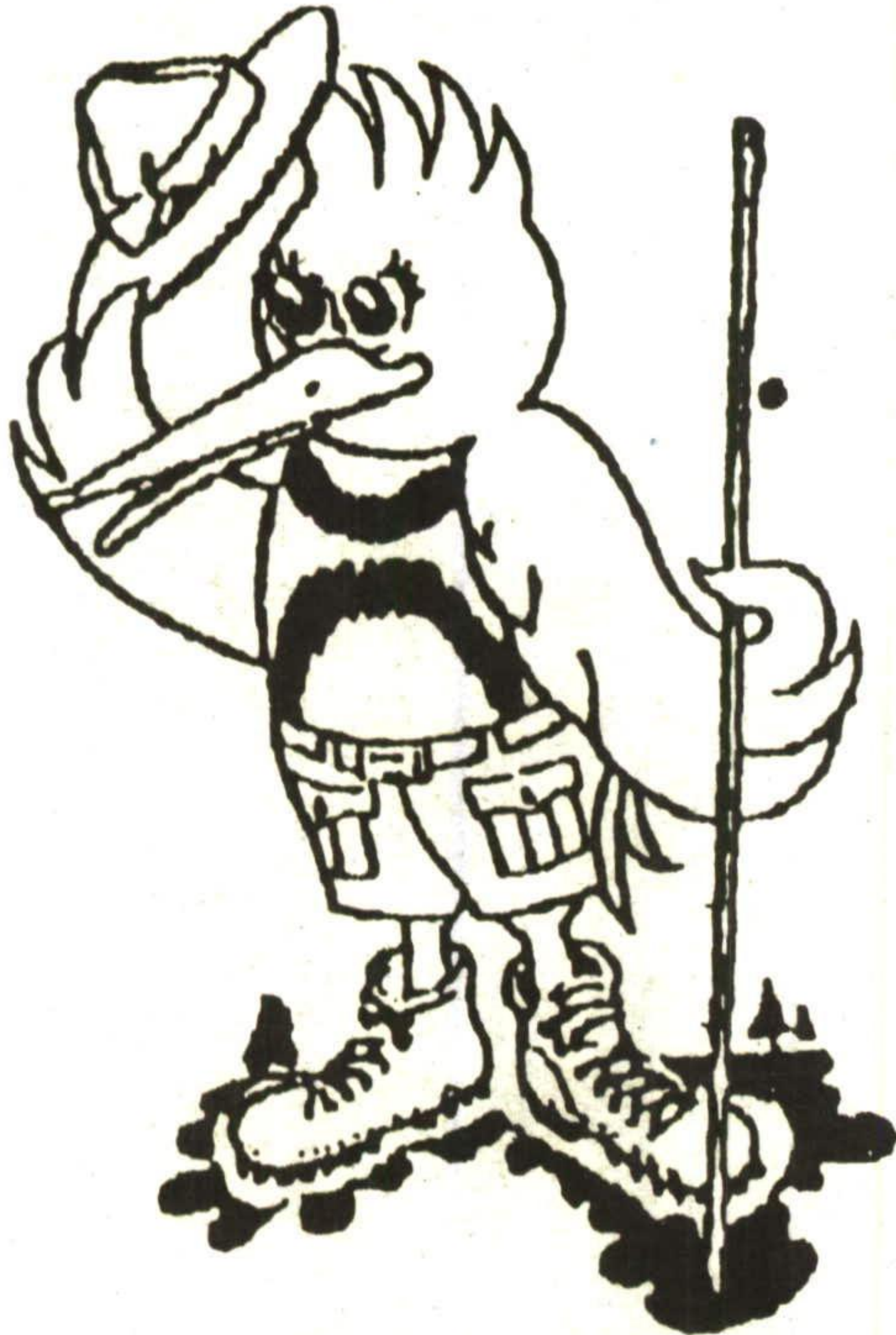


Eco-days Nature Camps at Terra Cotta Conservation Area



- Week long nature day camps for children ages 5 to 12.
- Extended hours available at an additional cost.
- Costs \$100/session per child
- For additional information or to register call (905) 877-9650.



Session Dates:

- July 4 - 8
- July 11 - 15
- Aug. 15 - 19
- Aug. 22 - 26

Terra Cotta
Conservation Area
P.O. Box 657
Terra Cotta, Ontario
L0P 1N0

Newly separated?

CMHA has seminars to help you cope

Recently separated?
The Canadian Mental Health Association, Halton Region Branch, is offering Seminars for the Separated, starting Tuesday, March 22 in Georgetown.

This is a 10-week lecture series with a self-help component for people going through separation and divorce.

