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MANON  
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**Q:** What is a mid-life crisis?

**A:** A mid-life crisis is most likely to occur between forty and fifty years of age and can affect women and men equally. It often comes as a result of a sudden life change in health, loss of employment, change in marital status or when people realize the path they had carved for themselves and the life infrastructure which comes with it are no longer fulfilling. As a result, people often re-evaluate their values and priorities and create a new vision and focus for the future. It can be a confusing and perplexing time. It can also be distressing to those around that person as they might feel frightened by the impact of the life alterations this person is considering making.

Working with a life coach can assist you in navigating the challenges that come from re-designing your personal or professional future.

Manon Dulude is a Professional Certified Coach and a Psychotherapist. She can be reached at (905) 873-9393

SUSAN S. POWELL  
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SUSAN S. POWELL

**Q:** What are the different types of custody?

- A:**
1. Sole Custody - the parent with whom the children resides makes all the decisions concerning the children. The other parent has a right to see the children and a right to information about the children.
  2. Joint Custody - the children live primarily with one parent and the other parent has a right to see the children. Both parents make major decisions about the children together.
  3. Shared Custody - the children generally live one-half of the time with each parent often on a week on /week off schedule. Both parents make major decisions jointly. The parents should live relatively close to each other so that the children may attend the same school, activities, etc.
  4. Split Custody - This situation occurs when the children do not live together. For instance one child may live with one parent and the other child resides with the other parent. It does not often occur.

There are pros and cons to each type of parenting and you should speak to a lawyer before making any decisions.



## Metro and firefighters join forces for food drive

Halton Hills Firefighters, Metro staff and members of the Food Bank show some of the many groceries donated at the Metro parking lot event. Currently, the food bank is serving over 400 adults, 234 children and 26 infants per month, which has increased by 7% over the same time period a year ago. The clients are able to receive fresh fruit & vegetables, milk, eggs, meat and some other perishable items in addition to the non-perishable items. The food bank is open three days per week, Tuesday 5-7 p.m., Wednesdays and Saturdays from 8:30 a.m. to noon by the support of a volunteer working board of directors and over 100 volunteers. Hunger doesn't take a summer vacation.

Photo by Ray Lavender