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## News Release

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FOR IMMEDIATE RELEASE  
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# Taking the Stress Out of “The Talk”

**Gabriola Island, British Columbia** – It’s a talk that parents and caregivers dread. “Where do babies come from?” Many used to rely entirely on “The Talk” at school to provide information on sexuality to their children, but it’s becoming increasingly clear that more information is needed. Many parents and caregivers are at a loss when looking for the right information. It doesn’t have to be that way. The right information is out there. On August 5, 2010 at The Haven on Gabriola Island, Options for Sexual Health BC, (formerly Planned Parenthood), is holding an afternoon program called “Are You an Askable Adult/Parent?” from 3-6pm.

This 3-hour interactive program will fill in the gaps left out by traditional sex education. It’s not like it used to be. It’s not just about the birds and bees, and the biological mechanism of procreation any more. There are many facets of sexuality and sexual health that need to be addressed with our children. Things like STDs, feelings and emotions, openness in the family, pregnancy, and the kind of information that must come from the family. This seminar will help you gain the confidence and knowledge to help responsibly educate your children about many facets of sexuality, not just anatomy.

You’ll also learn when it’s appropriate to talk to children about sexuality, at any age. Don’t let the “Teachable Moments” slip away.

The seminar will be held at the Wong and McKeen Phoenix Auditorium August 5, 2010, 3-6pm and admission is by donation, (\$10 is suggested). If you would like more information about this seminar, please contact Elfi Dillon-Shaw at 250 616 8175 or [elfi@haven.ca](mailto:elfi@haven.ca)

Since 1983, The Haven has offered experiential programs for personal and professional growth and development, emphasizing self-responsibility, effective communication, healthy relationships, creative expression and integration of body-mind-spirit. Haven programs help people live their lives more fully and with deeper awareness of themselves and others. A not for profit charitable organization, The Haven is located on Gabriola Island, BC, Canada.

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