

9:00 AM - 12:00 PM
FEBRUARY 7

ROOTED & RISING

A TREE OF LIFE JOURNEY THROUGH
FAMILY SPIRITUALITY

Hosted by:

Mark Mitchell, LMFT and Elsy Arevalo, M.A.

This workshop invites participants to reflect on their family story, honor its sacred roots, and explore how marriage, parenting, family bonds, and everyday life can become a spiritual path of healing, transformation, and joy.

Mark Mitchell, LMFT, husband, family therapist, coach, educator, & retired faculty from LMU.

Elsy Arevalo, M.A., mother/wife, spiritual director, assistant director for the Center for Religion & Spirituality at Loyola Marymount University, where she heads the Family Spirituality course & the Ministries in Spanish certification program.



SATURDAY,
FEB 7, 2026

9:00 AM - 12:00 PM
\$50 Per Person

REGISTER
ONLINE



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