

Equilibrium - Georgetown hosting sixth annual meeting with local speaker

On Wednesday, Jan. 25, coincidentally the same day as Bell's annual Let's Talk campaign, Equilibrium Georgetown, a peer support group for those affected by depression and bipolar disorder, as well as their family and friends, will celebrate their sixth year of meetings.

The group, run entirely by a core team of volunteers with experience, focuses on both education and sharing. Each meeting includes a related presentation, followed by facilitator-led group discussions with others on a similar mental wellness journey.

This month, the group welcomes back Betty-Lou Kristy, a resident of Georgetown and a well-known and respected provincial advocate, speaker, committee member and peer support facilitator/trainer for Mental Health, Addictions, Trauma and Bereavement reform.

Kristy's presentation is entitled Peer Support Here we grow again; the changing local, regional and provincial landscape and where we fit in.

A survivor of mental illness, drug and alcohol addiction, as well as childhood trauma and multiple significant losses,

Kristy is active with Ministry of Health, Centre for Addiction & Mental Health (CAMH), Mississauga Halton LHIN, Region of Halton and multiple community agencies engaged in multi-level approaches such as public speaking, advocacy, peer support, systems enhancement, policy, governance and teaching.

Kristy also speaks about her son, Peter Kristy Beattie, who experienced concurrent mental health and addiction disorders and whose life was lost to an accidental opioid overdose.

Currently, Kristy is working with Support and Housing Halton and T.E.A.C.H. (teach, empower, advocate for community health).

Meetings take place the fourth Wednesday of each month (except July, Aug. and Dec.) at Norval United Church 486 Guelph St., Norval. Meetings are free of charge and require no registration. Doors open at 7 p.m. with presentation commencing at 7:30 p.m.

For more information go to equilibrium-oakville.com/georgetown/ or call CMHA Canadian Mental Health Assoc Halton 1-877-693-4270.



CIVIC FOR ALL



MODEL FC2E5HE

2017 CIVIC LX SEDAN

FROM \$59/2.99% APR

WEEKLY LEASE FOR 60 MONTHS*

\$0 DOWN PAYMENT/OAC SECURITY DEPOSIT

2017 CIVIC LX COUPE

FROM \$62/2.99% APR

WEEKLY LEASE FOR 60 MONTHS*

\$0 DOWN PAYMENT/OAC SECURITY DEPOSIT



MODEL FC4ASHEZ

2017 CIVIC LX HATCH

FROM \$65/2.99% APR

WEEKLY LEASE FOR 60 MONTHS*

\$0 DOWN PAYMENT/OAC SECURITY DEPOSIT



MODEL FK7G2HE

Locally Owned & Operated since 1958!

Freight? Call Fred's

Freight up to 20,000 lbs
Dock level or ground
Enclosed Trailer

FRED'S TOWING
SINCE 1958
905-877-4471
Georgetown

Prov r or **CAA** n into u.s.

Your local **Halton Experts** and **Accident Specialists** for all your boosts, lockouts, fuel deliveries and towing needs.

16 YEARS IN A ROW!

46 Guelph St., Georgetown

CELEBRATING — all of — LIFE'S MOMENTS

Open year round
Endless possibilities

For more information contact Dave Newsome | 905-877-8468 ext 2224 | dnewsome@clublink.ca
EAGLE RIDGE GOLF CLUB | RR #4, 11742 TENTH LINE, GEORGETOWN, ON | eagleridge.clublink.ca

- BAPTISMS and CHRISTENINGS
- BRIDAL SHOWERS
- REHEARSAL DINNERS
- WEDDINGS
- BABY SHOWERS
- HOLIDAY PARTIES
- BRUNCHES
- MEETINGS
- BIRTHDAYS
- CELEBRATIONS of LIFE
- FUNDRAISERS

OR DON'T PAY FOR **90 DAYS** WITH THE FINANCE OF ANY HONDA CIVIC MODEL*

HondaOntario.com
Ontario Honda Dealers

LEASE PAYMENTS INCLUDE FREIGHT AND PDI. EXCLUDES LICENCE AND HST. DEALER ORDER/TRADE MAY BE NECESSARY.

*Monthly payments of \$0 for 90 days on any new Honda Civic model. Offer available on new Honda Civic models. Offer ends 1/31/2017. Not available on Honda Civic Hybrid models. Offer available on Honda Civic models with MSRP of \$18,750 or less. Excludes taxes, license, title, and dealer fees. Dealer's discretion. Offer available on Honda Civic models with MSRP of \$18,750 or less. Excludes taxes, license, title, and dealer fees. Dealer's discretion. Offer available on Honda Civic models with MSRP of \$18,750 or less. Excludes taxes, license, title, and dealer fees. Dealer's discretion.