

ABOUT SOUTHDOWN

Southdown is dedicated to clinical excellence in providing preventative and restorative care using the integration of psychological, physical and interpersonal practices with the wisdom of the Catholic spiritual tradition.

A trusted provider of psychological services and spiritual guidance to clergy, women and men religious, and lay pastoral ministers, our programs and services include Clinical and Candidate Assessments, Renewal and Sabbatical Programs, Residential Treatment with Continuing Care, Outpatient Wellness Services, Consultation and Education.

Our assessment services, offered in English and French, are also available online.



Southdown, is an accredited, independent non-profit registered charity in operation since 1966. We are located in Holland Landing, Ontario, approximately one hour north of Toronto, Ontario.

In a setting of natural beauty on 37 private acres, Southdown provides a welcoming and supportive environment conducive to healing and well-being of body, mind, and spirit.

CONTACT US

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Continuing Human Formation Seminars*

Presents

Navigating Essential Boundaries

Mar 23–26, 2026

May 25–28, 2026

Oct 5–8, 2026

Jan 25–29, 2027



PROGRAM OVERVIEW

At the heart of everything we do at Southdown is our Vision for *Healthy Individuals, Healthy Communities, Healthy Church*. The Continuing Human Formation Program offers a dedicated time and space for deepening self-awareness and understanding life in a way that supports a holistic, healthy approach to ministry in the 21st century.

The program is designed as a process that is didactic, reflective, and interactive, with thoughtful attention to the complexity and evolving dynamics of the Church today. It offers an opportunity to deepen self-awareness and integrate practical skills for personal and professional growth in support of the evangelizing mission of Jesus Christ.

Navigating Essential Boundaries is the first seminar in the Continuing Human Formation Program.

Boundaries are the norms or rules that define what is appropriate in right relationships. In ministerial settings, they help safeguard physical, emotional, sexual, and spiritual spaces. Cultivating and maintaining healthy boundaries help support both our own well-being and that of those we serve within a community of faith.

NAVIGATING ESSENTIAL BOUNDARIES

The concept of navigating essential boundaries includes:

- Safeguarding relationships with others in a ministry capacity
- Strengthening our awareness of essential boundaries in ministry
- Appreciating the complexity of boundaries in varying cultural and societal contexts
- Growing insight into our areas of personal vulnerability
- Developing solid and sustainable strategies for self-care practices

The program is a combination of presentations and small group process. Designed and presented by members of the Southdown clinical team specifically for priests in parish ministries, the seminar is provided in a small group setting with a maximum of eight participants.

Sessions:

1. The Concept of Boundaries
2. Cultural Understanding of Boundaries
3. The Concept of Vulnerability
4. Personal Vulnerability and Risk Factors
5. Intimacy and Emotion Regulation
6. Emotional Intelligence and Affective Maturity
7. Sustainable Self-Care Practices

PAYMENT INFORMATION

Fee Per Person: \$1,795.00 CAD

The cost includes private accommodation, each with its own ensuite, and meals.

Our fully accessible facility also features a chapel, meditation room, guest lounges, TV rooms, Internet access, a 24-hour snack area, and complimentary laundry facilities. Within the grounds you will find pastoral walking trails, a labyrinth, as well as other spaces for contemplative reflection.

NEXT STEPS

For more information, to register, or to discuss payment options, please email:

administration@southdown.on.ca

