

Saturday, November 18, 2023  
9:00am to Noon

## Autumn Spirituality: Finding the Gold

Mark Mitchell LMFT,  
& Psychotherapist



There are many seasons to a person's life ~ spring, summer, autumn & winter. Regardless of what season you are in, finding 'autumn' can be a time of reflection on how to make your life different and more fulfilling. Join us in a nature mindfulness experience where you will find out what season you are in, the joy of letting go, harvesting, transition and transformation, and preparation into 'the next' season to find the golden colors and spiritual gold.

Mark Mitchell LMFT is educator, coach, and psychotherapist. He is adjunct faculty at the Center for Religion & Spirituality at Loyola Marymount University. Mark is a National Geographic Educator, former wilderness survival instructor, and amateur gardener. He consults for a variety organizations on mental wellness and team building, engagement, & performance.

Cost: \$40 per person

To register call José at (310) 377-4867 x250

or email him at [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org).

Please see website for Cancellation Policy.

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