

## San Diego Public Library: Adult Workshop Series

**Anxiety:** 1 in 3 people experience anxiety at some point in their lives and it is the most common psychiatric condition in youth. Understand what's really happening in the brain to cause low frustration tolerance, emotional dysregulation, rigidity, aggression, and excessive worry and fear and practice ways to manage.

Feb 26 4:30pm Logan Heights

Feb 26 6:30pm Mira Mesa

Mar 11 6:00pm Carmel Mountain Ranch

Apr 15 6:00pm College-Rolando

Apr 17 1:00pm San Ysidro

May 6 6:30pm Mission Hills-Hillcrest/Knox

May 7 6:00pm North Park

May 17 1:00pm Pacific Beach/Taylor

May 20 6:30pm Ocean Beach

**Brain and Body Strong:** Participate in a group brain training class to enhance your motor skills, balance, coordination, processing skills, and cognition and take away healthy nutrition tips to feel your best. The program can be adapted for any age and ability.

Jan 12 11:00am Ocean Beach

Feb 2 3:30pm Mira Mesa (kids)

Feb 21 10:00am Otay Mesa

Mar 6 10:00am Paradise Hills

Mar 13 10:30am Oak Park

Mar 13 1:00pm San Ysidro

Mar 14 11:30am Serra Mesa

Mar 20 11:00am Rancho Bernardo

Apr 8 6:00pm Carmel Mountain Ranch

Apr 11 12:00pm Mt. View/Beckworth

Apr 18 1:00pm City Heights/Weingart

May 15 1:00pm San Ysidro

**Brain Health:** Have you heard of neuroplasticity, right? Understand what happens to our brain and bodies as we age and take away best practices to improve brain health including enhancing your cognitive, physical, social, and emotional wellbeing.

Feb 20 2:00pm Kensington-Normal Heights

Mar 7 1:00pm City Heights/Weingart

Apr 16 2:00 Kensington-Normal Heights

Apr 19 2:00pm North University Community

May 3 11:45am Carmel Valley

May 9 1:00pm Scripps Miramar Ranch

May 29 11:00am Valencia Park/Malcom X

### ADHD/Attention and Focus

Mar 18 6:00pm University Heights

### Neurodiversity 101

Mar 7 11:00am Tierrasanta

May 21 2:00pm Kensington-Normal Heights

### Sensory Processing Struggles

Mar 4 6:00pm College-Rolando

Mar 19 2:00pm Kensington-Normal Heights

### Diversity, Equity, Inclusion, and Belonging and Neurodiversity

Apr 22 6:00pm University Heights