

VANCOUVER

Ecopsychology topic of 'Mental Health Monday'

Fostering a connection with the outdoors is not only good for the environment, it's good for mental health.

Personal sustainability will be the focus of Clark College's "Mental Health Monday" event at 1 p.m. in the Penguin Student Lounge, 1933 Fort Vancouver Way. The guest speaker will be Thomas Doherty of Lewis and Clark College.

Doherty is editor in chief of "Ecopsychology," a new quarterly journal.