



THE DOVE'S LESSON:

HOPE IN UNCERTAIN TIMES

HOSTED BY: MARK MITCHELL, LMFT

We are living in challenging times personally, socially, and politically. This 3-hour interactive workshop invites participants to explore the symbolism of the dove as a beacon of hope, peace, and resilience.

Through reflection, group discussions, creative exercises, and the spirituality and science of hope we'll uncover ways to cultivate hope and inner calm amidst uncertainty. Participants will leave with practical strategies to navigate life's challenges and a renewed sense of peace and purpose.

Mark Mitchell LMFT is a coach, therapist, and educator focusing on mental wellness, nature, and the sense of tribe. He is retired faculty from Loyola Marymount University's addiction studies program and the Center for Religion and Spirituality. He is a community gardener, a National Geographic educator, and former wilderness survival instructor. He provides coaching and in-services to a variety of organizations on mental wellness. He is known for his humor and practicality.



**REGISTER
ONLINE**



SATURDAY
JANUARY 18, 2025
9:00 AM - 12:00 PM
\$50 Per Person



Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275