



SHEENA'S PLACE

SUMMER 2022

# PROGRAM CALENDAR

Registration for the Summer 2022 season begins **Monday, June 13th at 10am.**  
Register online at [sheenasplace.org](https://sheenasplace.org).

Sheena's Place is a support centre for people affected by eating disorders. We provide a wide range of professionally-facilitated groups that are support and skills-based. Our aim is to provide accessible, timely support and education to people at all stages of recovery, while fostering a sense of community and connection. No diagnosis or referral is required and all programs are free of charge.

**This summer, we will be offering 7 groups in-person!**

Please read the group descriptions to know if a group is taking place in-person (at 87 Spadina Road, Toronto, ON) or online.

- [Click here to view the requirements for online group participation.](#)
- [Click here to view our COVID protocols for in-person groups.](#)

For more information about accessibility at Sheena's Place, please visit our [website](#).

To participate in groups, you must be age 17+ and located in Ontario.

How to register:

- **NEW:** This season, we are switching registration systems. All group members (new and returning) will need to create a new account in order to register for summer. [Click here to learn more.](#)
- Registration opens Monday, June 13th at 10am, online at [sheenasplace.org](https://sheenasplace.org). Staff will be available by phone (416-927-8900 x 220) to answer questions. Groups are filled on a first-come-first-served basis. Waitlists do not carry over from previous seasons.
- Participants may register for a **maximum of two open or closed groups per season and unlimited drop-in groups.**

## INFORMATION SESSIONS

Join our Registrar team on the second and fourth Thursday of every month to learn about our services and the registration process. Info sessions are open to individuals with an eating disorder as well as family, friends, partners, and health care providers.  
[Click here to sign up!](#)

## OPEN HOUSE

Drop by 87 Spadina Road on Friday, June 24th between 1 & 4pm to learn more about our services, get a tour of the house, and meet our staff team.  
[Click here to learn more!](#)

## SHEENA'S PLACE CLOSURES

**Groups will not run on the following days:**

June 20-24, 2022  
Friday, July 1, 2022  
Monday, August 1, 2022  
Monday, September 5, 2022

87 Spadina Rd., Toronto, ON, M5R 2T1 | Tel: 416.927.8900 | [www.sheenasplace.org](https://www.sheenasplace.org) | Charitable BN: 89878 8948 RR0001

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## Understanding Group Codes

**D:** Drop-in groups are seasonal or ongoing. Participants must register and can do so at any time during the season. Drop-in group sessions operate on a first-come-first-served basis **per session**, up to a pre-determined number of participants. There are no waitlists for drop-in groups.

**O:** Open groups are seasonal or ongoing. Participants can register at any time during the season, space allowing.

**C:** Closed groups are seasonal. Registration is unavailable following the second session. Participants who miss the first 2 sessions are removed from the group so that waitlisted individuals can be invited to join. To support a trusting and comfortable group dynamic, no one joins a closed group following the third session.

For confidentiality reasons, we do not allow observers to participate in our groups. If you are a family member, friend, or partner of someone with an eating disorder, you are welcome to register for groups in the "Support for Caregivers & Loved Ones" category. Caregivers and loved ones are not permitted to register for any other groups. If you are both a caregiver and someone with lived experience of an eating disorder, you can contact Sheena's Place to discuss which type of group would best meet your needs at this time.

## SUPPORT FOR CAREGIVERS & LOVED ONES

Connect with other caregivers and loved ones to learn more about eating disorders and how to support someone who has one, while surrounding yourself with much needed support.

### **(D) FAMILY, FRIENDS, AND PARTNERS SUPPORT**

These support sessions provide a space where family members, partners, and friends can explore the experience of having a loved one with an eating disorder, seek support, share resources, and gain new insights and information.

**When:** Tuesdays, 6:30 - 8:00 pm

**Offered:** June 28 - September 13, 2022

**Location:** Online (via Zoom)

**Facilitators:** Margaret Powell, BScOT, Reg (ON), MEd(Psych), BCN & Kelsey Gatta (she/her), MSW, RSW

## SUPPORT GROUPS

Connect with others facing similar challenges by sharing experiences and support. Groups are semi-structured; the majority of each session is group discussion based on themes raised by participants.

