



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

2010 Winter PROGRAM



SHEENA'S PLACE

Support for eating disorders

January 11 - March 5, 2010

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

Welcome to 2010 and to a new decade of programming for Sheena's Place. Our theme this year is Nourishing Hope. Through our extensive range of groups, we are privileged to be allies with the people and their families affected by eating disorders and body image issues.

EATING DISORDER AWARENESS WEEK (EDAW):

February 1-7th, 2010

This year, we are presenting three events:

♣ WEDNESDAY FEB. 3, 6:30-8 PM

A PERSONAL RECOVERY STORY by the author of Facing Down Tyranny who will share her journey of working on a graphic novel about healing from anorexia

♣ THURSDAY FEB. 4, 11 AM-1 PM

*OPEN HOUSE, Speaker at 11:30 AM: Weigh What's Really Important
Check www.sheenasplace.org for Open House details.*

♣ SATURDAY FEB. 6, 10AM-NOON

Annual OPEN FORUM:

Based on the book "I'm Like SO FAT!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World

Guest Speaker: Dianne Neumark-Sztainer, PHD, University of Minnesota, Velma Rogers Graham Theatre, Rogers, 333 Bloor St. E.

E-mail in advance to attend: jjohnson@sheenasplace.org or call: 416 927-8900, Ext. 22



INFORMATION

Reading and Lending Library

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

Drop In (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 12:30-2:45 PM

THURSDAYS 10:30-12:30 PM

LEGEND

Note: we have added a new group code.

Ⓞ **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

Ⓞ **SUPPORTIVE OTHERS:**
group open to supportive others ie. family, friends, spouses etc.



SUPPORT GROUPS

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

Adult

MONDAYS, 6:30-8 PM

Starts Jan 11 (No group Feb 15)

Facilitated by Kyla Fox

FRIDAYS, 10-11:30 AM

Starts Jan 15

Facilitated by Julie Notto

Breaking Through Bingeing

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, 4:30-6 PM, (Starts Jan 14)

Facilitated by Julie Notto

Professional Women's Support Group

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

8 sessions: WEDNESDAYS, 6:30-8 PM, JAN 13-MAR 3

Facilitated by Freda Ariella Muscovitch

Family, Friends and Partners

Share your experience of having a family member or friend with an eating disorder.

TUESDAYS, 6:30-8 PM, Starts Jan 12

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, JAN 11-MAR 8

No group Feb 15

Facilitated by Julie Notto

Women's Feelings and Life Stages

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

8 sessions: THURSDAYS, 6:30-8 PM, JAN 14-MAR 4

Facilitated by Freda Ariella Muscovitch

Young Adults ages 19-30yrs

TUESDAYS, 6:30-8PM, Starts JAN 12

Facilitated by Kyla Fox



BODY IMAGE GROUPS

Connect mind and body through these physical and experiential groups.

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.

8 sessions: MONDAYS, 5-6 PM, JAN 11-MAR 8

No group Feb 15

Zing Dance Studio,

College St. United Church, 452 College St.

Facilitated by Roula Said

NEW Chakra Explorations

Learn about the chakras as a way to provide a greater awareness of the body, mind and spirit connection.

8 sessions: MONDAYS, 4:30-6 PM, JAN 11-MAR 8

No group Feb 15

Facilitated by Nicole McKenzie

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, JAN 14-MAR 4

Yoga Plus, 40 Eglinton Ave. E. Suite 800

Facilitated by Nan Keyser

NIA Technique

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

8 sessions: MONDAYS, 1:30-3 PM, JAN 11-MAR 8

No group Feb 15

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.

PREREQUISITE: Reiki Lvl I

8 sessions: MONDAYS, 6.30-8 PM, JAN 11-MAR 8

No group Feb 15

Facilitated by Joanna Sipos

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

Full Bodied Yoga Level I

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

12 sessions: WEDNESDAYS, 5:45-7PM, JAN 13-MAR 31

Feldenkrais Centre, 390 Dupont St, Suite 201

Facilitated by Christine Cinq Mars

Yoga ☉

Explore classical postures for flexibility and strength.

12 sessions: SUNDAYS, 5:45-7 PM, JAN 17-APR 4

Feldenkrais Centre, 390 Dupont St., Suite 201

Facilitated by Alex Bollag



EXPRESSIVE ART GROUPS

Express yourself verbally or through different expressive art mediums.

Art Studio ☉

Create a piece of art using paper, fabric or other art material. No prior art experience necessary.

8 sessions: WEDNESDAYS, 1-3 PM, JAN 13-MAR 3

Facilitated by Patricia Ki

Drumming for Wellness and Strength ☾

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

8 sessions: TUESDAYS, 1:30-3 PM, JAN 26*-MAR 16

(*Note later start date)

Facilitated by Terri Segal

My Body/My Self Writing Group ☾

Communicate inner thoughts and feelings using writing techniques and other expressive arts.

No writing experience necessary.

8 sessions: MONDAYS, 4.30 - 6 PM, JAN 11- MAR 8

No group Feb 15

Facilitated by Gili Haimovich

Painting Explorations ☉

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

8 sessions: TUESDAYS, 6.30-8 PM, JAN 12-MAR 2

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, JAN 12-MAR 2

Facilitated by Honey Novick

Unlocking Emotional Eating ☾

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

8 sessions: MONDAYS, 4:30-6 PM, JAN 11-MAR 8

No group Feb 15

Facilitated by Wendy Wine

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



SKILL BUILDING GROUPS

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

NEW Healing Circle ☉

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

8 sessions: THURSDAYS, 4.30 - 6 PM, JAN 14- MAR 4

Facilitated by Jennifer Schramm

NEW 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, 1.30-3 PM, JAN 14- MAR 4

Facilitated by Deborah Berlin-Romalis

Law of Attraction ☾

Learn how to apply positive thoughts and energy to bring balance, help create healing and the life you want.

