



PRESS RELEASE

FOR IMMEDIATE RELEASE

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PLEASANTON CONTINUES FREE COMMUNITY EDUCATION SERIES

The Mind of Your 21st Century Teen

Pleasanton, CA— The City of Pleasanton's FREE Community Education Series begins the winter schedule with *The Mind of Your 21st Century Teen*, a workshop on teen mental wellness. Dr. Robert Field, Ph.D. will present on Wednesday, January 27, 2016 from 7:00 to 8:30PM at the Pleasanton Public Library, located at 400 Old Bernal Ave.

This workshop is hosted by Amador Valley High School DECA students as part of their campaign: *Time to Talk: Teen Mental Wellness*. This workshop will provide information for parents and those in the community who interact closely with teens about the importance of teen mental wellness. Families will discover the mental and emotional challenges that teens face every day and the resources available to support them. Dr. Field will also help parents and students define healthy versus unhealthy behaviors and what to do when you see them in teens.

The event is FREE and registration is recommended. Go to pleasantonfun.com and enter course code #61601.

Time to Talk: Teen Mental Wellness Campaign – The goal of the campaign is to create awareness and educate the community about teen mental wellness and provide resources to teens and their families. It is equally important to talk about the whole teen and everything that can have an impact on mental health - from academic stress, peer pressure, social media to mental illness.

To learn more about the Time to Talk Campaign, visit:

<https://www.facebook.com/timetotalk2016/?fref=nf>
<https://twitter.com/TimeToTalk2016>

Dr. Field has provided assessment and treatment to children, adolescents, adults, and families since 1979. He received his Ph.D. from the California School of Professional Psychology specializing in clinical care of children and adolescents. Dr. Field is the Founder and Executive Director of Quest Therapeutic Camps (www.questcamps.com).

DECA - Prepares emerging leaders and entrepreneurs in marketing, finance, hospitality and management in high schools and colleges around the globe. *AVHS DECA* provides a unique learning and social experience that no other organization on campus can claim to match. They connect classroom education to the real world by taking an interactive hands-on approach! Amador Valley DECA has recently been named the most successful chapter in California, due to members' competitive achievements. (www.avhsdeca.com)

The Community Education Series was developed by the Community Services staff in conjunction with the Pleasanton Youth Commission to meet the goals of the Youth Master Plan.

For more information, please email info@ptownlife.org or call 925.931.5359.

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