



Anxiety Workshop

Monday, February 26 • 6:30 p.m.—7:30 p.m.

• Mira Mesa Community Room

One in three 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, excessive worry and fear, and practice ways to manage anxiety in your life.

This program is for emerging adults, adults, and seniors.



**Patrons of all
abilities are
welcome.**



Mira Mesa Branch Library

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