Creativity & Mental Health

Free Workshop

Thursday
August 23 • 6:30 p.m.
1st floor, Mary Hollis
Conference Center

San Diego has a robust creative community full of writers, artists, and musicians. Join Rachel Moore, a licensed marriage & family therapist, and learn why creativity is important to mental health and how to nurture the artist, writer, or musician within. Discover ways to overcome creative blocks and foster self-expression. Have fun with other like-minded people in a supportive environment.

San Diego Central Library
@ Joan Λ Irwin Jacobs Common
330 Park Blvd, 92101 • 619-236-5800

FRIENDS OF THE CENTRAL LIBRARY

SD