

More programs at CMHA's new office

BY KAREN WETMORE
The Acton Tanner

By changing location, the Canadian Mental Health Association (CMHA) is now able to offer day-time programs for its members.

And since moving to 9 Mill St. W. from its former Commerce Court location three weeks ago, the office's program attendance has tripled, says Rhonda Ellard, mental health worker.

The CMHA has offered lifeskill programs, social recreation outings and peer support groups in Acton for five years, but only during the evenings. Now programs will run Tuesday to Thursday from noon to 4 pm and 5:30-8 pm and Friday from 9 am to noon.

"The reason we're so excited about this is there's definitely a need and members want to do more programs," says Sandy Bray, CMHA's Oasis program director.

Keith, a CMHA member for more than five years, says the

downtown location is much easier to get to.

"Before, it was in the industrial section of town. It was a long walk," he says.

The variety of programs are part of the reason he stays a member.

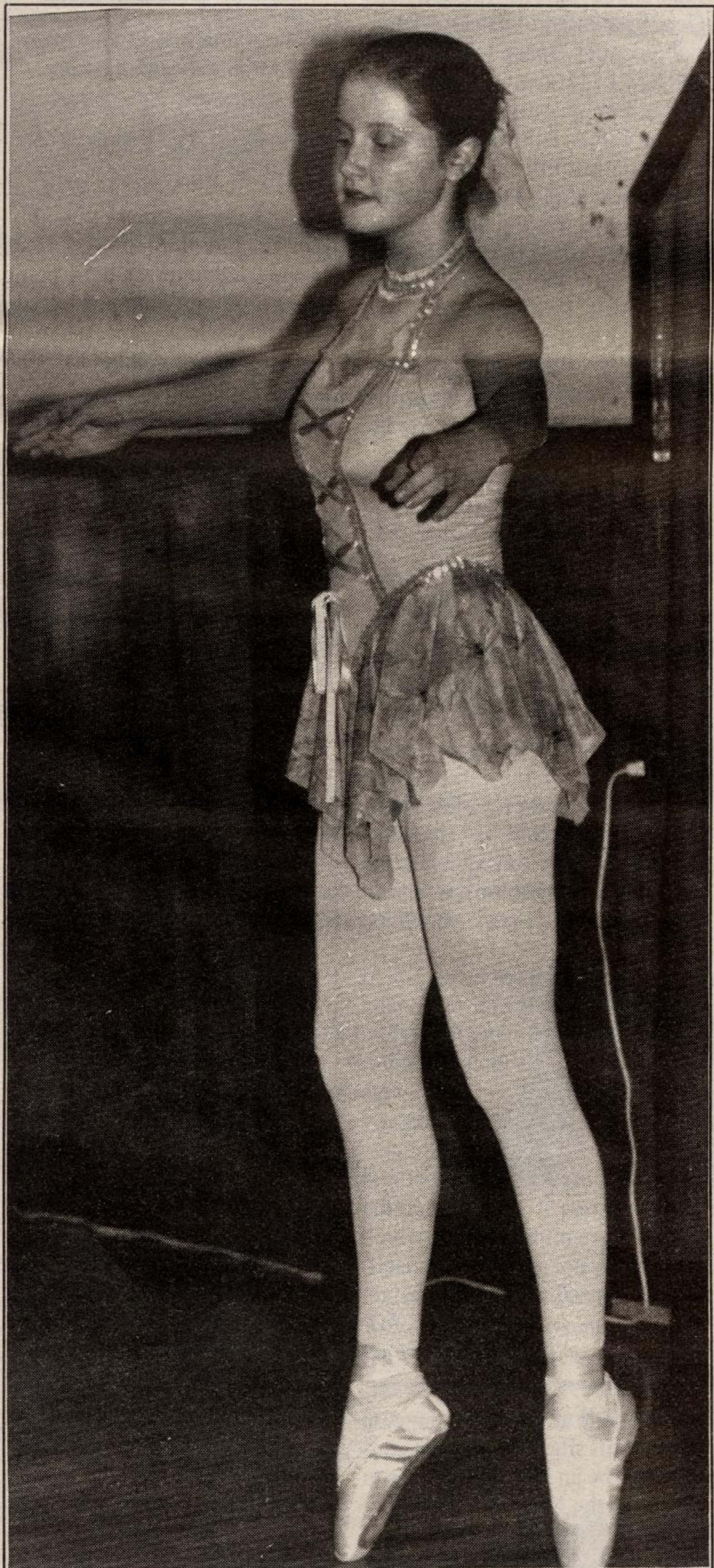
"You learn as you go with the programs," he says. "You also have other people there you can relate to."

The Halton Work Program is paying the rent for the CMHA's new location after the two organizations previously shared office space. The increased space allows the day-time programs to go on.

With more program time, more volunteers are needed to help motivate the members to get involved in the activities and also to help drive members to planned social events. And donations of items including a stove, dishes, games, plants, posters and sports equipment are greatly needed to get the new office up and running.



NEW LOCATION: Mental health worker Rhonda Ellard, second from left, stands outside the Canadian Mental Health Association's new office at 9 Mill St. West, with members from left, Sam, Keith and Bob. The office's grand opening takes place Monday, Feb. 19 from 3 to 6 pm and everyone is welcome to attend. Call 853-4477 for more information.



KEEPING ON HER TOES!

Fifteen-year-old Susan Lehman was one of the performers at the Acton School of Dance's recital last Saturday, which showcased some new young talent. Proceeds from the recital went to Acton FoodShare. (Eve Martin photo)

Thank You ...

... to everyone who attended the open house held in my honour on Friday, January 26th.

Your good wishes and gifts were much appreciated and won't be forgotten. I'm also thankful for my 30 wonderful years I enjoyed at the Bank of Montreal.

— Sincerely, Sherry McNabb

Junior Kindergarten and Kindergarten Registration for September 1996

WELLINGTON HALL ACADEMY will be offering full and part-time structured programs which will include Maths, Environmental Studies, Language Arts, Music, Drama, Art and Physical Education. Our Kindergarten student:teacher ratio is 8:1.

WELLINGTON HALL ACADEMY is an independent elementary day school for students ranging from Junior Kindergarten through to Grade 8. WELLINGTON HALL ACADEMY is a new educational facility with a strong conviction for a progressive yet conventional teaching foundation. We promote learning which is stimulating, challenging and life-long.

WELLINGTON HALL ACADEMY offers primary education focused on:

1. Language development through phonic instruction.
2. Strong maths and science academic programs.
3. Safe and happy school environment.
4. Development of critical thinking and organized work habits.

WELLINGTON HALL ACADEMY will promote a healthy and enriching educational lifestyle for your child.

Let us help you 'FOSTER THEIR JOY OF LEARNING'

Registration for these programs will take place the week of February 5th through to the 9th, and Saturday, February 10th. Information can be obtained by attending the OPEN HOUSE on Saturday, February 3rd or February 10th, or by contacting the Director at 856-2633.



WELLINGTON HALL ACADEMY

138 Main Street North
Rockwood, Ontario