



Chula Vista Elementary School District

Join the fun at CVESD University!

Exciting opportunities await families in the 2025-26 school year with CVESD University, our ongoing series of informative workshops. This year, we're thrilled to partner with Brain Balance San Diego to bring you valuable insights and practical strategies. All workshops will be held at the district office, located at 84 East J Street in Chula Vista. Light refreshments and childcare will be provided.

2025-26 School Year Schedule:

Executive Functioning

Thursday, August 21, 9–10 a.m.

Executive function skills are necessary to succeed day-to-day, from decision-making to problem solving to time management to motivation and even regulation. Understand how to develop these skills to reach your potential at home, in the classroom, or in the workplace.

Anxiety

Thursday, October 30, 4–5 p.m.

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.

Sensory Processing Struggles

Thursday, December 2, 9–10 a.m.

We all receive information in and around us through our senses. Examine different symptoms and challenges for those struggling with sensory processing integration and why a properly functioning sensory system is important for learning, socialization, and behavior.

Managing Meltdowns and Behaviors

Tuesday, February 17, 4–5 p.m.

Discover why some children are more prone to meltdowns and defiant behaviors than others. Take away best practices to increase positive behaviors, reduce defiant or disruptive behaviors, and prevent and manage meltdowns.

The Developing Brain and Learning Success

Thursday, April 16, 9–10 a.m.

Understand your student's unique developing brain and explore techniques to help all learners reach their potential in and out of the classroom, including better focus, behavior, social skills, executive functioning, and more.

**For more information contact
commsoffice@cvesd.org.**

Learn more at cvesd.org



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