



THE CITY OF SAN DIEGO
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San Diego Public Library

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“Mother/ Daughter Duets: Relationships in Counterpoint” Workshop *Complimentary workshop to focus on the relationships between mothers and their adult daughters*

SAN DIEGO – The San Diego Public Library will host a workshop by authors Jennifer Rosvally, LCSW, and Shura Saul, Ed.D., LCSW. The mother and daughter team collaborated to write *“Mother/Daughter Duets: Relationships in Counterpart”* and offers workshops that spotlight the dynamics of adult mother/daughter interactions, especially highlighting the changes that occur during maturation. The FREE workshop will take place from 6:30 to 8 p.m. on Wednesday, January 23 in the 2nd floor meeting room of the Central Library, located at 820 E Street in downtown San Diego.

To authenticate the perspectives of “Duets,” the authors sought the views of more than sixty women--twenty of them representing the voices of the rarely heard older mothers--and combined the first person presentations with their own commentaries and workbook exercises. The universality of the mother/daughter experience speaks for itself in these non-judgmental and descriptive stories.

The authors hope that the poetry, journaling, story telling, anecdotes, illustrations and cartoons as well as the exercises, will be avenues through which the participants may explore her own views and perspectives toward deepening their insights and self-understanding. During the workshop, attendees are encouraged to use their own style and creativity for problem solving, coping with challenges, and furthering inner peace.

Jennifer Rosvally, the team’s adult daughter, is a working mother of three teenage children. She is also a musician, singer, poet, and artist in addition to her full time parenting and practice in psychotherapy. Shura Saul, mother of three and active grandmother of eight, is an author, poet, college professor and social worker. Dr. Saul is one of the pioneers in the field of gerontology, where for over 50 years she worked with elders and taught about aging long before it was

generally accepted as a field of study.

Learn about other events at the San Diego Public Library's Central Library and 35 branches, find links to numerous additional resources, or search for materials in the Library's catalog online at www.sandiegolibrary.org.

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