



## Education and Wellness Programs

### What people say about our programs

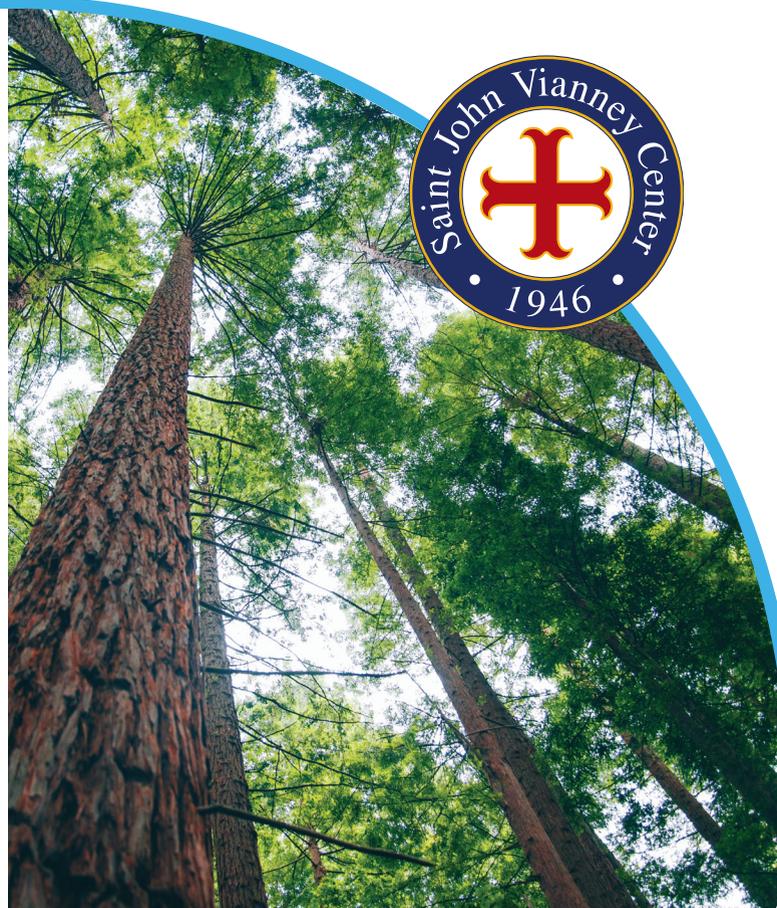
“Very helpful, practical, and productive.”

“You gave us valuable insight and recommendations for healthy and holy living.”

“The content was well received by our priests, generated much needed self-evaluation, and inspired thoughts for greater self-care and fraternity.”

“We appreciated learning there is much we can do to help ourselves to cope effectively with stress and anxiety in our busy roles.”

“Positive feedback continues to come in, you definitely made an impact on us.”



*Assessment, Treatment, and Resources  
for Clergy and Consecrated Men and  
Women Religious Worldwide*

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SJVCenter.org

“The heart of the intelligent acquires knowledge,  
and the ear of the wise seeks knowledge.”

**PROVERBS 1:5**



The Saint John Vianney Center provides professional speaking services for Clergy and Religious and those who minister to the Church. We integrate psychology, medicine, theology, and spirituality. Our content-rich programs provide healthy options to prevent pitfalls and offer guidance on how to get and stay healthy in mind, body, and spirit to live life to the fullest.

Our speakers are available for workshops, convocations, study days, chapters, assemblies, and more.

**To view our speaker network, visit our website: [sjvcenter.org](http://sjvcenter.org)**

*Here are examples of some of the topics that we offer. All of our programs are tailored to your needs.*

### **Resilience**

Discover ways to navigate through crisis, difficult events and life changing situations.

### **Anger**

Learn the role anger plays in our lives. Deal more effectively with others and live a healthier life.

### **Depression and Anxiety**

Explore strategies to manage symptoms and recognize when to seek assistance.

### **Difficult Personalities**

Learn to negotiate and set appropriate limits for the difficult people in your life.

### **Healthy Boundaries**

Find out how having healthy boundaries keep you on track and ensure the success of your mission.

### **Managing Stress**

Understand stress and how to manage it.

### **Conflict Resolution and Transition**

Learn to resolve conflict and transition through difficult situations in healthy ways.

### **Addiction and Compulsive Behaviors**

Gain insight into root causes, warning signs, and steps to take if someone is struggling. Intervention is also covered.

### **Grace-filled Aging**

Aging is viewed through the Gospel and culture. We examine healthy and unhealthy aspects, spiritual graces needed, and how loss and diminishment affect the community and the individual.



Call us to discuss details or learn more **888.993.8885**