### **(D) DROP-IN ADULT SUPPORT**

Adult support groups provide a non-judgmental space, where participants can seek support about the challenges of living with an eating disorder, share strategies for coping and moving towards recovery, develop new insights, and gain a sense of hope and connection through mutual support.

**\*\*\*Note:** In Monday and Friday online sessions, we will continue to use new language guidelines. Participants will be able to name eating disorder diagnoses and symptoms. Other language guidelines will remain the same. [Click here for more information about our language guidelines.](#)

**When:** Mondays, 10:00 - 11:30 am\*\*\*

**Offered:** June 27 - September 12, 2022

**Location:** Online (via Zoom)

**Facilitators:** Kaitlyn Axelrod (she/her), MSW, RSW & Veronika Davy (she/they) B Mus Ed, ARCT, ExAT

**When:** Wednesdays, 6:30 - 8:00 pm

**Offered:** June 29 - September 14, 2022

**Location:** Online (via Zoom)

**Facilitators:** Maureen Mahan (she/her), RN, MEd & Sezgi Ozel (she/her), OT Reg. (Ont.)

**When:** Fridays, 10:00 - 11:30 am\*\*\*

**Offered:** July 8 - September 16, 2022

**Location:** Online (via Zoom)

**Facilitators:** Kaitlyn Axelrod (she/her), MSW, RSW & Maureen Mahan (she/her), RN, MEd



To participate in groups, you must be age 17+ and located in Ontario.

## SUPPORT GROUPS (continued)

### **(G) ADULT SUPPORT**

Adult support groups provide a non-judgmental space, where participants can seek support about the challenges of living with an eating disorder, share strategies for coping and moving towards recovery, develop new insights, and gain a sense of hope and connection through mutual support.

**When:** Wednesdays, 6:00 – 7:30 pm\*\*\*

**Offered:** June 29 - September 14, 2022

**Location:** IN-PERSON (87 Spadina Road)

**Facilitators:** Kelsey Johnston (she/her), MSW, RSW

**When:** Thursdays, 1:00 - 2:30 pm

**Offered:** June 30 - September 15, 2022

**Location:** IN-PERSON (87 Spadina Road)

**Facilitators:** Kaitlyn Axelrod (she/her), MSW, RSW

\*\*\***Note:** In Wednesday in-person sessions, we will continue to use [new language guidelines](#). Participants will be able to name eating disorder diagnoses and symptoms. Other language guidelines will remain the same.

### **(D) BIG TIME BODY LIBERATION: A SPACE TO TALK ABOUT RESISTING WEIGHT STIGMA FOR FOLKS IN BIGGER BODIES**

This group provides a safer space for folks in fat, larger, plus-size, thick, voluptuous, rotund, corpulent, monarch-sized, zaftig, chubby and fluffy bodies (or any other language you might use to describe your embodied experience moving through the world in a bigger body) to explore topics and experiences related to living life in the fat lane. Topics may include (but are not limited to) experiences with distressed and disordered eating, weight-based discrimination, addressing internalized fatphobia/sizeism, strategies for self-advocacy in relationships and in healthcare settings, and resisting diet culture through Body Liberation.

**When:** Wednesdays, 2:00 - 3:30 pm

**Offered:** June 29 - September 14, 2022

**Location:** Online (via Zoom)

**Facilitators:** Kaley Roosen (she/her) Ph.D. C.Psych & Sookie Bardwell (she/they), MA, OCT

### **(G) BIPOC SUPPORT**

This group is designed to hold space for those who want to discuss how racism and shadeism impact our relationships with our bodies. We aim to foster a supportive environment where people can feel safe navigating the intersection between identity and their eating disorder experience.

