



Lambton Public Health
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NEWS RELEASE

For Immediate Release

'Girl Talk' For Parents and Daughters

Wednesday, May 2, 2018

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 at Lambton Public Health. “Girl Talk provides an opportunity to begin, and maintain, 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.

- **Petrolia**
Monday, June 4, 2018
Lambton Meadowview Villa (auditorium), 3958 Petrolia Line, Petrolia
- **Forest**
Tuesday, June 5, 2018
North Lambton Community Health Centre (Crozier Hall), 59 King St. W., Forest
- **Sarnia**
Wednesday, June 13, 2018 **and** Thursday, June 14, 2018
Sarnia Library (West Room), 124 Christina St. S., Sarnia

Seating is limited. Parents **must** register online at www.lambtonhealth.on.ca or call 519-383-8331 ext. 3549, toll-free 1-800-667-1839.

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Please contact:

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