8 sessions: WEDNESDAYS, 4:30-6 PM, JAN 13-MAR 3

Facilitated by Cecilia Moorcroft

NEW Life Skills Toolkit for Life ☾

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

8 sessions: THURSDAYS, 6:30-8 PM JAN 14-MAR 4

Facilitated by Jennifer Schramm

Intuitive Eating ☾

Relearn how to eat for psychological hunger.

Understand reasons for eating disorder behaviors.

8 sessions: THURSDAYS, 4:30 -6 PM, JAN 14-MAR 4

Facilitated by Patricia Kelly

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 -6 PM, JAN 12-MAR 2

Facilitated by Margaret Powell

'New' Ways to Stop Binge Eating ☾

Has your eating behavior turned into a habit? Is it difficult separating your feelings from food?

Discover strategic ways to avoid 'binge traps' and make the critical shift in thinking required for planned eating and letting go of the past.

8 sessions: WEDNESDAYS, 4:30-6 PM, JAN 13-MAR 3

Facilitated by Debbie Berlin-Romalis



NEW

NOURISHING HOPE SERIES
(Maximum two per person)

SO group means open to Supportive Others - family friends, spouses, etc.

Holistic Nutrition

Holistic nutrition can assist individuals to achieve optimal mental, physical and spiritual health.

WEDNESDAY, JANUARY 13, 6:30-8 PM

Facilitated by Adele Tevlin

Self Harm Behaviours & Eating Disorders **SO**

An introduction for Individuals and Family Members. We will examine the connection between eating disorders and self-harming behaviours as well as warning signs that self-harming behavior is occurring and what you can do to cope or help.

WEDNESDAY JANUARY 20, 6:30-8 PM

Facilitated by Sherri Klein

The Princess in the Mirror

Discuss how to embrace a new image of the "princess" for healing and wholeness.

WEDNESDAY, JANUARY 27, 6:30-8 PM

Facilitated by Jamie Johnson

Candlemas: Wheel of the Year Celebration

Help turn the wheel of the year as we emerge from winter's dark sleep into a new light.

TUESDAY FEBRUARY 2, 6.30-8 PM

Facilitated by Anne Elliott

Facing Down Tyranny: An EDAW Event **SO**

Tyranny is a book about a young woman, Anna, who is wrestling with an acute eating disorder. Tyranny is also a character in its own right - a wheeling, judgmental, ever-present companion who undermines her at every turn. Anna makes friends and loses them, makes resolutions and breaks them, and struggles to hold onto shreds of herself even as she watches that self disappear. (Prior reading of the book not necessary to attend).

WEDNESDAY, FEBRUARY 3, 6:30-8 PM

Facilitated by the author of the book, Lesley Fairfield

Commercialization of the Body **SO**

Our society is focused on body image, sexuality and gender relations. Learn about the impact of the media on our health as a result of this focus.

WEDNESDAY, FEBRUARY 10, 6:30-8 PM

Facilitated by Jane Green Taylor

Life Coaching: Learning to Live from the Inside Out

Learn how coaching can play a role in your life to help create clarity, confidence and certainty.

WEDNESDAY FEBRUARY 17, 6:30-8 PM

Facilitated by Robin Moore

The Father/Daughter ED Dialogue **SO**

A father and daughter will share the experience of their relationship through the eating disorder journey.

WEDNESDAY FEBRUARY 24, 6:30-8 PM

Facilitated by Fiona Moola and Dr. Abdul Moola

Moving From Control to Trust **SO**

Returning to normal eating after regarding food as the enemy is terrifying. Learn strategies to experience eating as nourishment rather than shame.

WEDNESDAY MARCH 3, 6:30-8 PM

Facilitated by Susan Osher

International Women's Day Celebration

View the Video: The Signs Out of Time, the story of archaeologist Marija Gimbutas.

MONDAY MARCH 8, 3-5 PM

Facilitated by Anne Elliott

Nourishing Our Bodies **SO**

We will share our understanding of hunger, appetite, satisfaction and fullness while learning to trust, respect and accept the innate wisdom of our body.

WEDNESDAY MARCH 10, 6:30-8 PM

Facilitated by Jacqui Gingras

Spring Equinox: Wheel Of The Year Celebration

Help turn the wheel of the year as equal day and equal night are balanced in perfect equilibrium.

FRIDAY MARCH 19, 10:30-NOON

Facilitated by Anne Elliott



BURLINGTON / OAKVILLE GROUPS

Please contact:

Danielle's Place:

905 333-5548

www.daniellesplace.org



THORNHILL / AURORA GROUPS

Please contact:

Eating Disorders of York Region

905 886-6632

www.edoyr.com

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



REGISTRATION FORM Winter 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: (Maximum two)

1. _____
2. _____

REGISTRATION DEADLINE Friday December 18, 2009

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.

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 group facilitator - you had a good experience with the facilitator, or like her philosophy. Read about the facilitators on our website: www.sheenasplace.org (*About Sheena's Place: Who We Are*)

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.