Poetry Workshop

We will use images, focusing on bodies in landscapes, and create poems using words inspired by these visual images. No experience necessary. You may bring your journal for writing.
WEDNESDAY, April 21, 6:30-8PM
Facilitators: Catherine Raine and Ellen Jaffe

Courage to Heal

Based on the book, *The Courage to Heal*, healing strategies will be discussed when an eating disorder is the result of sexual abuse.
WEDNESDAY, MAY 19, 6:30-8PM
Facilitated by Ally Clarke

Facing Down Tyranny

Tyranny is a book about Anna, who is wrestling with an acute eating disorder. Tyranny is also a character – a wheeling, judgmental, ever-present companion who constantly undermines Anna.
WEDNESDAY, MAY 5, 6:30-8PM
Facilitated Lesley Fairfield, author of Tyranny

Holistic Nutrition

Holistic nutrition can assist individuals to achieve optimal mental, physical and spiritual health.
WEDNESDAY, May 12, 6:30-8PM
Facilitated by Adele Tevlin

Improvisation as a Tool for Change

Using theatre, games and exercises, explore ways to connect and embrace your creative ideas and impulses.
THURSDAY, MAY 13, 6:30-8PM
Facilitated by Emily Davidson-Niedoba and Gillian Street

Life Coaching

Learn how coaching can play a role in your life to help create clarity, confidence and certainty.
THURSDAY, APRIL 22, 6:30-8PM
Facilitated by Robin Moore

Media Talkback

Precious Bodies, Priceless Minds, Embrace the F words: Fat, Feminist, Fierce.
WEDNESDAY, JUNE 2, 6:30-8PM
Facilitated by Jill Andrew

Outside the Media Box

A performance of seven dynamic art monologues on body image, sexuality and gender relations in our pop culture media. Followed by an interactive discussion.
WEDNESDAY, JUNE 9, 6:30-8PM
Facilitated by author and performance artist Sally Wells

Self Harm Behaviours

An introduction for individuals and family members to examine the connection between eating disorders and self-harming behaviours. Learn about warning signs and strategies to cope or help.
WEDNESDAY, APRIL 28, 6:30-8PM
Facilitated by Sherri Klein

The Princess in the Mirror

Discuss how to embrace a new image of the "princess" for healing and wholeness.
THURSDAY, APRIL 29, 6:30-8PM
Facilitated by Jamie Johnson

Transforming Tension with the Alexander Technique

Discover how the Alexander Technique can help enhance your well-being by learning positive ways to connect with your body. Explore how this approach increases awareness of responses, and offers a simple, practical process for use in everyday life.
WEDNESDAY MAY 26, 6:30-8PM
Facilitated by Tanya Benard

Wheel of the Year (May Day)

Join us in our Healing Garden for another Wheel of the Year gathering, focusing on the Ancient May Day celebration of Joy and Hope.
FRIDAY MAY 5, 10-NOON
Facilitated by Nan Keyser

Why Diets Don't Work

In celebration of International NO DIET DAY, join us for a lively interactive discussion about the myths and facts of dieting.
THURSDAY, MAY 6, 6:30-8PM
Facilitated by Julie Notto

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

2010 Spring PROGRAM

SHEENA'S PLACE
Support for eating disorders
87 Spadina Road, Toronto, ON M5R 2T1 Tel: 416.927.8900 Fax: 416.927.8844

April 19 - June 11

Annual Art Show:
Please submit your work: drawings, paintings, sculptures and more!
Bring your friends to the Annual Art Show at Sheena's Place!
Opening Night: THURSDAY JUNE 17, 5:30-7:30 PM
Art will be displayed until JULY 31.

INFORMATION

Drop In (General Public)

No appointment necessary.
Ask questions about our groups and tour the house.
WEDNESDAYS, 11-1PM
FRIDAYS, 10-11.30AM

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

Lending Library

Find books and videos on eating disorders and related issues.
Open half-hour before groups and
TUESDAYS, 10-2PM

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

Adult

MONDAYS, 6:30-8PM
New starts APRIL 19 (No group MAY 24)
Facilitated by Kyla Fox

FRIDAYS, 10-11:30AM

New starts APRIL 23
Facilitated by Julie Notto

Young Adults ages 19-30yrs

TUESDAYS, 6:30-8PM
New starts APRIL 20
Facilitated by Kyla Fox

Breaking Through Bingeing Support

Explore coping strategies for dealing with bingeing. Share your feelings and experiences while discovering approaches to calming the noisy mind, reducing self-harm and increasing self care.
THURSDAYS, 4:30-6PM
New starts April 22
Facilitated By Julie Notto

Family, Friends and Partners

Share your experience of having a family member or friend with an eating disorder.
TUESDAYS, 6:30-8PM
New starts April 20
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.
7 sessions: MONDAYS, 1:30-3PM
APRIL 19-JUNE 7
No group May 24
Facilitated by Julie Notto

Professional Women

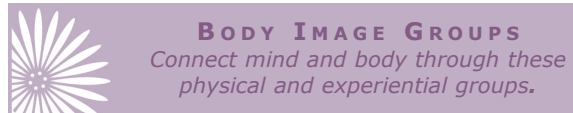
A support group for professional women who struggle with disordered eating and/or body image issues.
8 sessions: WEDNESDAYS, 6:30-8PM,
APRIL 21-JUNE 9
Facilitated by Freda Ariella Muscovitch

Women's Feelings and Life Stages ☉

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

8 sessions: THURSDAYS, 6:30–8PM,
APRIL 22–JUNE 10

Facilitated by *Freda Ariella Muscovitch*



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, 5–6PM, APRIL 19–JUNE 7
No group May 24

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, 3–4:30PM,
APRIL 22–JUNE 10

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, 1:30–3PM APRIL 19–JUNE 7
No group May 24

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

Facilitated by *Nicole McKenzie*

Reiki I as a Self-Healing-Tool ☞

Learn how to use this powerful Japanese healing art for self-care and receive a Level 1 attunement.

