

Saturday, June 22, 2024
9:00am to Noon

*The Nature of
Recovery
& Recovery in Nature*

Mark Mitchell LMFT,
Psychotherapist, adjunct faculty
at LMU & CSUDH.



This seminar will explore the nature of the Recovery process, the core elements of Recovery, and nature as a tool in recovery. Recovery can be from addiction, mental illness, or other afflictions. The core elements will be explored, how they might relate to the 12 steps, the nutrient cycle, and permaculture. Psychoeducation, art & discussion, journaling exercises, and spiritual meditation, will help strengthen the Recovery process.

Mark Mitchell, LMFT, has been a psychotherapist, coach, educator for over 40 years. He is the co-chair of the Behavioral Health Team of the Los Angeles Veterans Collaborative. He has been an adjunct faculty member at Loyola Marymount for over 15 years with a specialty in addiction studies. He is a certified National Geographic Educator, a former wilderness survival instructor/researcher, and a community gardener. He is known for his humor & hope ~ www.MarkMitchellHelps.com.

Cost: \$50 per person

To register call José at (310) 377-4867 x250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

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