



Our prevention, education, and wellness workshops are provided for leadership, presbyterates, communities, national assemblies, chapters, healthy parish life, and more.

Our experienced speakers include clinicians, clergy, women religious, men religious, and educators, all selected for their expertise, and warm and engaging styles.

Our content is drawn from a current, empirical knowledge base of research from the social sciences and designed through the lens of the Catholic faith.

Our goal is always prevention, to increase awareness, and to offer practical tips to live a healthy, happy, and holy life.

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.”



Education and Wellness Programs



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



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

PROVERBS 1:5

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



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 unique programs are tailored to meet the needs of your group.



Living a Healthy Lifestyle

Explore good self-care opportunities and how to live a healthy lifestyle in mind, body, and spirit in a fast-paced world.

Stress Management

Understand stress and how to manage it well.

Healthy Boundaries

Find out how having healthy boundaries keep you on track and ensure success in your ministry.

Conflict Resolution and Transforming Community

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.

Principles of Leadership

Explore the gifts and difficulties of being in a leadership role along with the learnable skills associated with effective leadership.

Loneliness and Isolation

Examine the causes, and how to cope and manage. Explore ways to incorporate better connections and strengthen relationships that are healthier and happier.

Grief and Loss

Gain insight on how everyone experiences grief and loss differently, healthy ways to process these experiences, and becoming open to the possibility where grief can turn to purpose and meaning, by God's grace.

Depression and Anxiety

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

Change and Transition

Discover the importance of processing together, the protective factors, and giving purpose to the journey.

Grace-Filled Aging

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

Soft Skills

Vital to one's success in a relationship, ministry, and in general, for navigating through life. This practical workshop provides the knowledge and interface to recognize, practice, and apply the attributes essential to be one's best self and succeed in one's life's work.

Compassion Fatigue and Burnout

Those who selflessly serve others in ministry are especially at risk and will benefit from a thorough understanding of these conditions. Differentiation of the two will be examined as well as the causes, symptoms, and management.

Resilience

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

Difficult Personalities

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

To learn more, visit our website sjvcenter.org or call us to discuss your needs at 888.993.8885.