



RETIREMENT *Safe & Soulful*



HOSTED BY: MARK MITCHELL, LMFT

Retirement can open the door to a new and meaningful season of life, but it can also bring questions, uncertainty, and unexpected challenges.

This workshop will help you reflect on your retirement journey with greater safety, purpose, and soulfulness.

Together, we will explore the four phases of retirement, the four dangers of retirement, and how you can continue to “fall upward” in your spirituality regardless of what your retirement dream may look like.

This workshop is ideal for anyone who is thinking about retirement, preparing for it, or already living in retirement and seeking a deeper sense of meaning and spiritual growth.

Mark Mitchell has been a coach, psychotherapist, and educator for over 40 years.

Visit www.MarkMitchellhelps.com

SATURDAY

June 13, 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

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