



# Southdown

## Vision

Healthy Leaders for a Healthy Church.

## Mission

Southdown offers residential and outpatient psychological treatment and spiritual guidance to clergy and religious. We also provide consultation and education promoting health and holiness for all committed to ministry and religious life.

To fulfill this mission, the best of psychological science and practice are integrated with the wisdom of the Catholic spiritual tradition through the efforts of an interdisciplinary team of professionals.

An environment conducive to healing is provided in a setting of natural beauty and a community dedicated to the growth and transformation of each of its members.

We are committed to assisting the Church to provide healthy ministers for our communities of faith that will fulfill the desire of Jesus that all “might have life and have it to the full.”  
(John 10:10)



## Recognizing the Problem

Mental health needs take a variety of forms and can affect people of all ages and circumstances. If you or anyone you know is likely to have a mental health need that affects their ability to fully participate in their community and interact with others, please contact us for consultation and assistance.

## Our Approach

We provide an integrated and client-centred approach to treatment. All residents follow a treatment plan tiered to their specific individual needs; a plan that is goal-focused and evidence-based. Our residents benefit from “easy to navigate” programming, with full on-site support, as well as 18-months of continuing care.





## Programs & Services

- 14-week Residential Program
- 18-month Continuing Care Program
- Consultation, Education and Facilitation
- Candidate and Clinical Assessments
- Outpatient Services





## What you can expect:

- privacy in a pastoral setting conducive to healing
- chapel and meditation space
- 22 comfortable ensuite bedrooms, including 4 fully accessible bedrooms
- elevators
- dedicated group therapy rooms
- spacious fitness room
- pottery room
- easy access to needed services and off-ground activities including 12-Step programs
- modern and eco-friendly design



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