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HUMA 5105; April 2007; Dr. Paul Colilli, supervisor

### Abstract

#### Spirituality in Contemporary Culture and in Healthcare Practices

The Family Enrichment Centre is a non-profit centre that aims to offer a variety of counselling services to the Sudbury community. While the centre was founded out of the Catholic Church and was once known as a Catholic centre, it has now evolved into a faith-based institution. Although the centre is not defined in terms of religion, there is a strong value placed on the role that spirituality can play in healing. This paper explores the role spirituality plays in the counselling that happens at the centre, and explores the role spirituality plays in contemporary culture.