



2008

Summer PROGRAM

July 6 - August 29



SHEENA'S PLACE

Support for eating disorders

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

Welcome to our Summer Program

All groups are open, but registration is still required. Besides one group, we offer the option of also attending a support group. We invite you to enjoy our Healing Garden half an hour before and after your group! Hope to see you soon.

Anne Elliott, Program Director



INFORMATION / SUPPORT OPPORTUNITIES

Individual Interviews (General Public)

Call in advance for appointment: 416-927-8900

Either by phone or in person, ask questions about our programs to get help in finding the right group for you.

Times available: TUESDAY, 6-7:30PM
WEDNESDAY, 11-1PM,
THURSDAY, 10:30-12:30PM

Information Session

(Professionals, Students)

Call for appointment: 416-927-8900

Learn about the agency and the nature of our services.

FRIDAYS, 10:30-NOON

Drop In (General Public)

No appointment necessary

Ask questions about our programs and tour the house.

WEDNESDAYS, 11-1PM

Reading and Lending Library

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

TUESDAYS, 10-NOON and

FRIDAYS, 10-10:30AM

Art Studio

Create something for yourself on your own or with the help of a facilitator. Perhaps create something for the Annual Art Show this fall.

8 sessions, WEDNESDAYS, 1-3PM, Jul 9 – Aug 27

Facilitated by *Samantha Sherer*

Health Care Professionals

An eating disorder support group for health care professionals and students - e.g. medicine, nursing, social work, OT, physiotherapy, etc.

7 sessions, SUNDAYS, 3-4:30 PM, Jul 6 – Aug 24

(No group Aug 4)

Facilitated by *Barbara Reid*

BODY IMAGE GROUPS

Connect mind and body through these physical and experiential groups.

Bollywood Movement

Bollywood moves are very inclusive and can be learned by anyone. Have fun and let go a bit of the need for control, self-consciousness and stress.

7 sessions, MONDAYS, 5:30-7PM, Jul 7-Aug 25

(No group Aug 4)

316 Dupont St.

Facilitated by *Zahra Dhanani*

Dance Our Way Home

Through gentle dance, relaxation and imagery connect with your own body's wisdom and expressions. No experience needed.

6 sessions, FRIDAYS, 1:30-3PM, Jul 11 - Aug 15

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, Jul 7 - Aug 25

(no group Aug 4)

Yoga Plus, 40 Eglinton Ave. E. Suite 800

Facilitated by *Nicole McKenzie*

NEW! Reiki Healing Circle

Guided self reiki in the context of a healing circle (at least level Reiki 1 required).

8 sessions, THURSDAYS, 4:30-6PM, Jul 10 - Aug 28

Facilitated by *Jane Boyle*

Yoga and Pilates: Registration is limited to one 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.

8 sessions, WEDNESDAYS, 7:15 - 8:30PM, Jul 9-Aug 27

Facilitated by *Christine Cinq Mars*

Feldenkrais Centre, 390 Dupont Street, Suite 201

Or

Pilates Method

Increase body awareness by relaxing and releasing pain, developing core strength and moving more freely.

8 sessions, WEDNESDAYS, 1 - 2:15 PM, Jul 9-Aug 27

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

Facilitated by *Esther Cieri*

Or

Yoga

Explore classical postures for flexibility and strength.

8 sessions, SUNDAYS, 2-3:15PM, Jul 6 - Aug 24

(No group Aug 3)

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



EXPRESSIVE ART GROUPS

Express yourself verbally and/or through different art materials.

Facilitated by *Alex Bollag*

Create Your Own Healing Deck

Using collage, create your own set of inspirational cards to support healthy habits, personal growth and healing.

6 sessions, THURSDAYS 3-4:30PM, Jul 10 – Aug 14

Facilitated by *Erica Ross*

NEW! Make Sense From Nonsense

Explore the use of your senses through a variety of expressive art mediums.

7 sessions, TUESDAYS, 3-6PM, Jul 8 – Aug 26

(No group Aug 5)

Facilitated by *Janine Hancock*

NEW! Reaching Out to the Words Within

Communicate your inner thoughts and feelings using writing techniques and other expressive arts. (No writing experience necessary).

8 sessions, WEDNESDAYS, 6-8PM, Jul 9 – Aug 27

Facilitated by *Gili Haimovich*

The services of Gili Haimovich are provided by the Living Through The Arts Program, courtesy of the Ontario Trillium Foundation.

Singing your Way

Become acquainted with your inner singer, connect to your natural voice. Songs provided or your own songs welcome.

8 Sessions, TUESDAYS, 1:30-3PM, Jul 8 – Aug 26

Facilitated by *Honey Novick*

NEW! Sounding as a Healing Tool

Through creating sounds (vowels, harmonics), discover how you can balance, relax and re-energize your body, mind and spirit (no singing experience necessary).

8 sessions, THURSDAYS, 1-2:30PM, Jul 10 – Aug 28

Facilitated by *Nicole McKenzie*



SKILL BUILDING GROUPS

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

Clearing Clutter with Feng Shui

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

8 sessions, THURSDAYS, 6:30-8PM, Jul 10 – Aug 28

Facilitated by *Cecilia Moorcroft*

Courage to Heal II

An opportunity to continue the spiral healing when an eating disorder is the result of sexual abuse (for graduates of Courage to Heal I).

6 sessions: FRIDAYS, 10.30 – NOON, Jul 11 – Aug 22

Facilitated by *Anne Elliott*

Fathers and Daughters

Explore the impact of the relationship with your father on your eating disorder and find solutions to your "father hunger" to help continue your healing journey. (For daughters only).

8 sessions: TUESDAYS, 6:30-8PM, Jul 8 – Aug 26

Facilitated by *Nancy Lipson*

Forgiveness

The group is a mindful based approach to forgiveness, with a key focus on self forgiveness and empowerment.

8 sessions, WEDNESDAYS, 6:30-8PM, Jul 9 – Aug 27

Facilitated by *Bridget McFarthing*

Getting to Know Yourself Inside and Out

Create awareness and learn more about yourself in the four areas of wellness: Physical, Mental, Emotional and Spiritual.

8 sessions, THURSDAYS, 10:30-NOON, Jul 10 – Aug 28

Facilitated by *Jennifer Schramm*



SUPPORT GROUPS

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

Adult

MONDAYS, 6:30-8PM

Facilitated by *Maureen Mahan*

TUESDAYS, 6:30-8PM

Facilitated by *Kyla Fox*

FRIDAYS, 10-11:30AM

Facilitated by *Kyla Fox*

Family, Friends and Partners

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

8 sessions, WEDNESDAYS, 6:30-8PM, Jul 9 – Aug 27

Facilitated by *Gina Dimitropoulos*

High School/Teens/Young Adults 13-18 yrs

8 sessions, TUESDAYS, 4:30-6PM, Jul 8 – Aug 26

Facilitated by *Kyla Fox*

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, Jul 7 – Aug 25

(No group Aug 4)

Facilitated by *Margaret Powell*

Young Adults ages 19-30yrs and University/College Students

11 sessions, THURSDAYS, 4:30- 6PM, JUNE 19 - AUG 28

Facilitated by *Kyla Fox*

OPEN GROUP: attend any time after registering

ON-GOING GROUP: attend any time after registering, group continues all year

