

# FAMILY SHOW

In Partnership with **The MILTON Canadian Champion.**

## CELEBRATE SPRING!


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Visit us **INSIDE**  
**Sweetie Pies**  
**On Main**

for our  
**GRAND**  
**OPENING**

Sat Mar 3rd from 8am-5pm

**SUGAR SHACK**



**DESSERTS AND CAKES**

- **Free samples!**
- **Enter to win a specialty cake!**
- **Buy 3 desserts ~ Get 1 free!**

Michelle, owner/baker of the Sugar Shack, has joined forces with her mother Julie, owner of Sweetie Pies, to create the perfect combination business that offers everything from home cooked breakfasts & lunches, ready-made meals to go, made on premises ice cream, created from scratch desserts & treats, custom cakes, catering and more.

**SWEETIE PIES**  
**ON MAIN**

**28 Main St. S., Downtown Georgetown**

[www.sugarshackgeorgetown.com](http://www.sugarshackgeorgetown.com) ★ **647-391-5456**

# Ask the Professionals



Find local professionals here every Thursday!  
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### Why Is Modern Love So Hard?

Our modern world is not without its challenges. Most of us work long days, have multiple demands on our time and are moving at breakneck speed. It is no wonder that relationships are difficult to maintain.

Couple therapist, Esther Perel, speaks and consults on the topic of relationships and sexual intelligence. One of her observations is that modern love relationships can bring a sense of anxiety for people seeking a long-term partner. When we look for a life mate we have high expectations that they will fill all of our many needs. Sometimes the vows being made by new couples include promises that no one could realistically keep, effectively setting them up for disappointment.

To keep love alive, instead of looking for a person who checks all the boxes, focus on a person with whom you imagine yourself writing a fulfilling story that ebbs and flows over the course of time. The story may not be perfect, but it can still be beautiful. Expect that both of you will have to talk about your hopes, dreams and aspirations. Be realistic in your respective expectations of each other

Communication is the foundation of every relationship. For the relationship to flourish, both parties must share their feelings with one another. If this becomes a challenge, support from a professional may help. Contact Manon Dulude at [info@forgecoachingandconsulting.com](mailto:info@forgecoachingandconsulting.com) to learn more.