**When:** Tuesdays, 6:30 - 8:00 pm

**Offered:** June 28 - August 30, 2022

**Location:** Online (via Zoom)

**Facilitators:** Ary Maharaj (he/him), M.Ed., RP (Qualifying) & TBD

**Note:** When registering, please be mindful that this space is intended for members of the BIPOC community (Black, Indigenous, and people of colour). **Also note that for this season, this group does not count towards your two group limit.**

### **(D) DISABLED & CHRONICALLY ILL SUPPORT**

This group is designed to provide a safer space for those in the disability community to explore their unique experiences of body image and disordered eating in an ableist society that is often preoccupied with a narrow definition of “health”.

**When:** Mondays, 1:00 - 2:30 pm

**Offered:** June 27 - September 12, 2022

**Location:** Online (via Zoom)

**Facilitators:** Kaley Roosen (she/her) Ph.D. C.Psych & Sookie Bardwell (she/they), MA, OCT

**Note:** This group prioritizes space for persons who identify as disabled (includes visible/invisible permanent/episodic disabilities) and it is run by facilitators who identify as disabled. Please contact Sheena's Place if you require any accommodations to participate. This group ascribes to the social model of disability, and thus uses identity-first language. We also acknowledge that language is fluid and personal, and everyone has the right to determine their preferred way of identifying.

To participate in groups, you must be age 17+ and located in Ontario.

## SUPPORT GROUPS (continued)

### **(O) EXERCISE?! A SPACE TO UNPACK CHALLENGING RELATIONSHIPS WITH MOVEMENT**

Diet culture encourages us to relate to movement in some deeply problematic ways, leading to injury and self-harm, and making it difficult to access a movement practice that feels good! This group will provide a supportive, Body Liberation-centred space where we can unpack our challenging relationship with exercise - including the ways in which this challenging relationship often coexists with and reinforces distressed and disordered eating - to explore more joyful and functional movement-centred alternatives.

**When:** Tuesdays, 3:00 - 4:30 pm

**Offered:** June 28 - September 13, 2022

**Location:** Online (via Zoom)

**Facilitators:** Christine Hsu (she/they), OCT & Sookie Bardwell (she/they), MA, OCT

**Note:** This group uses a Body Liberation framework. Language guidelines may be amended in this group to allow for relevant discussion.

### **(D) NAVIGATING RECOVERY SUPPORT - NEW!**

An ongoing support group for people who feel they are in the recovery process. Each week, group members will explore challenges, share strategies, and support the changes that group members have made in a non-judgmental space. The intention of the group is to draw on the wisdom of lived experience along with facilitator-provided skill-building offerings. Building community through shared experience, we will work together to explore coping strategies and stress reduction techniques, encourage peer support, and to acknowledge barriers and facilitators to change.

**When:** Mondays, 6:00 - 7:30 pm

**Offered:** June 27 - September 12, 2022

**Location:** Online (via Zoom)

**Facilitators:** Sezgi Ozel, (she/her), OT Reg. (Ont.) & Maureen Mahan (she/her), RN, MEd

**Note:** This group is designed for participants who consider themselves to be in eating disorder recovery.

### **(C) NEURODIVERGENT SUPPORT - NEW!**

This group aims to hold space for neurodivergent folks who would like to explore the intersection of neurodivergence and eating disorder experiences. Topics may include barriers to treatment, masking, sensory experiences, executive functioning, etc.

**When:** Wednesdays, 3:30 - 5:00 pm

**Offered:** June 29 - August 31, 2022

**Location:** Online (via Zoom)

**Facilitators:** Josee Sovinsky (she/her), RP, RD & Sophie Raniere (she/her), RP (Qualifying)

**Note:** This group is intended for people who identify as being part of the broader neurodivergent community, including, but not limited to, people with self-identified or diagnosed ADHD, autism, HSP, etc. This group is run by facilitators who identify as being neurodivergent.

### **(D) TRANS, NON-BINARY, & GENDER QUESTIONING SUPPORT**

This group offers a safe space for folx to discuss the complexities and interconnectedness of gender identity and body image. Providing a supportive environment to explore topics and share insights/strategies related to navigating the world as a Trans individual with an eating disorder.

