

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!



Our Faith: A Key to Sustained Mental Health in Times of Crisis

We invite you to join us for this two-part webinar to engage in an interactive process of exploring how our faith can indeed be a key to sustained mental health. There will be time available at the conclusion of each webinar for questions and answers.

Date: November 14 and 21, 2020 **Time:** 1:00 pm – 2:30 pm ET **Cost:** Introductory Offer: \$30.00 for both dates

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



Calmness Through Breath

The Calmness Through Breath online workshop series will explore an array of breathing techniques that will assist with the ability to self-regulate and calm your responsiveness. You will have an opportunity to learn and practice slow, controlled breathing techniques, which can reduce anxiety and feelings of stress and help to regulate heart rate and blood pressure.

Dates: Thursdays: December 3, 10, 17, 2020 and January 7, 14, 2021 **Time:** 1:00 pm – 1:30 pm ET **Cost:** Free

Presenter: Nadine Crescenzi, Clinical Team Member

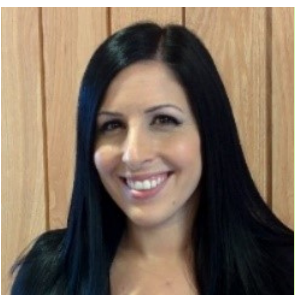


Virtual 6-Day Guided Advent Retreat

Our virtual guided retreat is a time of renewed attention and a deeper quality of listening and praying amid your day to day lived experience. Be where you are—in your home, convent or in the bustling city or at the epicenter. Find solace, nurturing silence, and contemplative spirit in the season of Advent. The facilitator will provide a daily guide and individual spiritual accompaniment during the retreat.

Date: Monday, December 7 – Saturday, December 12, 2020 **Time:** By appointment **Cost:** \$120.00

Facilitator: Febe Aguirre, Spiritual Director



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

Upcoming in February 2021

Mindful Living and Stress Management, an 8-week teletherapy group facilitated by Marc Simpson Begins: February 3, 2021

Resilience, a Light at the Dawn of Trauma, a 4-week workshops series, facilitated by Rev. Francois Diouf Begins: February 6, 2021

A Long Loving at Real: Theological Reflection in Lent, a 4-week workshop series, facilitated by Greta DeLonghi Begins: February 18, 2021

Dangers of Sex and Pornography Addiction, a 4-week webinar series, facilitated by Rev. Stephan Kappler Begins: February 21, 2021

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

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