

CONQUER WINTER.



MODEL RW1H3KES

THE VERSATILE 2019 CR-V LX

LEASE WEEKLY FROM

\$87

4.99% APR
FOR 60 MONTHS²

\$0 DOWN PAYMENT/OAC \$0 SECURITY DEPOSIT



MODEL CV1F1KE

THE WELL-EQUIPPED 2019 ACCORD LX

LEASE WEEKLY FROM

\$90

4.99% APR
FOR 60 MONTHS²

\$0 DOWN PAYMENT/OAC

\$0 SECURITY DEPOSIT



MODEL FC2E5KEX

NEW LOWER PAYMENT THE REFRESHED 2019 CIVIC LX

LEASE WEEKLY FROM

\$63

2.99% APR
FOR 60 MONTHS²

\$0 DOWN PAYMENT/OAC

\$0 SECURITY DEPOSIT

OR | 90 DAYS | NO PAYMENT | FINANCE ONLY

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



Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from \$1,655 to \$1,795 depending on model), tire & environmental fee (\$21) [This fee covers the cost to Honda Canada of collecting and recycling tires], A/C charge (\$100), and QMVIC fee (\$10). Taxes, licence, insurance and registration are extra. *No payments for 90 days (payment deferral) offer is available on any new and unregistered Honda vehicle financed through Honda Financial Services (on approved credit), and delivered at a participating Honda dealer, between January 3 to February 28, 2019. Monthly payments are deferred for 90 days from the start of the finance contract, and the term of the contract will be extended accordingly. Applicable interest charges will not accrue during the first 90 days of the contract. After 90 days applicable interest will start to accrue, and no later than 90 days from the start of the contract the purchaser will begin to repay principal and applicable interest over the scheduled term of the contract. Offer ends 28 February 2019 and is subject to change or cancellation without notice. Cannot be combined with any other offers. Dealer may sell for less. Visit Honda.ca or your Honda dealer for details. **Representative weekly lease example: 2019 Civic LX Sedan 6MT (Model FC2E5KEX) // 2019 CR-V LX 2WD CVT (Model RW1H3KES) // 2019 Accord LX-HS Sedan (Model CV1F1KE) on a 60-month term with 260 weekly payments at 2.99% // 4.99% // 4.99% lease APR. Weekly payment is \$62.80 // \$86.83 // \$89.83 with \$0 down or equivalent trade-in and \$0 total lease incentive included. Down payments, \$0 security deposit and first weekly payments due at lease inception. Total lease obligation is \$16,327.96 // \$22,575.33 // \$23,356.90. 100,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. For all offers: licence, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at participating Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary but may not be available in all cases. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details.

OPINION

DEPRESSION CAN AFFECT PEOPLE OF ALL AGES, DISPOSITIONS

BE UNDERSTANDING WITH THOSE AFFLICTED, WRITES ALAM



NADIA ALAM
Column

Remember that TV commercial? A woman runs through a maze. Twists and turns, dark corners everywhere - no exit in sight. Turns out, the maze was her depression; though she looked fine on the outside, inside she felt trapped, overwhelmed.

That is exactly what depression feels like.

Since January 2011, Bell Let's Talk runs a campaign to fight the stigma around mental illness. Every time someone watches a Bell Let's Talk video or tweets #BellLetsTalk, Bell Canada donates five cents to the cause. Those nickels add up - \$100 million given to community initiatives for mental illness. More importantly, I see people

talking about depression, anxiety or other mental illnesses.

By the age of 40, one in two Canadians will have or had a mental illness - depression is the most common.

I have treated patients with depression, both young and old, who are successful men and women. I see how hard it is for them to talk about it; how hard it was for them to get help. The well-meaning folks who struggled to understand, telling them to "snap out of it." Or "get over it." Or "you have every reason to be happy."

Here's the thing: depression isn't the same as sadness. It's not a bad day or a bad week. Chemical changes in your brain aside, depression is much more profound.

Many people with depression become adept at wearing masks to get through the day. On the surface, they may look fine. Inside, they feel trapped - knowing they should be happy, feeling anguished instead. Stuck at the bottom of a dark pit. Overwhelmed. The small-

est action feeling monumentally difficult. Everything is affected - the way they think, eat, sleep. At its worst, depression can make them want to stop their suffering by committing suicide.

It's not clear why some get depressed and others don't; people can face extraordinary life challenges and not get depressed. Meanwhile, others can have everything go right, and be very, very ill. Like diabetes, people can still get depressed even if they do everything "right" - eat well, exercise, sleep well, work hard, meditate, live a good life. That's why getting help is so important.

For those with loved ones who are depressed, you can help. Be patient, be gentle. Understand that healing is like learning how to walk again: it takes time. Help them get the help they need, and find a way out of the maze.

Nadia Alam is a Georgetown physician and president of the Ontario Medical Association. She can be reached at nadia.alam@oma.org.

FAMILY DAY FUN FOR EVERYONE

SUBMIT YOUR FAMILY DAY EVENTS AT THEIFPCA



SERVING YOU IN HALTON HILLS



Wellington-Halton Hills MPP Ted Arnott schedules meetings with constituents in Georgetown on a regular basis in the Homecoming Room, Lower Level of the Halton Hills Public Library, 9 Church Street.

To arrange a meeting, please call the Wellington-Halton Hills Provincial Riding Office at 1-800-265-2366.



TED ARNOTT, MPP
WELLINGTON-HALTON HILLS
www.tedarnottmpp.com