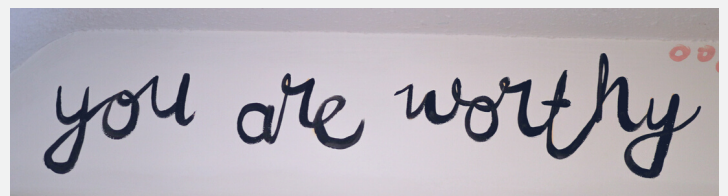
**When:** Thursdays, 6:30 - 8:00 pm

**Offered:** June 30 - September 15, 2022

**Location:** Online (via Zoom)

**Facilitators:** Christine Hsu (she/they), OCT & Sookie Bardwell (she/they), MA, OCT

**Note:** This space is facilitated by folx who identify as non-binary and trans and is intended for anyone who identifies as part of the broader trans community.



**To participate in groups, you must be age 17+ and located in Ontario.**

## SUPPORT GROUPS (continued)

### **(D) YOUNG ADULT SUPPORT (AGES 17-30)**

This group provides support for young adults who are struggling with their eating and/or body image issues. There is a particular focus on issues specific to this age group, such as living independently, choosing careers, academic pressures, and relationship concerns.

**When:** Tuesdays, 6:30 - 8:00 pm

**Offered:** June 28 - September 13, 2022

**Location:** Online (via Zoom)

**Facilitators:** Veronika Davy (she/they) B Mus Ed, ARCT, ExAT & JDP (they/them), Peer Support

### **(D) 2SLGBTQI+ SUPPORT**

This group offers a supportive environment for 2SLGBTQI+ identified folx to give and receive support while discussing the challenges of living with an eating disorder and sharing insights, strategies and accomplishments.

**When:** Mondays, 4:00 - 5:30 pm

**Offered:** June 27 - September 12, 2022

**Location:** Online (via Zoom)

**Facilitators:** Sookie Bardwell (she/they), MA, OCT & Veronika Davy (she/they) B Mus Ed, ARCT, ExAT

**Note:** This group is led by Queer and Trans facilitators.

## BODY IMAGE & MOVEMENT GROUPS

**Through discussion, education, and/or gentle movements, learn skills to reconnect with your body.**

### **(D) GENTLE YOGA**

Combining gentle movement and meditation, this class offers an opportunity to get curious about being present with your body and your mind. Starting with an hour of gentle movement, we'll spend the last 30 minutes on a more restorative practice, settling into longer-held poses. For folks who would rather only practice gentle movement, there will be an option to wave goodbye as the first hour of practice draws to a close. All levels are welcome and no prior experience is necessary.

**When:** Tuesdays, 10:00 - 11:30 am

**Offered:** June 28 - September 13, 2022

**Location:** Online (via Zoom)

**Facilitators:** Emma Baril (she/her), RYT & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

**Note:** This group will include gentle movement practice. Please wear comfortable clothing and come prepared with your choice of pillows, blankets and/or a chair to help make your practice more comfortable.

### **(C) TRAUMA-SENSITIVE YOGA**

This trauma sensitive yoga asana class emphasizes choice making, while providing different options of forms and bringing our awareness to the present moment. There is invitational language for each person to decide how they would like to move throughout the class, so each person can decide what feels useful for them. There will also be some discussion around the five elements of trauma sensitive yoga: choice making, invitational language, non-coercion, authenticity and interoception. No experience is needed.

**When:** Wednesdays, 6:30 - 8:00 pm

**Offered:** June 29 - August 31, 2022

**Location:** Online (via Zoom)

**Facilitators:** Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & Ashley Seaman (she/her), B.Ed Educator, OCT

**Note:** Please wear clothing that will be comfortable to move in. You are welcome to bring books, yoga blocks, a chair, towel or blanket to make your practice more comfortable.



To participate in groups, you must be age 17+ and located in Ontario.

## EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

*Please note: For online groups, participants will be required to provide their own basic art supplies (eg. paper and paints). If specific materials are needed, you will be notified in advance, or they will be mailed out to you. If you would like to participate in arts groups but are unable to access art supplies, please contact the program manager at [ahanania@sheenasplace.org](mailto:ahanania@sheenasplace.org).*

### **(C) ADDRESSING GRIEF AND BEING ALONE THROUGH ART-MAKING - NEW!**

This group aims to acknowledge and process the feelings of grief and isolation that can come from living with an ED. We will use various art techniques and applications. No previous art experience needed!

