## Personalized licence plates ideal gift

What do you give the person who has everything this Christmas season? Personalized licence plates may be the answer to your shopping dilemma.

If so, the Ministry of Transportation reminds you that the best time to order is now.

Personalized licence plates must have been ordered by October 31, 1991 to be ready for holiday gift-giving. Cost is \$106.30 per set (this includes GST). If you miss the October 31 deadline, the ministry will provide a special envelope to enclose your cheque for the licence plate. Recipients can then go to their local licence issuing office and choose what they want on their plates. The

cheque holders are free and available at all licence issuing offices across the province.

Personalized plates may have from two to six characters made up of any combination of letters and up to two numerals. Combinations which have already been chosen or are deemed to be in questionable taste are excluded.

First introduced in July 1983, personalized plates have become popular gifts. To date, more than 270,000 have been issued. It's important to place your order by the deadline date as it takes six to eight weeks for preparation and delivery.

For full details, contact your local licence issuing office.

### Suicide Awareness presentation available

Only qualified mental health professionals should attempt to intervene in a potential suicide situation, right? Not necessarily, according to the Canadian Mental Health Association (CMHA), Halton Region Branch.

CMHA has a Youth Suicide Awareness presentation available to the community which was prepared by its National Division. The presentation is equally relevant to all age groups.

The intent of the presentation is to increase the awareness of suicide through the provision of information and knowledge to the general public.

Ordinary people can - and should - be informed as to the common clues that usually precede a suicide situation. Only when armed with this knowledge, will people be able to help.

Like weather conditions that forecast an approaching storm, warning signs indicate the possibility of suicidal behavior. Some warning signs - like storm clouds - are more obvious than others. Others are like barometric pressure and communicate the possibility more indirectly.

Everyone knows how difficult it is to forecast the weather and suicidal behavior can be as hard to predict. That's why it's imperative that people understand the warning signs to recognize that someone may be at risk of suicide.

An important consideration in the recognition of warning signs is that the vast majority of people who are considering suicide don't want to die. In fact, the warning signs can be seen as an invitation to help from the person at risk.

Once someone has detected the possibility of suicide risk, they are then able to administer emergency first aid; that is to inquire directly about the person's intentions, make a no-suicide contract and get help.

Professionals who work in caregiving roles should have more specific training about how to intervene in a suicide situation. But members of the general public, who may find themselves in an emergent caregiver role, should also be equipped with basic information to help them recognize the possibility of suicide.

For information about a presentation on suicide awareness or a number of other mental health issues, please contact Laura McCallum, Program Manager at CMHA, Halton at 845-5044.

#### CAS volunteers

Halton Children's Aid Society requires volunteers to participate in planning and implementation of a program for isolated mothers. The group is offered every Thursday in Georgetown from 9:30-11:30 a.m. The program runs the school year, September to June. Your own children are welcome. Training is provided and expenses paid. Call Susan Stuart, coordinator of Support Services at 844-8211 or 878-2375.



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After Sale Prices In Effect Monday January 4, 1992

\*Compared to St Clair's previously offered price on these selected items.



## GEORGETOWN Northview Centre (Guelph St. & Mountainview Rd.)

Mon. - Wed. 9 a.m. - 7 p.m. Thurs. - Fri. 9 a.m. - 9 p.m. Sat. 9 a.m. - 6 p.m. Ask about our free "Shop At Home" window blind service.

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