

mental  
health



# Anxiety Workshop

Presented by Brain Balance

Monday, 5/6/24 • 6:30 pm • 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, and excessive worry and fear, and practice ways to manage anxiety.

This program, which is geared toward adults, is presented by Brain Balance. Brain Balance Achievement Centers offer a personalized, drug-free program designed to improve focus, behavior, social skills, anxiety, and academic performance.



**Mission Hills-Hillcrest/Knox Branch Library**

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