



OUR CENTER

Our Center is physically located in newly renovated space on the 3rd floor of Cathedral House. Although the space is central to our mission, Center programs occur both on and off the Cathedral campus.

Come Join Us!

To get more information about our programs or if you would like to participate or volunteer, contact us:

[jaxcathedral.org/
center-for-wellbeing](http://jaxcathedral.org/center-for-wellbeing)

[Centerforwellbeing@
jaxcathedral.org](mailto:Centerforwellbeing@jaxcathedral.org)

904-356-5507

Welcome

In a world that often feels rushed and disconnected, it's easy to lose sight of what truly nurtures our minds, bodies, and spirits. The Center for Wellbeing at St. John's Cathedral offers a welcoming space where you can pause, reflect, and reconnect. Whether through spiritual counseling, yoga, meditation, support groups, or financial health guidance, our programs are designed to meet you where you are and help you move forward with strength and clarity. Here, you'll find not only resources but also a caring community ready to walk alongside you on your journey to wellbeing.

HOW TO Support the Center

SCAN THE QR CODE



OR VISIT:
[onrealm.org/jaxcathedral/give/
wellbeing](http://onrealm.org/jaxcathedral/give/wellbeing)

OR MAIL A CHECK TO:
St. John's Cathedral Center
for Wellbeing
256 East Church St.
Jacksonville, FL 32202

payable to St. John's Cathedral Center
for Wellbeing with the memo:
St. John's Cathedral Center for Wellbeing



SAINT JOHN'S
CATHEDRAL
EPISCOPAL DIOCESE OF FLORIDA
LOVE at the CORE.



THE CENTER FOR
Wellbeing
AT
ST. JOHN'S CATHEDRAL

Programs

1:1 COUNSELING - coaching for those interested in sustained positive behavior change. Through a strengths-based approach, the coach assists the client to identify core values, purpose, and their “why” for the desired change. Through unconditional positive regard, the coach will offer opportunities to cultivate intrinsic motivation, remove obstacles and create a strategic and personalized plan to achieve client goals.

SPIRITUAL DIRECTION offers compassionate listening to the presence of the Holy that moves within us. Honoring the unique mystery of each person’s spiritual life, a director offers hospitality and reflection.

CANCER SUPPORT GROUP offers safe spaces to explore emotions, feelings, and experiences associated with Cancer. Group participants are welcome to share and support one another during the various phases of the journey: diagnosis, treatment plans and recovery. We practice unconditional positive regard and talk about wherever the energy is for that person. Silence is just as valued as speaking.

Our group provides a confidential container to share with others that

either are currently in cancer treatment or have experienced cancer. We share relational issues and strategies to navigate work. Most importantly, though, is that this group provides wide shoulders to share the stress and anxiety associated with a cancer diagnosis. We are here for one another.

DIVORCE SUPPORT GROUP is a facilitated group that provides support for participants that are navigating divorce. Through intentional prompts, we explore emotions, feelings and behaviors often associated with divorce and family reorganization. Our divorce support group is an opportunity to learn from one another, consider new perspectives and behaviors that can support improved wellbeing.

GRIEF SUPPORT GROUP provides a compassionate, sacred space for individuals to share their experiences and find solace. Guided by an experienced facilitator, our sessions provide an opportunity to connect with others, engage in reflective practices, and draw strength from shared understanding. Together, we navigate the journey of grief, fostering healing and resilience within a supportive community.

CAREGIVER’S SUPPORT GROUP provides a sanctified space for individuals to gather in fellowship, offering solace and strength through shared experiences, mutual encouragement, and the collective wisdom of those walking similar paths. Through the comforting embrace of community, the group nourishes the spirit and fosters resilience in the face of the challenges inherent in caregiving.

AGE-ING TO SAGE-ING is a transformative class for older adults that draws inspiration from the masterpieces of renowned and emerging artists, using their works to ignite introspection and wisdom. Through the lens of art, participants embark on a journey to embrace their roles as sages, enriching their later years with purpose, insight, and creativity.

WALKING GROUPS are led by an experienced “walker” who will provide a brief orientation to walking towards health and socializing with those of like interest. Walks will vary in length from a “beginners walk” to more moderate walks around 3.5-4 miles and some extended walks for the experienced walker 7 miles and greater.

MEDITATION is a universal spiritual practice found at the core of all great religious traditions. Learn a silent meditation using a mantra, sacred word or phrase that leads us from the mind to the heart. In Meditation, we go beyond words, thoughts and images into the presence of God within.

CONTEMPLATIVE YOGA is a mindful practice that blends loving intention, gentle movement, and deep self-awareness, to foster balance resilience, and holistic wellbeing. Focusing on slow, intentional postures, breathwork, and meditation, it encourages practitioners to connect deeply with their body, mind and spirit. This practice emphasizes being present in the moment, fostering inner stillness and cultivating a sense of inner peace and clarity. All sessions end with extended rest meditations and are suitable for all levels of experience and ability.



Programs in Development

STRESS MANAGEMENT is a discussion of the impact stress has on our lives and techniques to help manage stress and some “practice”.

NUTRITION/HEALTHY DIETS is education around healthy nutrition and discussion on how to begin integrating healthy eating habits into our daily lives.

DEATH AND DYING is a program to explore mortality through spiritual perspectives, while enhancing end-of-life well-being through cross-cultural insights, compassionate communication, and personal reflection.

FINANCIAL WELLBEING FOR YOUNG ADULTS AND SENIORS.

