

GRAND OPENING

HEARING AID BOGO SALE

BUY ONE GET ONE 50% OFF



Looking for a new hearing care provider? We offer:

- ✓ Free clean & check on all makes and models
- ✓ Transfer of warranties
- ✓ Discount on Expert Care Guarantee packages

Did you know we are now in your neighbourhood? HearingLife has just opened a clinic in Acton!

Our goal is to provide expert hearing healthcare to all Canadians. That's why we have expanded our network of clinics to conveniently serve the Acton community. In celebration of our **GRAND OPENING in Acton**, for a limited time, you can **buy one hearing aid and get one 1/2 price off!**

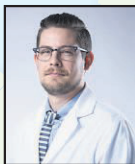
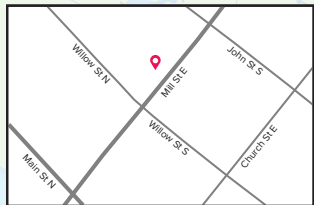


50 AIR MILES WHEN YOU COMPLETE YOUR FIRST FREE HEARING TEST

[1] Please allow up to 45 days for the reward miles to appear in your collector account. ©1999-2018 Trademark of AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and HearingLife Canada Ltd. Hearing tests are provided free of charge for adults ages 19 and older. New customers only, limited to one-time use. Expires 02/28/19

Take advantage of our biggest promotion of the year, book a **FREE** hearing test today. **Call the Acton clinic below or visit: HearingLife.ca/NewClinic**

Acton - 31 Mill Street East
Call Stacey at **1-866-532-1889**



Chad Southworth
Reg. AHIP
Hearing Instrument Specialist



Referred by Physicians more than 80,000 times!

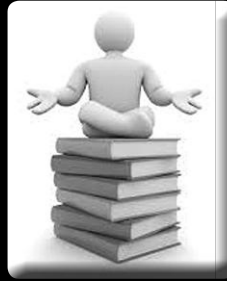
TRUSTED PARTNER OF



NIHB, VAC and Worker's Compensation Provider

This limited-time offer applies to private and ADP sales of select hearing aids and is subject to change without notice. For ADP sales, the 50% discount is after the grant is applied. This offer cannot be combined with other promotions or discounts for hearing aids. Offer expires 02/28/19. No-cost Hearing tests are provided to adults ages 19 and older. Child hearing tests are conducted at select locations for a fee, please call the toll-free phone number above for more information. Some conditions may apply. Please see clinic for details. Offer not valid in Quebec.

Promo Code
NSP-GO-GIFF



Ask the Professionals

Find local professionals here every Thursday!
For advertising information please call 905-234-1018 or email kksonic@theifp.ca

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Registered Social Worker

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Q: I was sexually abused. I feel that I am still impacted by it. Is this possible and if so, how do I fix it?

A: To respond to your first question, yes, you likely are still impacted. Child sexual abuse and assault impact every aspect of a young person's life and it is not something we "grow out of". It continues to negatively impact the individual forever until it is dealt with through in-depth counselling. The younger the child was when the abuse first occurred; the longer the abuse continued; the relationship between the child and the abuser—these are all variables that will impact the effect it has on you as an adult.

In fact, research has recently confirmed that attachment style in infancy actually changes the development of the brain. Abuse alters attachment and without secure attachment, we are unable to self-sooth. This means that as an adult, all emotions are overwhelming. You may now feel constant stress, hypervigilance, anxiety, and depression. It is hard to trust and to have good relationships. It also makes it likely that you have poor self-esteem.

The trauma of childhood sexual abuse often makes the survivor question their own parenting abilities. It is not true that being sexual abused makes you become an abuser. There is no link between the two. But abuse victims often are unsure of appropriate boundaries and reactions.

Your second question is more complex. Yes, for sure you can heal from the impact. "How" is the part that is harder to respond to, because everyone's experience is different. You cannot fix it alone and you cannot fix it with someone who does not have the knowledge, skill and ability to know how to take you through this experience. The impact of childhood trauma is more severe the earlier it happened and the longer it continued. Sexual abuse is about power and control. In dealing with it, I will help you regain your power and deal with issues of control. I have had many years of assisting men, women and children through this journey and would welcome the opportunity to help you too.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



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