

The Southdown Institute welcomes you to **Southdown 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! [www.southdown.on.ca](http://www.southdown.on.ca)



## Men's Sexual Addiction Support and Recovery Group

This eight-week Sex Addiction Support and Recovery Group for men follows the recovery model established by Dr. Patrick Carnes. It is designed to offer a safe therapeutic environment that allows each participant to address their specific situation, and to create realistic treatment plans. The group setting offers support and accountability.

**Date:** Begins April 8, 2021 Time: 7:30 pm – 9:00 pm ET Cost: \$70.00 per session for eight weeks

**Presenter:** Rev. Stephan Kappler, Psy.D., C.Psych., R.Psych., President and Chief Psychologist of Southdown



## 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-session 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 April 28, 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



## Nuestra Fe: Clave para una Salud Mental Balanceada

Lo invitamos a unirse a nosotros en este taller de dos partes para participar en un proceso interactivo de exploración de cómo nuestra fe puede ser la clave para una salud mental sostenida. Hay mucho tiempo para preguntas y respuestas.

**Fecha:** Sábado 8 de mayo y sábado 15 de mayo de 2021, 1:00 p.m. – 2:30 p.m., Hora del este (ET)

**Presentador:** Rev. Stephan Kappler, Psy.D., C. Psych., R.Psych. Presidente y psicólogo principal del Southdown Institute



## A Long Loving at Real: Contemplative Theological Reflection

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:** May 20 or May 27, 2021 Time: 7:00 pm – 9:00 pm ET (Eastern Time) Cost: \$20.00

**Presenter:** Greta DeLonghi, MA, DSD, Spiritual Director

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

**Art Journaling** - a creative way to visually express the depths of your experience. **Presenter:** Nadine Crescenzi

***Be sure to visit our website often, as new offerings will continue to be added.***