

The Southdown Institute welcomes you to our new **Virtual Community Wellness Services**, designed to help you navigate these new and challenging times. Our online services offer you an exciting variety of interactive psychoeducation, spirituality and psychotherapy groups, viewed from the comfort of your home. Visit our website to discover even more offerings and register today!



Healthy Relating: Strategies for Effective Communication

Relationships are at the core of our personal and professional lives; however, our relationships can only be as healthy as we are. Developing communication skills can improve our relationships and support effective conflict resolution. In this 4-week webinar series you will be encouraged to identify your existing communication style, in addition to learning principles for effective communication and practical skills for resolving conflict.

Date: Fridays: January 8, 15, 22, 29, 2021 **Time:** 3:00 pm - 4:00 pm **ET Cost:** \$100.00

Presenter: Carol Caviliere, MA, Clinical Team Member



La Résilience, une Lumière à l'aurore du Trauma

La plupart d'entre nous ont subi ou ont subi des événements traumatisants dans leur vie. Si vous souhaitez apprendre à réécrire le récit d'un événement malheureux ou traumatique en lui donnant un nouveau sens, ce séminaire en ligne est conçu pour vous.

Date: Samedi: 23, 30 Janvier 2021 **Heure:** 1:00 pm - 2:30 pm heure de l'Est (ET) **Cost:** \$50.00

Présentateur: Rev. Fr. François Diouf, OSB, Ph.D., Clinical Team Member



Mindful Living and Stress Management

Mindfulness Living Stress Management is a group therapy designed to help individuals connect their patterns of thinking with their moods, behaviours, and other physical symptoms that they are experiencing. In this 8-week group experience, individuals will learn, through a therapeutic framework, how to make meaningful changes to their environments, thoughts, and behaviours to improve their overall well-being.

Date: Begins February 3, 2021 **Time:** 7:00 pm - 8:30 pm **ET Cost:** \$70.00 per session for eight weeks

Presenter: Marc Simpson, MSW, RSW, Clinical Team Member



A Long Loving at Real: Theological Reflection in Lent

We invite you join us for this two-hour workshop based on the teachings of Kathleen McAlpin in her book *Ministry That Transforms: A Contemplative Process of Theological Reflection*. You will be led through the goals, sources, and components in the process of theological reflection. There will be opportunities to share in small and large groups.

Date: February 18 or March 4, 2021 **Time:** 7:00 pm - 9:00 pm **ET Cost:** \$20.00

Presenter: Greta DeLonghi, MA, DSD, Spiritual Director

And There's More to Come in 2021 . . .

February 2021:

Resilience, a Light at the Dawn of Trauma, a 2 week workshops series, presented by Rev. Francois Diouf, OSB, Ph.D.

March 2021:

Virtual 6-Day Guided Lent Retreat, an online guided retreat, directed by Febe Aguirre, MEd, CSD

Dangers of Sex and Pornography Addiction, a webinar, offered twice, presented by Rev. Stephan Kappler, Psy.D., C.Psych., R.Psych.

Visit our website often, as new offerings will continue to be added as we move forward.

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