

Help through life's challenges

- Spiritual counsel
- Short-term counselling
- Referrals to other resources, agencies and programs
- Information about the many faith communities in the city
- Guidance regarding workplace issues – respectful workplace, workplace violence
- Support during times of serious illness, relationship challenges, or loss of a loved one
- Support during times of joy and celebration
- Critical Incident Stress Management (CISM)



John Dowds, City Chaplain

“Out of clutter, find simplicity.
From discord find harmony.
In the midst of difficulty, lies opportunity.”

Albert Einstein

For more information or to book an appointment, contact John Dowds:

Phone: 780 496-7863

Email: John.Dowds@edmonton.ca

Confidentiality is strictly maintained



City Chaplain

The City of Edmonton's Chaplain provides confidential support, counselling, information and spiritual guidance to City employees and their families.



John Dowds, City Chaplain

His background

John Dowds has extensive experience in the care and support of those going through crisis, stress and grief. His background includes education in grief counselling, crisis intervention and health and wellness promotion.

His affiliations

While John has his own personal religious affiliation, he is respectful of all spiritual perspectives. As a member of interfaith organizations within the city, he can provide information, guidance and referrals.

His role as Chaplain

As Chaplain, John provides support and information to City employees and their families during challenging times as well as during times of joy and celebration.

John has training in Critical Incident Stress Management (CISM). He shares in the coordination of the City's CISM teams and works with team members to provide supportive intervention following a traumatic event.



The Chaplain can provide:

A listening ear

Every now and then life's challenges can be overwhelming. Having a non-judgmental and understanding listener to talk with can help "lighten the load."

Support during times of serious illness, or loss of a loved one

When you or someone in your family is facing a serious illness or the loss of a loved one, the Chaplain is available to offer support, guidance and spiritual counsel in the workplace, hospital and home.

Another perspective

There are times when simply talking about ideas, issues or concerns can help provide a different perspective.

Spiritual counsel

The Chaplain is a knowledgeable resource for anyone interested in discussing spirituality and for those who may want to explore the spiritual part of their lives.

The resources to make life's joyous events memorable

Life's special events sometimes require a faith community leader to assist in the celebration. The Chaplain can provide information and referral to help you select the right person for the occasion.

Workplace crisis support and information

Workgroups are occasionally faced with the serious illness, injury or death of a co-worker. The Chaplain provides support to individuals and workgroups either in the workplace or offsite.