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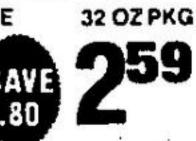
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575 g (24 OZ) LOAF made with 100 pure veg short 675 g(24 oz)

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2.5kg bag **OUR REQULAR PRICE 3.15**



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ASST VARIETIES **Lancia Pastas**

OUR REGULAR PRICE 1.65



397 g CAKE

FROZEN, "GOOD 'N MOIST" Sara Lee

Cakes **OUR REGULAR PRICE 1.89**

QUICK COOKING 1.35 kg OR 1 MIN 1.25 kg **Ouaker Oats**

PURE GRAPE JAM OR Welch's Jelly Choco Chip Cookies 900 g tin tie 2.49

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> SAVE .86 400 g tin tie bag **OUR REGULAR PRICE 2.15**

2 LITRE CTN SILVERWOOD, ASST FLAVOURS **Canadian Deluxe** Ice Cream

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...3

You and your

by Theresa Paleme Halton Children's Aid Society

The author of You and

Your Child has recently

become aware of a service that can be a great help to many parents in the Halton Region. This service is Parents Anonymous Parental Services All parents have days when they feel that their kids are just going to drive them and parents handle these days better than others. For the parent who feels that he can no longer cope with a situation, there is Parental Stress Services, a 24 hours a day, seven days a week, telephone manned by trained volunteers parents handle effections that can often result in the abuse or neglect of a child.

a strictly This is confidential service that exists to befriend parents, to listen and care, and support in threatening way. The volunteers manning the hotline help parents to find new and more effective ways to perform the endless and often thankless job of parenting, and also try to help baffled parents understand children without making them feel stupid for not having understood in the first place.

Beside the hotline, Parental Stress Seroffers weekly vices Anonymous group meetings where parents CAN experiences private, informal atmosphere, and referral services to help parents appropriate community resources to meet their specific needs. Their volunteers also do limited outreach by making visits to parents to help them deal more constructively with a crisis or stressful situation.

Parents Anonymous Parental Services is run mainly by volunteers who understand the joys and frustrations of being a parent, and who are parenting models for the people using their service. The phone numbers for the hotline are 527-5717, 632-7976, and 844-7234. Anyone who would like to become a volunteer for Anonymou-Parents s Parental can call Services Brown. Bonnie Executive Director, at 637-9773.

I have often heard it said (and do believe) that being a good parent is the most difficult job in the world, but it is the only one for which a college degree is not required. Parents needing help should not healtate to call one of the Parental Stress Services hotline numbers.

Anyone who would like to see his questions answered in this column can send them to "You and Your Child," c o Halton Children's Aid Society, 467 Speers Road, Oakville, Ontario Lok 354.

Katimavik.. (Continued from

page Bio) Developing bilingualism is another important component of the national program, says Miss La Fleur who arrived in April speaking very limited English. Describing

program and dedication to self-sufficiency and group learning in fluent English, Miss La Fleur says the Quebec portion of the experience will provide an opportunity for the anglophones who make up two-thirds of the group to develop French language skills the way Quebecots have during the Ontario stop-

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