



PRESS RELEASE

FOR IMMEDIATE RELEASE

February 12, 2016

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COMMUNITY EDUCATION WORKSHOPS FOR FEBRUARY

Two Workshops Will be Held on February 24th

Pleasanton, CA— The City of Pleasanton’s FREE Community Education Series continues on **Wednesday, February 24, 2016** with two special events. **“Real Friends vs. The Other Kind”** is a student workshop geared towards middle schoolers and will be held from 4:00pm to 5:00pm. **“Connecting for Family Time in the Digital Age”** is a parent workshop held from 7:00pm to 8:30pm. Both events will take place in the large meeting room of the Pleasanton Public Library at 400 Old Bernal Avenue.

Real Friends vs. The Other Kind 4:00pm to 5:00pm

Students are invited to spend an hour with Annie Fox, M.Ed. the author of the Middle School Confidential Book series. Fox will guide students through the ups and downs of friendships. Students will learn everyday ways to de-stress and gather tools to figure out if someone is a real friend. This event is free and registration is recommended at pleasantonfun.com, course number **61603** (students only please).

Connecting for Family Time in the Digital Age 7:00pm to 8:30pm

Parents will discover practical tools for establishing “unplugged” family time and gather valuable ideas for what to do when you have your children’s undivided attention. Fox will help you gain appreciation for the pressure your kids face to use social media and explore the benefits of being online. This event is also free and registration is recommended at pleasantonfun.com, course number **61604**.

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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