**When:** Tuesdays, 10:30 - 12:30 pm

**Offered:** June 28 - August 30, 2022

**Location:** IN-PERSON (87 Spadina Rd, Main Floor)

**Facilitators:** Debbie Uttama Anderson (she/her), DTATI, RP

**Note:** Use of scissors and exacto knives may be used for crafting purposes.

### **(C) ART JOURNALING**

Take time to re-view and re-think personal beliefs and underlying behaviours that may be influencing your experience with disordered eating through discussion and art-making. We use markers, watercolour, collage and more. No previous art experience necessary!

**When:** Wednesdays, 10:00 am - 12:00 pm

**Offered:** June 29 - August 31, 2022

**Location:** Online (via Zoom)

**Facilitators:** Debbie Uttama Anderson (she/her), DTATI, RP & Leanna Scheitrowsky (she/her), RP (Qualifying), DTATI (cand.)

**Note:** Participants will be asked to provide their own basic art supplies.

### **(O) ART STUDIO: MINDFULNESS PRACTICES THROUGH ART MAKING**

Using mindfulness and art-making ideas, we'll explore your feelings, inner experience and things you believe to be true about living with an eating disorder. No previous art experience needed!

**When:** Tuesdays, 1:30 - 3:30 pm

**Offered:** June 28 - August 30, 2022

**Location:** IN-PERSON (87 Spadina Rd, 3rd Floor)

**Facilitators:** Debbie Uttama Anderson (she/her), DTATI, RP

**Note:** Use of scissors and exacto knives may be used for crafting purposes.

### **(C) IMPROV COMEDY FOR THE HEALING PROCESS**

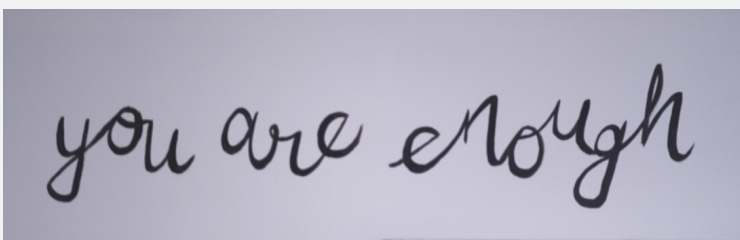
Discover the joys of Improv Comedy to nurture a process-oriented healing practice and a celebration of what it means to be human - which includes the uncomfortable stuff! Through group games and creative exercises in a super supportive and judgement-free dynamic, participants are invited to engage in a play-based approach (giggles encouraged!) to developing a healthy relationship with self, others, imperfection, scales of control, emotions, uncertainty, failure/mistakes, resiliency, stress, anxiety and just general awkwardness! No previous experience required.

**When:** Wednesdays, 1:30 - 3:30 pm

**Offered:** June 29 - August 31, 2022

**Location:** IN-PERSON (87 Spadina Rd)

**Facilitators:** Ashley Seaman (she/her), B.Ed Educator, OCT



**To participate in groups, you must be age 17+ and located in Ontario.**

## EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms.

### **(D) DROP-INTO RECOVERY THROUGH THE ARTS**

Each week, participants will be invited into open-studio art-making where they will work with the materials/modality of their choice (drawing, painting, writing, poetry, clay, collage, textiles, etc); engaging the arts as way of being with and responding to life's beauty and challenges. Participants will have the opportunity to share and process their work in creative community, nurturing creative capacities as part of a holistic approach to recovery. No previous artistic experience required!

