



Lambton Public Health
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NEWS RELEASE

For Immediate Release

'Girl Talk' For Parents and Daughters Wednesday, May 8, 2019

Point Edward, ON - Lambton Public Health will offer ***Girl Talk*** presentations, an ice-breaker for parents and their daughters in grades 5 and 6 to discuss changes including puberty and menstruation.

"Many parents find the subject of menstruation and sexual health difficult to talk about," says Barrie Anne Rayworth-Wilson, Public Health Nurse with Lambton Public Health. "Girl Talk provides an opportunity to begin, and maintain an open dialogue between parents and daughters as their bodies begin to grow and change."

The goals of **Girl Talk** are:

- Make young females more aware of their changing bodies
- Help them prepare for the onset of menstruation
- Help parents feel more comfortable discussing delicate issues with their children

Four (4) sessions will be held across Lambton County. Presentations are 6:30 p.m.-8:30 p.m.

- **Forest**
North Lambton Community Health Centre (Crozier Hall), 59 King St., Forest
Wednesday, June 12, 2019
- **Petrolia**
Lambton Meadowview Villa (auditorium), 3958 Petrolia Line, Petrolia
Thursday, June 13, 2019
- **Sarnia**
Sarnia Library (West Room), 124 Christina St. S., Sarnia
Monday, June 17, 2019
Tuesday, June 18, 2019

Parents **must** register. Register online at <https://girltalk2019.eventbrite.ca> or call 519-383-8331 or toll free 1-800-667-1839.

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Please contact:

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