



# November

## Sensory Processing, Holidays

Join us for **FREE**  
Workshops and Events  
Kids | Teens | Adults

**RSVP at [bit.ly/bbsdevents](https://bit.ly/bbsdevents)**

**Through Dec 21:** **Food Drive with The Jacobs & Cushman San Diego Food Bank**  
(in-person or virtual) We invite you to support our community in need by DONATING non-perishable items. DROP-OFF your generous DONATIONS during normal business hours at each respective Brain Balance of Greater San Diego center.

Virtual Donations accepted: [bit.ly/bbsdfooddrive](https://bit.ly/bbsdfooddrive)

**Nov 1-3:** **Halloween Candy Buy-Back**  
(in-person) As part of the Teal Pumpkin Project, we are offering families a safe & inclusive opportunity to participate in a Candy Buy-Back event. Kids can bring in their candy & exchange it for fun toys, activities, & gift cards.

**Nov 17:** **The Brain & Sensory Processing**  
(virtual) Learn why a properly functioning sensory system is important not only for learning but for functioning at peak performance in your home, social, and professional life. Explore how strengthening the connections between different brain regions can help reduce these symptoms and how the Brain Balance program can be a part of the solution. All registrants will receive a free resource guide!