7 sessions: MONDAYS, 6.30–8PM, APRIL 19–JUNE 7
No group May 24

Facilitated by *Joanna Sipos*

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

Yoga: Registration is limited to one yoga group per season 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, 5:45–7PM,
APRIL 21–JUNE 23

Feldenkrais Centre, 390 Dupont St, Suite 201

Facilitated by *Christine Cinq Mars*

Yoga ☉

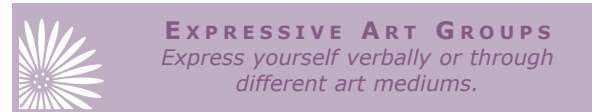
Explore classical postures for flexibility and strength.

9 sessions: SUNDAYS, 6–7:15 PM,
APRIL 18–JUNE 20

No group May 23

Feldenkrais Centre, 390 Dupont St., Suite 201

Facilitated by *Alex Bollag*



Art Studio ☉

Create a piece of art for yourself or our Art Show. No prior art experience or crafts skills necessary.

8 sessions: WEDNESDAYS 1–3PM APRIL 21–JUNE 9
Facilitated by *Rochelle Rubinstein*

Drumming for Wellness and Strength ☞

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

6 sessions: TUESDAYS, 10:30AM–NOON,
MAY 4*–JUNE 8

*Note later start date

Facilitated by *Terri Segal*

Connecting Life to Beauty

Through Weaving ☞

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

8 sessions: FRIDAYS, 10AM–NOON,
April 23–June 11

Facilitated by *Patricia Phelan*

This group is made possible by the Ontario Arts Council.



Painting Explorations ☞

Express your creative vision by exploring a variety of painting methods and materials.

8 sessions: THURSDAYS, 4.30–6PM
APRIL 20–JUNE 8

Facilitated by *Jennifer Polo*

Singing Your Way ☉

Become acquainted with your natural voice.

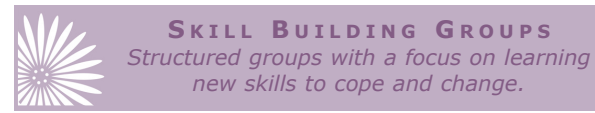
Songs are provided and your own songs are welcome.

8 sessions: TUESDAYS 4:30–6PM, APRIL 20–JUNE 8
Facilitated by *Honey Novick*

Writing Studio ☉

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

8 sessions: TUESDAYS 3:30–5PM APRIL 20–JUNE 8
Facilitated by *Gili Haimovich*



Clear Clutter for Clarity ☞

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

8 sessions: WEDNESDAYS, 4–5:30PM,
APRIL 21–JUNE 9

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: THURSDAYS, 1:30–3PM,
APRIL 22–JUNE 10

Facilitated by *Debbie Berlin-Romalis*

Eating Management 101 ☞

An instructional, interactive group offering eating management tools, skills, and nutritional guidance to manage your eating.

8 sessions: WEDNESDAYS, 6:30–8PM,
APRIL 21–JUNE 9

Facilitated by *Sylvia Kerr*

Healing Circle ☞

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

8 sessions: THURSDAYS, 4:30–6PM,
APRIL 22–JUNE 10

Facilitated by *Jennifer Schramm*

Life Skills Toolkit ☞

Learn new techniques to cope with life by creating a toolkit to use for ongoing inspiration.

8 sessions: THURSDAYS, 6:30–8PM,
APRIL 22–JUNE 10

Facilitated by *Jennifer Schramm*

Next Steps To Recovery ☞

An advanced group to support the work you have already done to overcome an eating disorder. Please bring a notebook.

7 sessions: MONDAYS, 4:30–6PM,
APRIL 19–JUNE 7

No group May 24

Facilitated by *Wendy Wine*

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,
APRIL 20–JUNE 8

Facilitated by *Margaret Powell*

"New" Ways to Stop Binge Eating ☞

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, 4:30–6PM,
APRIL 21–JUNE 9

Facilitated by *Debbie Berlin-Romalis*



LEGEND

Note: we have added a new group code.

☉	OPEN GROUP: attend any time after registering
OG	ON-GOING GROUP: attend any time after registering, group continues all year
☞	CLOSED GROUP: unavailable after second session
SO	SUPPORTIVE OTHERS: group open to supportive others ie. family, friends, spouses etc.

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 of day, or day of the week when you are available (check the program calendar)

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 the facilitators on our website:

www.sheenasplace.org under the Helpful Resources heading)

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.