



2009

# Summer

July 6 - August 31

PROGRAM



**SHEENA'S PLACE**

Support for eating disorders

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

**A NOTE ABOUT SUMMER REGISTRATION:** Spring and Summer brochures were mailed together, but each has a separate registration deadline. **Summer registrations will be accepted ONLY after June 1, 2009 and will not be considered prior to this date.** Web posting: June 1. Confirmations forwarded after June 19. In Summer, all groups are Open – attend any time after registering, space permitting. To give our services to as many as possible, we offer 1 Group and 1 Workshop.

## INFORMATION

### Drop In (General Public)

#### No appointment necessary.

Ask questions about our programs and tour the house.

WEDNESDAYS, 11-1PM

### 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, 6-7:30PM  
TUESDAYS, 6-7:30PM  
WEDNESDAYS, 12:30-2:45PM,  
THURSDAYS, 10:30-12:30PM

### Information Session (Professionals, Students)

#### Call for appointment: 416-927-8900

Learn about Sheena's Place and our services.  
FRIDAYS, 10:30-NOON

### Reading and Lending Library

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

## SUPPORT GROUPS

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

### Adult

MONDAYS, 6:30-8PM

Facilitated by Julie Notto

FRIDAYS, 10-11:30AM

Facilitated by Julie Notto

### Binge Eating Support Group

THURSDAYS, 4:30-6PM

Facilitated By Julie Notto

### Family, Friends and Partners

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

4 sessions, TUESDAYS, 6:30-8PM, Jul 7 – Jul 28

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.

4 sessions, MONDAYS, 1:30-3PM, Jul 6 – Jul 27

Facilitated by Margaret Powell

### Mothers/Daughters

An opportunity for mothers and daughters to learn how an eating disorder affects their relationship and re-establish their connection. Mothers and daughters must attend together.

8 sessions, MONDAYS, 6:30-8PM, Jul 6 – Aug 31

No group Aug 3

Facilitated by Kyla Fox

### 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, Jul 9 – Aug 27

Facilitated by Freda Ariella Muscovitch

### Young Adults ages 19-30yrs and

#### University/College Students

TUESDAYS, 6:30- 8PM

Facilitated by Kyla Fox

## BODY IMAGE GROUPS

Connect mind and body through these physical and experiential groups.

### 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.

6 sessions, FRIDAYS, 1:30-3PM, Jul 10 - Aug 14

Yoga Plus, 40 Eglinton Ave. E. Suite 800

Facilitated by Erica Ross

### Loving the Full Bodied Woman

Celebrate the large female body, incorporating movement, talk and artistic expression.

7 sessions, MONDAYS, 4:30-6PM, Jul 6 - Aug 24

No group Aug 3

Facilitated by Zahra Dhanani

### NIA Technique

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

8 sessions, MONDAYS, 1:30-3PM, Jul 6 - Aug 31

No group Aug 3

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.

8 sessions, MONDAYS, 4:30-6PM, Jul 6 - Aug 31

Facilitated by Joanna Sipos

### Reiki Healing Circle

For anyone who has taken Level 1, this group will assist in helping with personal Reiki practice.

8 sessions, MONDAYS, 6:30-8PM, Jul 6 - Aug 31

No group Aug 3

Facilitated by Joanna Sipos

### Salsa/Latin Dance

Learn basic salsa steps/latin dance as a form of fun, relaxation and celebration of your body.

8 sessions, TUESDAYS, 7-8PM, Jul 7 - Aug 25

Location TBA

Facilitated by Iva Keighley

### Full Bodied Yoga Level I

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

10 sessions, WEDNESDAYS, 5:45-7PM, Jul 8 - Sep 9

Feldenkrais Centre, 390 Dupont St., Suite 201

Facilitated by Christine Cinq Mars

### Yoga

Explore classical postures for flexibility & strength.

9 sessions, SUNDAYS, 6-7:15PM, Jul 5 - Aug 30

Feldenkrais Centre, 390 Dupont St., Suite 201

Facilitated by Alex Bollag

## EXPRESSIVE ART GROUPS

Express yourself verbally or through different art mediums.

