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Employee Emma Norton receives her scholarship from Tim O'Connor, owner of the Georgetown McDonald's.



Employee Bronte Bean receives her scholarship from Tim O'Connor, owner of the Acton McDonald's.

McDonald's hands out scholarships

Tim O'Connor, owner of the two McDonald's restaurants in Halton Hills, awarded two scholarships for \$1,000 each to deserving staff to help with their post-secondary studies.

These scholarships are part of the more than \$123,000 in scholarships awarded in 2014 by McDonald's in the Central Region of Canada.

This year's recipients are:
Georgetown— Emma Norton will be attending Sheridan College in Brampton and studying nursing.

Acton— Bronte Bean will be attending Niagara College, Welland Campus, studying New Media Web Design.

Ask the Professionals



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Q: I was taught that good self-esteem is important but I find it hard to not slip into self-criticism mode.

A: For many years now we have focused on making sure everyone worked towards great self-esteem, but now we realize that praise not grounded in reality does not have staying power in real life. Issues such as the inability to accept criticism or correction, a feeling of always being right and the constant self-comparison to others, makes it very difficult to sustain a positive self-esteem and a sense of self-worth.

Compassion is the ability to feel for another person, to have empathy and to have a desire to alleviate the suffering of others. Instead of self-esteem, research shows that self-compassion is a healthier way of relating to oneself and does not have the negative side effects that you spoke of. Self-compassion involves treating ourselves kindly and with compassion, as we would a good friend. Rather than noting our failings and being judgmental, we recognize our imperfections and accept them with kindness. We teach our children to love themselves and be kind to others in spite of differences or perceived inadequacies. This approach reduces both, bullying and self-harm because hatred and denigration is replaced with kindness and compassion. When using self-compassion we learn healthy coping mechanisms to deal with pain and uncomfortable emotions. This is a far more honest approach and takes far less effort to sustain. Criticism, whether of oneself or of others, never improves an individual's self-concept or self-esteem. Learning to replace condemnation with compassion is a skill, which will leave you feeling more motivated and will cultivate kindness and understanding for yourself and others. If you find yourself frequently using negative self-talk and undermining yourself with criticism, learn how to be kind to yourself and become your own best friend.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



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

Q: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.