

Drop in Consults

Come in and get a feel for the center by having a one on one tour of the center from one of our staff. This is your opportunity to look through our library and brochures about eating disorders and other community care centers.

Drop in Consults are available any time during open office hours.

Information Sessions:

Information sessions give you an opportunity to sit down with someone for 30-45 minutes one on one. This is a chance for individuals or families to come in and get a better sense of what kind of services we offer, in addition to what other services are available. Sessions take place in a closed area, where all information is kept confidential. Information sessions should be booked in advance. Sessions are Provided by staff of Danielle's Place.

Email info@daniellesplace.org

Phone 905-333-5548

To book your appointment

How to Register for a Program:

Drop in and fill out a registration form at Danielle's Place or Through email visit our website www.daniellesplace.org to download our registration forms

Danielle's Place relies on the generosity of others to keep their programs running. If you are interested in becoming a funding partner please contact Danielle's Place.

Please give graciously to this worthy cause, every dollar goes right back to our clients.

Thank you



895 Brant Street Unit #3

Burlington, ON L7R 2J6

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

www.daniellesplace.org

Danielle's Place programs are partially funded by the United Way of Oakville



Summer Program

July 13th to September 16th



"Trouble is part of your life, and if you don't share it, you don't give the [people] who love you enough chance to love you enough."

- Dinah Shore

We are a not-for-profit incorporated in Ontario (001614555) and a federally registered charity (charitable number BN 85550 6671 RR0001).

Summer Program

Binge Breakers Support Group:

Tuesdays 7:00pm– 8:30pm

July 13th– September 14th

This program is for adult clients to help understand and overcome binge eating. Practical strategies and peer support are standard content.

Facilitator: Alison Colavecchia
(Psychological Associate)

Yoga:

Wednesdays 7:00pm– 8:30pm

June 23rd– September 15th

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. This Group is open to individuals that have been affected by an eating disorder in addition to their friends and family. This is the perfect group to find support together without judgment.

Facilitator: Leslie Landry
(Certified Yoga Instructor)

Teen Motivation Group:

“Courage to Heal” **New Format

Thursdays 7:00pm–8:30pm

July 15th—September 16th

This program is designed for adolescents who are looking for a safe place to distract their mind, and share the challenges they face with their eating disorder. This group is a structured group that begins by engaging in a different stress relief, self esteem, body image or confidence building exercise. Each session will finish by giving the group a chance to reflect, share and support.

(sign up is recommended by not required)

Facilitator: Carly Lambert

Adult Support (Daytime):

****New Group****

Tuesdays 10:30am– 12:00pm

July 13th– September 14th

A chance for adults to talk and support one another through their eating disorder journey. Various topics are discussed. Similar format as evening group. Clients may want to come to both groups.

Facilitator: Carly Lambert

Support for Family and Friends

Thursdays 7:00pm– 8:30pm

July 15th—September 16th

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

Facilitator: Natalie John-Carson

Adult Support (Evening):

Thursdays 7:00pm– 8:30pm

July 15th—September 16th

A chance for adults to talk and support one another through their eating disorder journey. Various topics are discussed.

Facilitator: Jaime Thorro

Drop in Hours:

Hours:

Tuesdays and Thursdays
9-3:00pm

Tuesdays, Wednesdays and Thursdays
6:30pm –8:30pm

(When our Full Programs are running)