### Art Studio

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

8 sessions, WEDNESDAYS 1-3PM, Jul 8 – Aug 26

Facilitated by Rochelle Rubinstein

### Art of Collage

Explore creating collages using various materials, to support healthy habits and healing.

6 sessions, THURSDAYS, 1-2:30PM, Jul 9 – Aug 13

Facilitated by Erica Ross

### NEW! Exploring the Chakras

Introduction and exploration of the seven major chakras (wheels of energy).

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

Facilitated by Nicole McKenzie

### Mandala Journey

Create one or more mandalas as a symbol of your internal/external healing journey.

8 sessions, TUESDAYS, 6:30-8PM, Jul 7 – Aug 25

Facilitated by Jennifer Polo

**The services of Jennifer Polo are provided, in part, by the Living through the Arts Program.**

### Mindful Meditation

Explore meditation techniques that assist in bringing one's awareness into the present moment, and can be effective resources in reducing stress.

6 sessions, WEDNESDAYS, 6:30-8PM, Jul 22–Aug 26

Facilitated by Maureen Mahan

### 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, 10:30-NOON,

Jul 8–Aug 26

Facilitated by Gili Haimovich

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

## SKILL BUILDING GROUPS

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

### Anger

Learn more about yourself as you explore anger in your life: what is your tendency regarding your own and other's anger? What is a healthy expression of anger?

8 sessions, WEDNESDAYS, 6:30-8PM,

Jul 8 – Aug 26

The Centering Space, 59 Cambridge Ave, Ste 100

Broadview and Danforth Avenue

Facilitated by Eileen Daly

### Courage to Sing Your Way

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

8 sessions: TUESDAYS, 4:30-6PM, Jul 7 – Aug 25

Facilitated by Honey Novick

### Forgiveness

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

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

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, 6:30-8PM, Jul 9 – Aug 27

Facilitated by Jennifer Schramm

### 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, 4:30-6PM, Jul 8–Aug 26  
Facilitated by Cecilia Moorcroft

### Solution-Focused Body Image

Share solutions and focus on strengths for moving towards greater self and body acceptance.

Optional homework will help achieve your goals.  
**5 sessions**, TUESDAYS, 6:30-8PM, Jul 28 – Aug 25  
Thornhill Location Only:

300 John St., #271, Thornhill

Facilitated by Lauren Goldhammer

Sponsored by Eating Disorders of York Region.

### 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.

**4 sessions**, THURSDAYS, 10-11:30AM, Jul 9–Jul 30  
Facilitated by Margaret Powell

### 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, 4:30-6PM, Jul 8–Aug 26  
Facilitated by Debbie Berlin-Romalis



## SINGLE WORKSHOPS

### A Story of Recovery

A personal recovery story will be shared and will include successful strategies such as courage, finding one's voice and insights on taking the first step.

WEDNESDAY, JULY 29, 6:30-8PM

Presented by Carrie Cox

### **NEW!** Addiction Unplugged

Learn about the fear and pleasure centres, in our brain, the addictive process that hijacks our brain using eating disorders as an example, and how to "unplug" ourselves.

WEDNESDAY, AUGUST 26, 6-8PM

Facilitated by Dr. Vera Ingrid Tarman

### Group Drumming

Learn basic drumming techniques in session that celebrates community, diversity, self-expression and play. No experience necessary.

WEDNESDAY, JULY 15, 6:30-8PM

Facilitated by Terri Segal

### **NEW!** Intuitive Awareness

Based on Judith Orloff's national bestseller *Positive Energy*, learn how to create positive energy and counter 'energy vampires' using guided meditation and creative techniques.

WEDNESDAY, JULY 22, 6:30-8PM

Facilitated by Michelle Currie

### Mid-Summer Day Celebration

Join us in our Healing Garden (or inside if it rains) for another Wheel of the Year celebration focusing on Mid-Summer Day, a time of thanksgiving.

FRIDAY, JULY 31, 10-NOON

Facilitated by Nan Keyser

### **NEW!** My Life With 'ED'

Using some of the themes from the book *My Life With ED*, we will focus on the emotional roller-coaster we experience in trying to separate ourselves from our eating disorder (ED) voice.

