

Equilibrium— a new support group begins here next week

Residents suffering from depression or bipolar disorder, now have a new resource to turn to for help.

Starting on Wednesday (Jan. 26), Equilibrium opens a new chapter in Georgetown, meeting on the fourth Wednesday of each month (Sept. to June) at the Norval United Church. Doors open at 7 p.m. with the meeting beginning at 7:30 p.m.

Equilibrium is a support group for those affected by depression and bipolar disorder. Founded in 1991 in Oakville, it is a peer support group for individuals and their families who are affected by a mood disorder.

Equilibrium—Georgetown's focus— *wellness through education and sharing*— is accomplished through monthly meetings with guest speakers or informational videos, followed by sharing meetings. Attendees split into three groups: those affected by depression; those affected by bipolar disorder; and family members or friends. Everything said of a personal nature is confidential and remains so.

There is no cost to attend meetings, but operating costs are covered by donations at meetings.

According to the American Psychiatric Association, major depression is defined as a disorder with signs and symptoms that interfere with a person's

ability to function in their daily life. Some of these symptoms include:

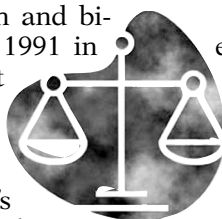
- a loss of interest in the activities of daily living
- changes in appetite that may lead to weight loss or gain
- a persistently depressed, anxious or empty mood, which may sometimes be accompanied by feelings of worthlessness or inappropriate guilt or suicidal thoughts

- difficulty with sleep, appetite, energy and motivation
- trouble concentrating or making decisions

Bipolar disorder is a mood disorder in which a person may experience (usually at different times) periods of depression alternating with episodes of euphoria or elation. This illness is also known as manic depressive disorder. Some of the characteristic symptoms include:

- an abnormally elevated or euphoric mood lasting for at least one week
- a decreased need for sleep often accompanied by increased over-activity
- racing thoughts and rapid speech
- inflated self-esteem, grandiose ideas which may result in poor judgment and reckless or risk-taking behaviors

For more information about Equilibrium call the Cdn Mental Health Association, 1-877-693-4270 or email georgetown@equilibrium-oakville.com



Come
visit our brand new
facility

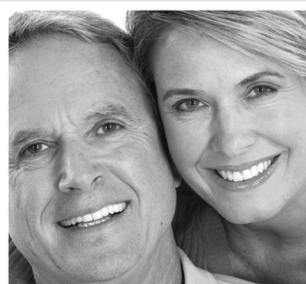
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PUBLIC MEETING JANUARY 24, 2011 AT 6:30 PM

REQUEST TO TOWN COUNCIL FOR FINANCIAL SUPPORT OF \$4.546 M FOR THE PROPOSED GEORGETOWN HOSPITAL EXPANSION

ALL ARE WELCOME TO ATTEND

Council is inviting those who wish to comment on the hospital request for financial support from the Town in the amount of \$4.546 million, for the proposed Georgetown Hospital expansion to accommodate a CT Scanner and improve the Emergency Area, to attend its Public Meeting to be held on **Monday, January 24, 2011 at 6:30 p.m.**, Council Chambers, Town of Halton Hills, 1 Halton Hills Drive.

Those intending to come do NOT need to register to speak. However, in order for Council to accommodate all citizens wishing to attend, confirmation in advance of your attendance with the Town Clerk's Office: Renée Brown, 905-873-2601, ext. 2333 or by e-mail at reeneb@haltonhills.ca would be appreciated.

IF YOU ARE UNABLE TO ATTEND – YOU CAN STILL COMMENT

Council welcomes citizens who are unable to attend the Public Meeting to submit your comments in writing to the attention of the Town Clerk, Town of Halton Hills 1 Halton Hills Drive, Halton Hills, ON L7G 5G2

- OR -

All citizens also have the opportunity to submit comments electronically by the visiting the Town's website <http://www.haltonhills.ca/publicmeetings/georgetownhospital.php>

WHERE CAN I FIND OUT MORE??

To view the presentation made by Halton Healthcare regarding the Capital Plan for the Georgetown Hospital, and the proposed Municipal Share request of \$4.546 million, please visit the Town's website at: www.haltonhills.ca