

How to Register for a Program:

Drop in and fill out a registration form
at Danielle's Place (anytime, or 10 minutes prior to
group you wish to start attending)

or

Through email
(visit our website www.daniellesplace.org to
download our registration forms)

Questions about our programs?

Not sure which one to try?

Give us a call, send us an email or just drop in!

895 Brant Street Unit #3

Burlington, ON L7R 2J6

905-333-5548/1-866-277-9959

www.daniellesplace.org

info@daniellesplace.org



Offering Hope & Healing

*Spring Program Schedule
March 25th—June 18th, 2009*



Interim Program

Yoga

Wed. March 25th, April 1st & April 8th 7:00pm– 8:30pm
Come try this ancient healing art and allow your true self to emerge. Stretch your body, ease your mind and soothe your soul.
Facilitator: Leslie Landry (Certified Yoga Instructor) (O) (E)

Spring Program (April 14th—June 18th)

Binge Breakers Support Group

Tuesdays 7:00pm– 8:30pm
This program is for adult clients to help understand and overcome binge eating. Practical strategies and peer support are standard content. (O) (CO)
Facilitator: Alison Colavecchia (Psychological Associate)

Art Therapy Workshop

Tuesdays 7:00pm– 9:00pm (ends June 9th)
The goal of this nine-week workshop is to explore the process of asking simple questions through the art and looking at what the art unveils. Using a variety of art materials and exercises, creative freedom will be explored in a safe and nurturing environment.
**please call 905-333-5548 or sign up at Danielle's Place (SR) (CO)*
Facilitator: Laura Noble-Wohlgemut (Art Therapist)

Wellness Workshop

Wednesdays 7:00pm– 8:30pm
This workshop will consist of activities and discussions surrounding life skills, and physical, mental, emotional and spiritual wellness.
**please call 905-333-5548 or sign up at Danielle's Place (SR) (CO)*
Facilitator: Jennifer Schramm (Wellness Counsellor & Energy Therapist)

Yoga

Wednesdays 7:00pm– 8:30pm
Come try this ancient healing art and allow your true self to emerge. Stretch your body, ease your mind and soothe your soul. A great stress reliever! (O) (E)
Facilitator: Leslie Landry (Certified Yoga Instructor)

Teen Support Group

Thursdays 7:00pm– 8:30pm
A chance for teens to talk and support one another through their eating disorder journey. Various topics are discussed.. (O) (CO)
Facilitator: Jennifer Garcia (Mental Health Clinician)

Adult Support Group

Thursdays 7:00pm– 8:30pm
A chance for adults to talk and support one another through their eating disorder journey. Various topics are discussed.. (O) (CO)
Facilitator: Kristina Trim (Registered Social Worker)

Support for Family and Friends

Thursdays 7:00pm– 8:30pm
This program is designed for supportive others who have loved ones with an eating disorder. It is a chance to learn about eating disorders, and find helpful, practical coping strategies (O) (SO)
Facilitator: Amelia Perri (Registered Nurse/Counsellor)

Program Codes

- (O)= Open group, drop –in any time during term, no sign up required
- (SR) = Sign up required, can attend any time during term
- (CLS) = Closed group, sign up required at beginning of term
- (E) = Group open to everyone
- (CO) = Group open only to clients (those who are dealing with an eating disorder/disordered eating)
- (SO) = Group open only to supportive others (family/friends/spouses etc)