

Design for Living 2026

with Herb Kaighan & Jo Brooks



3-Day In-Person Retreat

Step away from the noise for a few days and come back to yourself. This retreat is a gentle, practical reset – for your nervous system, your relationships, and your sense of direction.

Over the weekend we'll guide you through a grounded recovery process and teach emotional sobriety: simple tools to regulate, respond rather than react, and work through resentment, fear, and overwhelm.



June 19 - 21 2026

Fri 6pm - Sun 1:30pm

Cost per person

Single Room: \$ 545*

Double Room: \$ 425*

Commuter: \$ 295*



**REGISTER
ONLINE**



Register online or contact Jose at +1 310 377 4867
jsalas@maryjoseph.org

*all meals included

Location:

MARY & JOSEPH RETREAT CENTER

5300 Crest Road

Rancho Palos Verdes, CA 90275

We are people
who believe true
change is possible!

Jo Brooks
www.bigbookworkshop.com

Herb Kaighan
www.herbk.com

About Herb

Herb Kaighan is a respected 12-Step teacher focused on practical recovery, emotional sobriety, and the day-to-day skills that help people live freer. Sober since February 21, 1984, Herb teaches a precise, Big Book-grounded application of the Twelve Steps that supports a radical change in how we think, feel, and behave – helping people identify the sources of chronic unhappiness and reduce suffering.



About Jo

Jo Brooks is a recovery coach and facilitator from Australia who blends deep recovery wisdom with practical, evidence-informed tools (CBT, trauma- and ADHD-informed strategies, mindfulness) to turn big ideas into small, doable actions. She has been an active participant in the 12-Step community for over 30 years and continues to facilitate online recovery-based workshops on living with ADHD, grief, anxiety, and building healthier, more connected relationships.



Jo and Herb are both passionate about making 12-Step recovery real and usable for everyone. They have been working together for almost 20 years.

Together we'll be learning simple, usable methods to stay steady through life's ups and downs and how to respond rather than react. We'll unpack the 12-Steps and show how each Step can shift our thinking, our relationships, and our daily experience of a life worth living.

Ready for a deeper experience of the 12-Steps?

Register for 2026. If your heart is craving a reset, give yourself this gift – reserve your place today.

Spaces are limited – secure your spot now and join Jo & Herb for a weekend of recovery. A time to reset, reconnect, and return to what matters.

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