

Program Overview

The Renewal Program is a combination of presentations and activities, with time each day for rest, reflection, relaxation, and prayer. There are also times for recreation, conversation, and social activities in a community setting.

This experience provides a holistic approach to wellness through intentional exploration, reflection, and practical exercises on self-knowledge, resilience, and mindfulness.

In daily sessions, presented by members of our clinical team, we will explore the physical, mental, emotional, and spiritual dimensions of well-being. The program is designed to help you experience personal growth, and to find both spiritual and personal renewal.



About Us

At Southdown, the best of psychological science practices are integrated with the wisdom of the Catholic spiritual tradition.

Our experienced multidisciplinary team of professionals is dedicated to helping our clients find healing and well-being.

Our Vision

Healthy Individuals
Healthy Communities
Healthy Church

We are located in Holland Landing, about one hour by car north of Toronto, Ontario.

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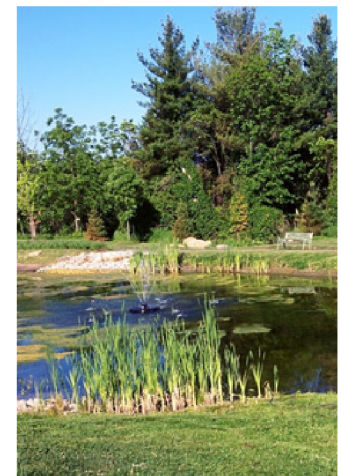


Renewal Program

January 7 - 27, 2024

April 7 - 27, 2024

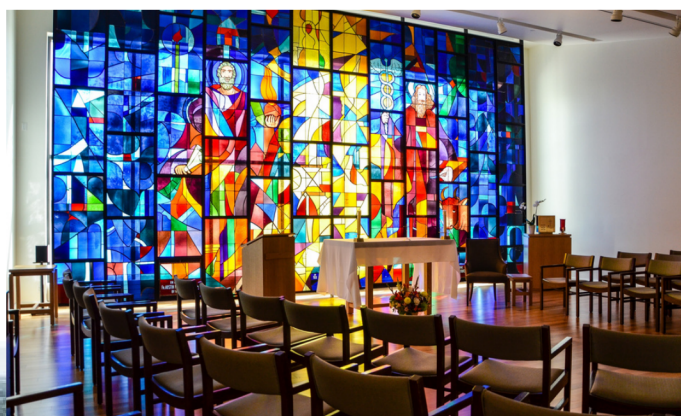
June 2 - 22, 2024



Rest - Refresh - Renew

Are you an ordained member of the Clergy or a Vowed Religious in need of personal and spiritual renewal?

Southdown's Renewal Program is a three-week comprehensive experience to renew your body, mind, and spirit, with practical skills learned and tailor-made to take away for ongoing daily renewal and wellness. The program is intentionally designed for a maximum of six participants.



Southdown provides a welcoming and supportive environment conducive to rest and renewal. Here, in a setting of natural beauty on 37 private acres, you will find pastoral walking trails, a labyrinth, as well as other outdoor spaces for contemplative refectation.

Our fully-accessible facility includes 22 private bedrooms with ensuite, a chapel, a meditation room, guest lounges, TV rooms, internet access, a 24-hour snack area, an exercise room, and free laundry facilities.

Our holistic program offers:

- daily morning sessions with a focus on exploring the clinical aspects of self-renewal
- daily afternoon sessions to further process and enhance the morning sessions, e.g., guided group conversations, spiritual practices, reflections, and workshops
- individual counselling
- individual spiritual accompaniment
- theological reflection
- Sabbath Sundays

Other activities include:

- daily Mass or Prayer Service
- scheduled access to a nearby indoor pool
- fitness room access
- fee for service:
 - massage
 - fitness consultation
 - nutrition consultation