**When:** Mondays, 1:00 - 3:00 pm

**Offered:** June 27 - August 29, 2022

**Location:** Online (via Zoom)

**Facilitators:** Alexandra Hanania (she/her), MA, DTATI, RP (Qualifying) & Veronika Davy (she/they) B Mus Ed, ARCT, ExAT (Candidate)

**Note:** Participants will be asked to provide their own basic art supplies.

### **(C) DUNGEONS AND DRAGONS (D&D) INTEGRATED ART GROUP - NEW!**

This group combines the classic tabletop role-playing game, Dungeons and Dragons, with art therapy. In each session, participants will journey alongside their fellow adventurers, exploring collaborative storytelling as a methodology for self empowerment and group cohesiveness. Channel your hero within and join an adventuring party that will support you in whatever stage you are in on your journey. No previous D&D or art experience necessary!

**When:** Thursdays, 1:00 - 3:00 pm

**Offered:** June 30 - September 1, 2022

**Location:** Online (via Zoom)

**Facilitators:** Leanna Scheitrowsky (she/her), RP (Qualifying), DTATI (cand.) & Alex Nicholls (he/him) DTATI (cand.)

**Note:** Participants will be asked to provide their own basic art supplies.

### **(C) CREATIVE WRITING: EXPLORING BEYOND THE EATING DISORDER VOICE**

Guided by the techniques and philosophy of Narrative Therapy, we'll use a variety of creative writing styles to identify the ED voice and its accomplices, develop "counterstories" that challenge this narrative, and imagine possibilities for the future. All skill levels are welcome.

**When:** Thursdays, 5:30 - 7:30pm

**Offered:** June 30 - September 1, 2022

**Location:** Online (via Zoom)

**Facilitators:** Miranda Pecoraro (she/her), BSW, RSW & Aglaia Gurevich (she/her), HBSc, CYT, MACP (In-Progress)

**Note:** Writing prompts will invite members to explore their experiences of eating disorders/disordered eating. To maximize choice and safety for all members, alternative writing prompts will also be provided for every session.



**To participate in groups, you must be age 17+ and located in Ontario.**

## SKILL BUILDING GROUPS

Structured groups with a focus on learning new skills for coping, reducing harm, and creating change.

### **(C) MANAGING CRAVINGS & EMOTIONAL EATING**

Food is emotional. It is connected to the good and bad events in our lives and it helps us feel both better and worse at times. This group will provide a safe and supportive environment to explore and learn about our personal eating triggers, our learned eating behaviours, and provide strategies to help us manage our cravings and cope with our emotions.

**When:** Tuesdays, 6:30 - 8:00 pm

**Offered:** June 28 - September 6, 2022 (9 sessions - no group on August 2 and August 9)

**Location:** IN-PERSON (87 Spadina Rd)

**Facilitators:** Yasmin Dadollahi (she/her), MHSc, RD

**Note:** Language guidelines will be amended in this group to allow for relevant discussion.

### **(C) ED RECOVERY FOR ATHLETES: GOING THE EXTRA MILE (MINI-SERIES) - NEW!**

A space for competitive and recreational athletes working on recovery from disordered eating and eating disorders to share their stories and personal experiences, and take action towards positive change from a place of self-compassion. Facilitators will lead the group through discussion questions around body image, the impact of the daily training environment, perfectionism, developing a healthy food identity, and how an athlete's strengths can be used to overcome disordered eating.

**When:** Wednesdays, 1:00 - 2:30 pm

**Offered:** June 29 - July 20, 2022 (4 sessions)

**Location:** Online (via Zoom)

**Facilitators:** Alida Iacobellis (she/her), RD & Nicky Otto (she/her), RD

### **(C) MINDFULNESS AMBASSADOR PROGRAM (MINI-SERIES) - NEW!**

In this group, we will explore mindfulness practices that we can use in our day, as well as engage in conversations around social and emotional learning through a mindfulness lens.

**When:** Mondays, 1:00 - 2:00 pm

**Offered:** June 27 - July 25, 2022 (5 sessions)

**Location:** Online (via Zoom)

**Facilitators:** Nicole D'Souza (she/her), MSW, RSW, TCTSY-F & John Choi (he/him)





**To participate in groups, you must be age 17+ and located in Ontario.**

## NUTRITION GROUPS

Structured groups with a focus on developing knowledge and skills for nourishing our bodies and increasing comfort in the kitchen. Please note: Nutrition groups and workshops are recommended for participants who are in later stages of recovery and feel ready to engage in conversations about food and nutrition and their effects on the body. Language guidelines will be adapted accordingly.