Topics covered in the program are:

- the stages of separation
- communication with your ex
- legal aspects
- parenting after separation
- rebuilding self-esteem
- coping with stress
- financial planning
- healthy relationships
- is there life after divorce?

The program has been running twice a year for eight years in Burlington. Due to the demand for service, CMHA has started a program in Georgetown, Milton and Oakville.

According to the feedback from previous participants, the program has made a huge difference in their ability to cope through a very difficult time.

The participants feel the ability to cope has had the effect of minimizing the impact of the separation on the children's development and their job performances.

Again and again, the participants will say that going through something like a separation with others in the same boat makes such a difference. Before coming to the group, many feel they are the only people in the world going through this experience. They feel they are

alone; some feel they are going "crazy" and many feel like total failures.

Through lectures, group discussions and readings, participants learn to what degree their reactions: denial, anger (rage), depression, and in some cases, euphoria, are normal. They learn what to expect and how long the recovery period should take.

Through the self-help aspect of the program, they have the opportunity to help and support each other and to form new support systems (friends).

Many people have moved into Halton relatively recently and when the marriage breaks down, they find themselves really isolated. With each group, a close bond forms. Many of the groups continue to meet informally long after the program is finished.

The Canadian Mental Health Association is finding that self-help groups such as these, really offer excellent value for the dollar. They are an excellent

resource existing naturally in the community. In many cases, all the help that is needed for the people to get through this experience is there in the group; it is not necessary in many, not all cases, to avail upon the already overloaded social service system.

All the group leaders and speakers are volunteers. The group leaders are graduates of the seminar themselves.

For more information, or to register, call Leanne Clarke at (905) 845-5044 or leave a message at 853-4477.

... the ability to cope has had the effect of minimizing the impact of separation ...

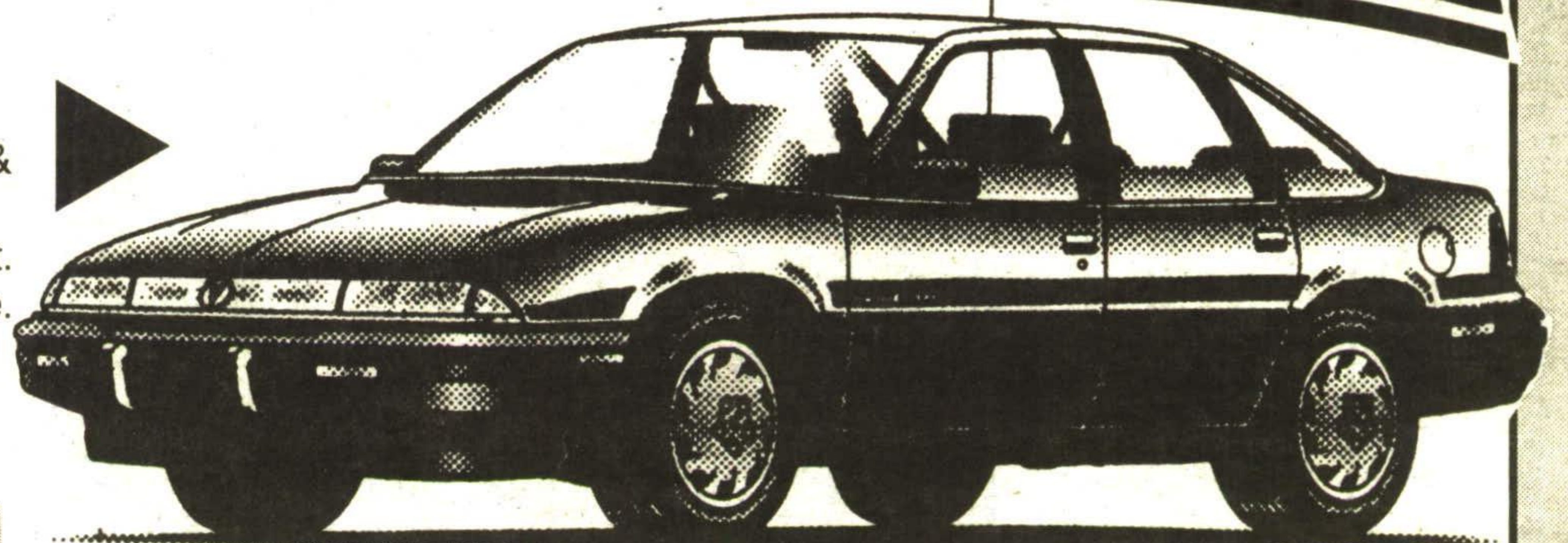
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