



PRESS RELEASE

FOR IMMEDIATE RELEASE

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COMMUNITY EDUCATION SERIES CONTINUES WITH PARENTING EXPERT RACHEL SKLAR

Parenting with Mindfulness

Pleasanton, CA— The City of Pleasanton's FREE Community Education Series continues with *Parenting with Mindfulness* presented by Rachel Sklar on Wed., March 16, 2016 from 7:00 to 8:30 p.m. at the Pleasanton Public Library, located at 400 Old Bernal Ave.

Sklar will discuss effective techniques for decreasing stress and increasing your ability to face difficult parenting moments with pride. Parents will discover fast and easy steps for parenting in the moment. Sklar will demonstrate how to put your relationship with your child at the forefront of your decision making and discipline.

Dynamic speaker and parenting expert, Rachel Sklar is one of the Bay Area's most valuable resources for parents who long for an easier life with kids. Sklar is the founder of the parent coaching practice, ViaParenting and creator of the CD "**Rock Your Inner Mama: Guided Visualizations for Mindful Parenting.**" Through her signature programs, such as "**From Chaos to Tranquility in the Preschool Years**" and "**From Sibling Rivalry to Sibling Revelry,**" she has impacted the lives of countless families. Rachel's approach to parenting is heart-centered, no-nonsense and fully customizable to the individual strengths and challenges of every family. To learn more about Rachel's coaching services, visit her at www.viaparenting.com.

The event is FREE and registration is recommended. Go to pleasantonfun.com and enter course code #61605.

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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