### **(C) UNDERSTANDING BINGE EATING: STRATEGIES FOR COPING**

A supportive and non-judgmental environment to help validate and reduce shame for those coping with the challenges of living with binge eating. Through facilitated discussions each week, group members will explore a variety of topics including: factors that contribute to the binge eating cycle, the role of nutrition and regular eating, and coping strategies for interrupting binge eating.

**When:** Tuesdays, 10:00 - 11:30 am

**Offered:** July 12 - August 30, 2022 (8 sessions)

**Location:** Online (via Zoom)

**Facilitators:** Alida Iacobellis (she/her), RD & Sarah Kendell (she/her), RD

**Note:** Language guidelines will be amended in this group to allow for relevant discussion including naming binge eating and, at times, discussing food. This group operates from a weight inclusive, non-diet approach.

### **(C) MANAGING RECOVERY WITH MEAL PLANNING AND PREPARATION**

This group is designed for participants who identify as being in later stages of ED recovery. Each week, group members will learn cooking skills, meal preparation, planning and gentle nutrition. Collaborative cooking will take place each week to ensure that participants can confidently prepare gratifying foods that could work within a structured meal plan. Participants can expect to take home a snack/meal after each session.

**When:** Thursdays, 4:00 - 6:00 pm

**Offered:** July 7 - September 8, 2022 (8 sessions - no sessions on July 21 and August 18)

**Facilitators:** Sari Papular (she/her), RNCP

**Note:** This group is designed for participants who consider themselves to be in eating disorder recovery. This group operates from a Health at Every Size, non-dieting mentality.

## SINGLE-SESSION WORKSHOPS

### **HOW TO FIND AN ED-INFORMED THERAPIST/SERVICE PROVIDER**

Finding a therapist can be a daunting task and finding an eating disorder-informed therapist or service provider can be even tougher. In this workshop, in collaboration with the National Eating Disorder Information Centre, facilitators will share strategies and suggestions for system navigation, including where to search, what to look for, and what types of questions to ask a prospective therapist/service provider.

**Note:** This workshop will not match participants directly to a therapist.

**When:** Friday, July 8, 2022 (1-2:30pm)

**Location:** Online (via Zoom)

**Facilitators:** Emily Huynh (she/her), BSW, RSW [NEDIC] & Kaitlyn Axelrod (she/her), MSW, RSW

**To learn more about our group facilitators, visit [sheenasplace.org/facilitators](https://sheenasplace.org/facilitators)**



**To participate in groups, you must be age 17+ and located in Ontario.**



**A big thank you to Riel Hishon and artist Jasmin Pannu for our new murals, which are featured throughout the program calendar!**

## WEBINARS

Subscribe to our [newsletter](#) and follow us on social media for updates on upcoming educational webinars! Past webinars can be viewed on our YouTube channel.

**Instagram:** [@sheenasplace](#)

**Facebook:** [facebook.com/sheenasplacesupport](#)

**Twitter:** [@sheenasplace](#)

**YouTube:** [youtube.com/sheenasplace](#)

## WEBSITE

Our informational website provides an overview of our support services as well as information about eating disorders. Visit [www.sheenasplace.org](http://www.sheenasplace.org).

## BLOG

Visit [Sheena's Shared Stories](#) to explore works created by the SP community. You can contribute to the blog by sending your work to [kmccarthy@sheenasplace.org](mailto:kmccarthy@sheenasplace.org). Posts can be shared on our website anonymously.

**Note:** Blog content adheres to Sheena's Place language guidelines.

## SUPPORT

Did you know that Sheena's Place provides all programs and services free of charge, without the support of ongoing government funding? We hope you'll consider donating today, or joining our Circle of Hope by making a monthly donation. Visit [sheenasplace.org/donate](http://sheenasplace.org/donate) for more information.

**We would like to thank RBC and Onex for their ongoing support.**



Foundation



**SHEENA'S PLACE**  
Support for eating disorders

**ONEX**