WEDNESDAY, AUGUST 12, 6:30-8PM

Facilitated by Abby Rozen

### **NEW!** 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, judgment to acceptance, self-reproach to self-respect, and find a healthier and more beneficial life path.

WEDNESDAY, AUGUST 19, 6:30-8PM

Facilitated by Robin Long



## REGISTRATION FORM

2009 Summer Program

Name			Birth Year		
Street Address, Apt.					
City			Postal Code		
Telephone (home)		(work)		(cell)	
E-Mail					
Have you previously filled out an Information Form at Sheena's Place? <input type="checkbox"/> Yes <input type="checkbox"/> No					
<b>Selections:</b>					
<b>Group</b> (choose one):					
<b>NOTE:</b> Support groups count as one group.					
1. _____					
<b>Workshop</b> (choose one):					
1. _____					
<b>REGISTRATION DEADLINE</b>					
<b>Friday, June 19, 2009</b>					
Registration is on a first come, first serve basis and there may be waiting lists.					
<b>NO TELEPHONE REGISTRATIONS ACCEPTED</b>					
Mail, fax or deliver this form to: Sheena's Place 87 Spadina Road, Toronto ON M5R 2T1 Fax: 416.927.8844					
<b>On-line registration:</b> <a href="http://www.sheenasplace.org">www.sheenasplace.org</a>					
<b>Privacy:</b> 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.					
<input type="checkbox"/> I do not wish to be on the Sheena's Place mailing list or call 416.927.8900 to request removal.					
For more information about how we gather, use and retain personal information, please contact <a href="mailto:privacy@sheenasplace.org">privacy@sheenasplace.org</a> or 416.927.8900.					

## Summer Program Calendar, July 6 - August 31, 2009

	MONDAY Jul 6 - Aug 31 (no group Aug 3)	TUESDAY Jul 7 - Aug 25	WEDNESDAY Jul 8 - Aug 26	THURSDAY Jul 9 - Aug 27	FRIDAY Jul 10 - Aug 28
MORNING		<b>10-noon</b> ●Library  <b>10:30-noon</b> ●Drumming	<b>10:30-noon</b> ●Reaching Out  <b>11-1</b> ●Drop-In	<b>10-11:30</b> ●Take Charge  <b>10:30-12:30</b> ●Information Interviews	<b>10-11:30</b> ●Adult Support <b>10-noon</b> ●Mid Summer Workshop  <b>10:30-noon</b> ●Info Prof/Students
AFTERNOON	<b>1:30-3</b> ●Mothers Support ●NIA*  <b>4:30-6</b> ●Loving the Full Bodied ●Reiki I	<b>4:30-6</b> ●Courage to Sing Your Way	<b>12:30-2:45</b> ●Info Interviews <b>1-3</b> ●Art Studio  <b>4:30-6</b> ●Law of Attraction ●Ways to Stop Binge  <b>5:45-7</b> ●FB Yoga*	<b>1-2:30</b> ●Art of Collage  <b>4:30-6</b> ●Binge Eating Support	<b>1:30-3</b> ●Dance Home*
EVENING	<b>6-7:30</b> ●Information Interviews  <b>6:30-8</b> ●Adult Support ●Reiki Healing Circle ●Mother/Daughter	<b>6-7:30</b> ●Information Interviews  <b>6:30-8</b> ●Family/Friends/Partners ●Yg Adult/College Support ●Mandala Journey ●Salsa/Latin Dance*	<b>6:30-8</b> ●Anger* ●Explore Chakras ●Mindful Meditation <b>Workshops:</b> ●A Story of Recovery ●Addiction Unplug ( <b>6-8pm</b> ) ●Group Drumming ●Intuitive Aware ●My Life with 'ED' ●The Laws of Gravity  <b>7-8</b> ●Sol Foc Body Image*	<b>6:30-8</b> ●Women's Feelings ●Getting to Know ●Forgiveness	<b>SUNDAY</b> <b>6-7:15</b> ●Yoga*
					<b>Key</b> * = Off-site