



Our Mission

Southdown provides preventative and restorative care using the integration of psychological, physical, and interpersonal practice with the wisdom of the Catholic spiritual tradition.

Our Vision

Healthy Individuals
Healthy Communities
Healthy Church



Southdown is located in Holland Landing, about one hour by car north of Toronto, Ontario. Our residential programs are housed in our award-winning, fully accessible facility, which provides 22 private bedrooms with ensuite, in a setting of natural beauty on 37 private acres.

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The Southdown Institute is fully accredited
by Accreditation Canada



Candidate and Clinical Assessments
Residential Treatment with Continuing Care
Renewal Programs
Individual Psychotherapy
Individual Spiritual Direction
Community Wellness Services
Consultation and Education



A Tradition of High-Quality Client-Focused Care

Since 1966, Southdown has been committed to clinical excellence in our programs and services. Our experienced multidisciplinary team of professionals is dedicated to helping our clients find healing and well-being.

Southdown offers both residential and outpatient treatment, and services to meet a variety of needs in a full continuum of care for ordained clergy, vowed religious, and lay pastoral ministers. Our programs and services include:

Assessment Services

All assessments are conducted in a welcoming, respectful, culturally sensitive, and collaborative manner, ensuring client confidentiality and privacy in accordance with all mandatory reporting obligations. In response to varying needs, we tailor each assessment to meet the specific needs of the referring entity.

Virtual assessments are provided to clients in California, Massachusetts, and all PSYPACT enacted states. Assessment services are available in English, French, and Spanish.



Candidate Assessment

Southdown offers a five-day multidisciplinary assessment designed for individuals who are discerning entry into the priesthood, vowed religious life, or diaconate.

Our comprehensive and integrated model of evaluation serves to underscore aspects of mature development, and offers confidential feedback and recommendations for both the individual and leadership.

Clinical Assessment

Southdown offers a five-day multidisciplinary assessment designed for ordained clergy, vowed religious, or lay pastoral ministers who may be experiencing symptoms of distress.

Our comprehensive and integrated model of assessment offers an in-depth diagnostic evaluation of the presenting issues, and assists the individual and leadership in creating and implementing a tailor-made plan to address concerns.

Consultation and Education

All workshops, presentations, and facilitation provided by our clinical professionals are tailored specifically to the needs of your team or group. Topics include:

- Team development
- Prevention and wellness education
- Conflict management
- Organizational transformation
- Leadership transitions
- Facilitation for communities or groups

Residential Treatment with Continuing Care

Our 14-week residential treatment with continuing care provides focused support and a holistic environment for ordained clergy, vowed religious, and lay pastoral ministers experiencing a range of mental health issues. The client's psychological, spiritual, physical, and medical functioning is addressed by our highly qualified clinical team, and treatment plans are tailored to the unique needs and capabilities of the individual. Each client is provided the opportunity to engage in various treatment modalities, recreational activities, prayer time, and community liturgies that foster both emotional and spiritual healing.

The continuing care program follows each discharged client for a total of 18 months at a level of care that correlates to the individual's discharge diagnosis and/or assessed level of vulnerability. This is a client-centred, phased, and interdisciplinary process that begins at the time of admission to the residential program, continuing throughout treatment, and the 18 months following treatment. Our monthly online *Connections* workshops are designed to support the gains made during residency.

Southdown Online

Southdown delivers tele-psychological services using a secure, encrypted video conference platform. Available tele-psychological services include candidate and clinical assessments, consultation and education services, and the Virtual Walk-In Clinic.