

Dynamic Contracting

Commercial • Residential

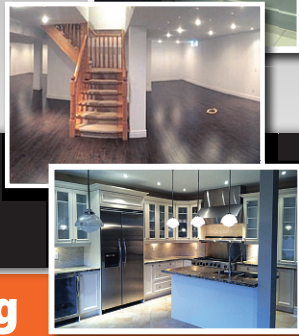
"For All Your Renovation Needs"

BASEMENTS • BATHROOMS • KITCHENS

CONTACT US FOR A FREE CONSULTATION

905-872-2077

www.dynamiccontracting.org



Christine MacMillan

Registered
Physiotherapist
Pelvic Health
Physiotherapist

Proud to now offer PELVIC HEALTH PHYSIOTHERAPY

Common conditions treatable
in physiotherapy include:

| | |
|--------------------------|--------------------------------------|
| Overactive bladder | Vulvodynia |
| Leakage of urine | Vestibulodynia |
| Pelvic organ prolapse | Chronic non-bacterial prostatitis |
| Chronic pelvic pain | Interstitial cystitis |
| Painful bladder syndrome | |



**GENERATIONS
PHYSIOTHERAPY
CENTRE**

371 Mountainview Rd. S. (METRO Plaza)
GEORGETOWN
905.702.0888
www.generationsphysio.com
Official Corporate Sponsor of the Georgetown Hospital Foundation

Ask the Professionals

Find local professionals here every Thursday!

For advertising information please call 905-234-1018 or email kkosonic@theifp.ca



SEPARATION & DIVORCE MEDIATION



Professional Workplace and Family Services

www.pccs.ca

905-567-8858 REDUCE COST & CONFLICT

1-866-506-PCCS (7227)

**DIVORCE WITH DIGNITY AND
KEEP YOUR MONEY IN YOUR POCKET!**

**ACCREDITED MEDIATORS
GEORGETOWN, BRAMPTON,
BOLTON, MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS**

ROSS...Bounce Back Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: My children play a lot of sports. Should they be stretching to prepare for activity?

A: Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wings out" muscles which possess irritating chemicals such as lactic acid.



16 Mountainview Rd. S.
Suite 101
Halton Hills ON L7G 4K1
905-877-2211
info@fiddesclipsham.com



Zachary Fiddes
B.ENG., O.L.S. President

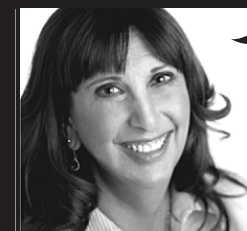
Q: I'm planning on adding an addition later this year. Do you work in the winter?

A: Yes! In some cases our job is easier due to fallen leaves and weeds that get in the way during warmer times.

While most construction won't start until the spring, there's a lot of work that can be done in the meantime. Site plans, which show the existing conditions and outline the proposed construction, are usually required for new buildings and can sometimes take a few months to be approved by the municipality so it's a good idea to get started now.

Also, if you're planning on selling this spring, get your survey updated now before you put your house on the market to avoid any delays.

As a licensed Ontario Land Surveyor I will be happy to discuss your project, help you create a timeline, and offer suggestions and recommendations about what you can do to get started.



DR. ELAYNE TANNER
Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801
www.DrElayneTanner.com

Q: I am afraid that my teen is depressed. Is this just a normal stage or should I be concerned?

A: Although many teens do experience times of depressed mood, teen depression is not "normal" and should not be ignored. Teen depression can harm your child's relationships, self-esteem and academic grades. It can increase the risk of substance abuse and self-harm. More often seen with girls, it can result in or be caused by abusive relationships and inappropriate sexual activity. Teen depression also increases risk of suicide, which is a paramount concern because of teens' impulsivity.

There is no single cause of teen depression. It may be related to genetics or environment or to academic pressure. Relationships and bullying also play a big part in teen attitudes. More important than the cause is prevention. Research indicates that parental support has a significant positive impact. That means raising your teen's positive attributes. Being involved with the school and finding the areas of strengths that you can encourage while supporting areas of difficulty. Extracurricular activities, physical activity, and organized activities all encourage positive relationships and build good social support networks.

What is happening in the family will also impact a teen and frequently be a source of depression. Family break up because of divorce is a big contributor. With family discord, teens often feel the need to take sides and this stresses and depresses them. A sibling that is going through a difficult time is also a potential source of depression. The teen may be angry with the sibling for causing family stress, or they may feel ignored in the family because the attention is focused on a sick child. Poverty or relocation can also cause teen depression.

The most important thing you can do for your teen to help avoid or alleviate depression is maintain open lines of communication. Sometimes the teen will be close to one adult confidant and will be open and share while also being able to hear advice offered. Unfortunately this is often not the case. They will, however, frequently listen and share openly with me, things that they would never discuss with others. They know that I will not judge them but will give them honest information and effective Cognitive Behavioural Therapy tools to use when appropriate. Teens do not have to suffer with depression. With supportive counselling, they can stave off depression and learn coping skills for their future.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation