

The Parent Advisory Council (PAC) of the
North Seattle Community College Co-operative Preschools
invites you to a lecture and discussion

BIRDS + BEES + KIDS



Amy Lang The Facts By Five

- Why you should talk to your kids sooner than you think
- What to say, when and how to say it
- Values exploration
- Exploration of concerns about talking with children about sex

Wednesday, March 5, 2008 7-9 pm
Faith Lutheran Church – Social Hall
8208 18th Avenue NE, Seattle, WA 98115

This lecture is free and open to the public.

There will be a **Bake Sale to benefit the Val Donato Award** for Parent Education.

No RSVP is required. For more information please call (206) 369-0116

Amy Lang has a long history providing sexual health education, primarily as a volunteer, for several non-profit organizations in the Seattle area. She has worked directly with patients and is a registered HIV counselor. Ms. Lang has a Masters degree in Applied Behavioral Science from Bastyr University/Leadership Institute of Seattle and is specifically trained in adult education, training and personal coaching.

Ms. Lang started Birds + Bees+ Kids, www.birdsandbeesandkids.com, to help parents become informed, confident and comfortable talking to their children of any age about sex, love and relationships. She provides parents and caregivers with an environment that encourages them to explore their personal values about sex, love and relationships and then decide what is right for their family based on their values.

Ms. Lang lives in Seattle and has been married for over a dozen years. She and her husband have a seven year old boy who keeps them on their toes playing pirates, digging and answering questions like "How long do you have to lie like that?" when they talk about how babies are made.