Diocese of Victoria
Pastoral Care Training Program
Winter 2026 Series

THE NINE PASTORAL CARE SESSIONS to be held via Zoom January 24 – March 28, 2026, 9:30 am – noon PST *(10:30am - 1pm Yukon time)* (No session on March 7)

Session 1 – Basics of Pastoral Care – January 24
This Diocesan Pastoral Care training program is educational with a supportive component. We will provide you with basic visiting skills to tend to the concerns of those most vulnerable in their rawness and vulnerability. We will offer you opportunities to join the conversations that will expose you to new ideas. You will learn more about Pastoral Care and how this act of love relates to social justice and is an inroad to the hearts and lives of others.

Session 2 – The Healing Ministry of Christ – January 31
The parable of the Good Samaritan is a reminder that practical compassion for those in need is at the heart of the Christian mission (Luke 10:30 – 37). When we visit the lonely, the ill, the elderly and the dying – in their homes, hospitals, and long-term care facilities - we are living out our baptismal identity nurtured by the love and the pastoral heart of Christ.

Session 3 – Active and Compassionate Living – February 7
Active and compassionate listening is one of the most important skills we can have. Learn skills that help to build trust and respect – whether you are a parish visitor or interested in this ministry, caring for family members, or just considering these sessions as a personal undertaking. You can help to create opportunities where compassion and understanding can flourish.

Session 4 – Elderly Isolation, Loneliness and the Journey with Dementia – February 14
Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Dementia is one of the most important issues we face as our population ages. This session will also touch on the importance of not forgetting the person behind these risks and the illness.

Session 5 – Palliative Care and the Healing Ministry for the Dying – February 21
Death is a universal human experience. Participants will hear about the foundational teachings for the ministry of care in our parish communities that are rooted in the teachings and example of Jesus. They will understand the experience of dying and death, the unique aspects of palliative care, and hear about *Horizons of Hope – A toolkit for Catholic Parishes on Palliative Care* (CCCB), and the personal exchange of gifts at the end of life.

Session 6 – The Grieving Process – February 28
Experiencing grief is a normal part of living, in our personal growth and in the way we grow in our faith. This workshop will identify the stages of grief and explore personal experiences with grief and loss. Grief reactions vary depending on whether a loss was anticipated or unexpected.

NO SESSION MARCH 7

Session 7 – Bereavement: Ministering to Families – March 14
Participants will experience storytelling and knowledge from a former hospital Coordinator of Pastoral/Spiritual Care and learn ways to help others such as children and teens, and how to connect and cope with their emotions. A focus is also on a somewhat forgotten area - loss of siblings.

Session 8 – Ministry of God's Presence and Compassion – March 21
Visiting the elderly, the homebound/shut-ins, the grieving, the sick and the dying reminds us that we have been called by God to be servants to those in need. In this session, we learn how to bring God's healing love and compassion to people by journeying with them. We also learn about visiting tools and tips for those sacred moments spent when accompanying parishioners just as God is 'with us' in Jesus Christ (Immanuel — Matthew 1:23).

Session 9 – Spouse Caregiving, and Healthy Boundaries & Self–Care – March 28
Sacrifices are significant in caring for a spouse. You will learn how to step forward to not just survive but thrive. Healthy boundaries are covered as well and how our own needs can influence our understanding as we help the people we visit in their walk with Christ. Even Jesus "often withdrew to lonely places and prayed" (Luke 5:16). Are boundaries selfish? When we exercise and eat healthily, we act as good stewards of the gifts God has given us—our bodies and minds, "God's workmanship, created in Christ Jesus to good works" (Eph. 2:10).

Participants who complete all sessions will receive a Certificate of Completion.
Missed sessions can be made up through at-home assignments or during future series