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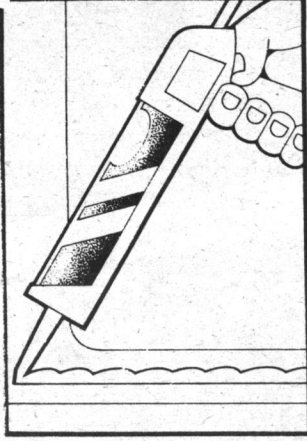
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THIS MONTH'S FEATURE

- WINDOW CLEANING
- EAVES CLEANING
- COMPLETE FALL CLEAN UP

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## Duigy breaks ground

Ontario premier Bob Rae, minister of transportation Gilles Pouliot, and Halton North MPP Noel Duignan were on hand yesterday (Friday) at the ground-breaking ceremony for the eight-lane highway which will cut through Halton Hills.

The ceremony for Hwy. 407, which is to be completed by year 2000 at a cost of \$1.2 billion, took place at the James St. construction site in Brampton at 11:30 a.m.

The highway will branch off from northbound 403 by Trafalgar Rd., turn east and cross the lower section of Halton Hills by the Ninth Line, continue through Brampton and continue through to Hwy. 48.

"Eventually, it will connect to the 401 in the Oshawa area," Duignan explained.

## Handling job loss important

Job loss is one of the most serious life crises a person can experience. When you lose your job, not only is your source of income gone, but also your personal work relationships, daily structures, and an important sense of self-purpose. You may be shocked, angry, frustrated, isolated or deny that anything bad has happened to you.

According to the Canadian Mental Health Association (CMHA), Halton Region Branch, unemployment is associated with a number of related problems, such as increased major and minor illnesses, depression, anxiety and family violence. Despite this, there is still little systematic support for the unemployed. They are generally left on their own to rationalize the job loss and handle the many problems which arise. Various organizations offer assistance in resume writing and job

search skills, but few offer the emotional and practical assistance people need when coping with unemployment over extended periods of time.

In response to this need, CMHA and the Canadian Employment Centre, Georgetown presents a Handling Unemployment Group. This eight-week support group is being offered every Tuesday from Nov. 23 to Jan. 18, 1994 in Georgetown and is open to those who are receiving Unemployment Insurance. This unemployment group is for people who want a job, are out there looking for work, but are feeling alone in their search. The group is designed to capitalize on the individual's strengths, yet also recognize the value of mutual support. Facilitators encourage members to share, in a supportive environment, their concerns and identify their needs.

Participants will have the opportunity to learn stress management, how to handle depression, assertiveness and communication skills, how to deal with family and friends and job search techniques.

CMHA, Halton Region, as a branch of a national, voluntary association, provides people in Halton Region with opportunities to enhance their mental health, and to increase their understanding and acceptance of mental health issues, through: support services, consumer and community involvement, education and advocacy.

Registration is free but pre-registration is required for the Handling Unemployment Group. To register or for more information, please call or visit the Canadian Employment Centre, 232 Guelph St., Georgetown, (905) 877-6915.

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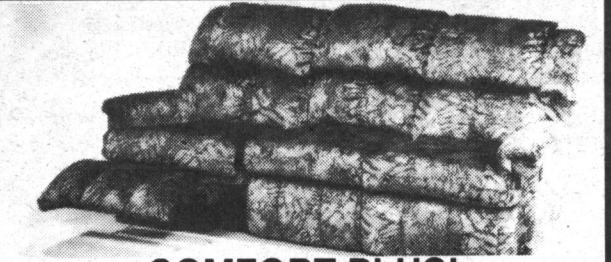


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