

## CHURCHES & TEMPLES

### GEORGETOWN CHRISTIAN REFORMED CHURCH

welcomes you!

Reverend Tom van Milligen  
Youth Pastor: Brian DeBoer

Sunday Worship Services:  
10:00 am & 6:00 pm

11611 Trafalgar Road  
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905-877-4322  
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### KNOX PRESBYTERIAN CHURCH

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Rev. Steve Boose

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Service Dial-in: 905-702-1629

SUNDAY WORSHIP  
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familyhouseofworship@start.ca

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Services starting  
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Locations: Georgetown Public Library  
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Unica  
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# 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

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### Susanne Dorder, M.A.

Binge Eating Disorder/Food Addiction  
Specialist

905-601-3268



**Q:** Dear Susanne, every year I create new-year resolutions and start off with strong intentions however by the end of February I am off track for making the changes I really want. One of my resolutions is to stop over eating. Can you help me to make my 2016 resolution "stick."

**A:** Hello Renee, Thank you for sending in your question for my first 2016 column. What I am hearing you say is you are wanting to make a permanent change. A change that sustains itself. My first point is that change takes time. This is often a difficult concept for people to accept since we live in a society that offers immediate gratification. Two examples include drive through restaurants and microwave ovens. We can get what we want very fast. Unfortunately making changes in life does not happen as quickly. Taking small steps and focusing one goal at a time is what will help lead to the change you want. Therefore if you develop patience, focus and time you can do it, make the change you want. I am sharing five steps that can help you start off on your path to change. Step 1- Ask yourself why you want to change. Is it to fulfill a personal desire or is it to please people around you? Knowing what your reason for wanting change is, can help motivate you along the way. Whatever your reason, changes are more likely to be sustained when the intention is personal. For example, the reason for losing weight is to become healthier verses losing weight to wear certain clothing. Step 2- what do you want to change and what is your reason? Are you preventing obesity? Once you determine your reason, reflect on what the change will do for you. Will it prevent obesity and related health conditions? Step 3- what can you start doing that will start your process towards change? Think about 3 or 4 actions and write them on a piece of paper. Step 4- pick one of the actions and start doing it. Create small steps that will help you to get started. For example, start your day off with a homemade breakfast instead of skipping or having only a coffee. Step 5- monitor how your first action is working for you. Are you starting to the action more often? If your action is working for you, keep doing it. If it is not working for you after one month, go onto the next action you selected. Once you are maintaining an action for more than 2 months go onto your next goal. Send in your questions to binge.eatingcentre@gmail.com.

### youngdentistry SMILE CARE

Contact Us  
324 Guelph St. Unit 8  
Georgetown ON L7G 4B5  
905.873.4800  
youngdentistry.ca  
smile@youngdentistry.ca



**Q:** So I read your last column and now I'm brushing well. Isn't that enough to prevent cavities?

**A:** That's great that you have got your toothbrush working twice a day. If your teeth could thank you, they would. Of course, that leads us to flossing. Wait! Before you crumple up this fine newspaper and toss it away in disgust, let me make the case for the much-loathed act of flossing. Teeth typically have surfaces that make close contact with their neighbours. Your toothbrush bristles never make it into those tight quarters. Consider there are usually 26 contact points in a person's mouth, that makes 26 areas that get missed even after a good brush. Are you surprised to know that these are also the most common spots we find tooth decay? Of course you aren't. The plaque left behind in those areas contains streptococcus mutans (aka the bad bacteria). If left undisturbed long enough, those bugs will make like a gopher on a golf course and start to burrow. So sweep away the gunk with floss. When you hear the satisfying 'snap' as it goes between your teeth, envision the evil little microbes running for their lives. Then nod knowingly to yourself in the mirror. You are preventing tooth decay.

### MANON Dulude Ph.D., RP

COACHING AND COUNSELING  
SERVICES

905-873-9393

info@coachmanon.com



### How Do Friendship Expectations at Work Impact My Career?

Friendship is a relational expectation in society that develops early in life. Friendships teach us about sharing, equality, inclusivity, collaboration and kindness. By adulthood, most of us are not aware that the expectations we have about workplace friendships are rooted in childhood friendships. We are also blind to the fact that males and females have different rules for friendship. Consider these tips when developing friendships in your work environment:

1. Be friendly and relational with staff. Encourage friendly behaviors and discourage cliques
2. Share some personal information with limits (avoid over sharing)
3. Be sensitive to cultural differences about self-disclosing
4. Negotiate friendship expectations if you had a personal friendship prior to managing the individual
5. To build a strong team, spend time developing a shared vision of a strong performing team. Flesh out the rules of engagement between team members in order to achieve high performance. How will they support and challenge each other? How will they deal with the fact that they may compete as a team and individually?
6. Attend to conflict. Agree on mechanisms to resolve conflict and address them in a timely fashion. Do not brush conflict under the rug.

To learn more about managing workplace relationships, contact a professional coach at info@forgecoachingandconsulting.com or call Manon Dulude at 905-873-9393.