

# The Gift of Faith and Mental Health

The Southdown Institute invites you to join us for a day of insightful, educational, and practical talks to promote mental health, wellness, and spirituality, designed specifically for the Catholic community of faith.

**Date:** Friday, May 12, 2023

**Time:** 10:00 am - 3:00 pm ET

**Location:**

Nativity of Our Lord Parish Hall  
480 Rathburn Road  
Etobicoke, ON M9C 3S8

This is a free event, and registration is required to attend.

To register, visit [www.southdown.on.ca](http://www.southdown.on.ca), or scan here



## Program:

9:00 am–10:00 am	Registration
10:10 am–12:00 pm	<b>Presentation 1</b> , including time for Questions and Answers
12:00 pm–12:30 pm	Lunch (Please bring your own brown bag lunch, beverages and a snack will be provided.)
12:30 pm– 2:00 pm	<b>Presentation 2</b> , including practical mindfulness experiences
2:01 pm– 2:55 pm	<b>Facilitated Questions and Answers with Our Presenters</b>
3:00 pm	Day Ends

## Presentation Details:

### Presentation 1: Navigating Today's Stressors with Resilience and Faith

We are living in unprecedented times, and the level of distress that impacts our lives is substantial. This presentation will help to identify sources of distress in our lives, while learning the importance of naming and processing our challenges. Our team of experts will share insights into practical approaches to managing stress, both from a psychological, and a spiritual perspective. There will be time for questions and answers.

Presented By: Rev. Stephan Kappler, Psy.D., C.Psych. R.Psych., Eran Talitman, Ph.D., and Rev. Francois Diouf, OSB, Ph.D.

### Presentation 2: A Catholic Approach to Mindful Spirituality

This presentation will explore how the Catholic faith and Church teachings intersect with mindful spiritual practices, providing a meaningful approach to mental health, wellness, and spirituality. You will learn how to cultivate a state of mindfulness that is rooted in the Catholic faith, and how to apply this approach in your daily life. The presentation will feature practical mindfulness experiences, such as a breathing exercise, and guided imagery. Our team of expert facilitators have a wealth of experience in both Catholic faith teachings, and mindfulness practices.

Presented By: Marc Simpson, BSW, MSW, RSW, Febe Aguirre, MEd, CSD, and Sr. Maria Clara Kreis, CDP, Ph.D.

### Facilitated Questions and Answers with Our Presenters

This will be an opportunity to ask our Southdown clinicians general questions related to mental health and wellness.