



**Lambton Public Health**  
160 Exmouth Street  
Point Edward, ON N7T 7Z6

Telephone: 519-383-8331  
Toll-free: 1-800-667-1839  
Fax: 519-383-7092  
[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)

## **NEWS RELEASE**

For Immediate Release

### **'Girl Talk' For Parents and Daughters** Wednesday, May 3, 2017

**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 - 8:30 p.m.

- **Petrolia**  
Lambton Meadowview Villa (auditorium), 3958 Petrolia Line, Petrolia  
**Wednesday, June 7, 2017**
- **Forest**  
North Lambton Community Health Centre (Crozier Hall), 59 King St., Forest  
**Tuesday, June 13, 2017**
- **Sarnia**  
Sarnia Library (West Room), 124 Christina St. S., Sarnia  
**Thursday, June 15, 2017**  
**Monday, June 19, 2017**

Parents **must** register. For information, or to register, call 519-383-8331 ext. 3526, or toll-free 1-800-667-1839.

-30-

**Please contact:**

**Barrie Anne Rayworth-Wilson**  
Public Health Nurse  
County of Lambton  
519-383-8331 ext. 3596  
[barrieanne.rayworth-wilson@county-lambton.on.ca](mailto:barrieanne.rayworth-wilson@county-lambton.on.ca)