



## 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, approximately one hour north of Toronto, Ontario.

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[www.southdown.on.ca](http://www.southdown.on.ca)

For further information or to apply for the Renewal Program, please contact:

[administration@southdown.on.ca](mailto:administration@southdown.on.ca)



## Renewal Program

**Apr 12–May 2, 2026**

**Jun 7–27, 2026**

**Jul 16–Aug 8, 2026 *\*Men's Only Sabbatical\****

**Sep 13–Oct 3, 2026**

**Nov 1–21, 2026**



## 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 designed to offer a peaceful and restorative space. With its holistic approach—incorporating the physical, mental, emotional, and spiritual—Southdown provides a setting for rest, reflection, and personal growth.

Surrounded by serene natural beauty and spaces for contemplative reflection, the environment further enhances the program's ability to nurture healing and transformation.



Program participants stay onsite in one of our 22 private bedrooms, each with its own ensuite.

Our fully accessible facility also features a chapel, meditation room, guest lounges, TV rooms, internet access, a 24-hour snack area, fitness room, and complimentary laundry facilities.



The Renewal Program is thoughtfully designed to provide a well-rounded experience, blending time for rest, meaningful reflection, recreation, and practical tools to support your personal growth and continued renewal beyond your time at Southdown.

### Our holistic program offers:

- Daily morning and afternoon psychoeducation sessions
- Weekly individual consultation
- Weekly individual spiritual accompaniment
- Sabbath Sundays and recollection
- Nutrition consultation
- Fitness
- Creative opportunities
- Daily Mass and reflection
- Communal and social interaction
- Pilgrimage to Henri Nouwen's Cedars Guest House and Library, and resting place
- Contemplative gazing of art at the McMichael Canadian Art Collection
- Personal time

