



**Lambton Public Health**  
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## **NEWS RELEASE**

For Immediate Release

### **'Girl Talk' For Parents and Daughters**

Wednesday, April 20, 2016

**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 scheduled for 6:30 p.m.-8:30 p.m.

North Lambton Community Health Centre (Crozier Hall), 59 King St., Forest.

- Wednesday, **June 8**, 2016

Lambton Meadowview Villa (Auditorium), 3958 Petrolia Line, Petrolia.

- Thursday, **June 9**, 2016

Sarnia Library (West Room), 124 Christina St. S., Sarnia

- Tuesday, **June 14**, 2016
- Thursday, **June 16**, 2016

Parents **must** register. For information, or to register, call 519-383-8331 ext. 3557, or toll-free 1-800-667-1839.

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**Please contact:**

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