

CHRISTMAS CONCERT!



At McKenzie-Smith Bennett's recent Christmas concert, a flutist in the school band, above, accompanies the junior choir, below, who sang "Wishes," dressed in their pyjamas and holding teddy bears. (Eve Martin photos)



Therapist to speak about mother-daughter bonds

ASSIC ALERT

The next meeting of the Acton Women's Association will be held on Tuesday, Jan. 14 at 7:30 pm, at the Acton Band Hall, 85 Wallace St.

Guest speaker Kersti Abawi, a therapist, will talk about mother-daughter relationships. This presentation could be of interest to women of all ages - women with teenaged daughters, with aging mothers, or women who are experiencing difficult relationships with daughters or mothers.

The goal of the Acton Women's Association is to give local women an opportunity to meet other women in the community. Women of all ages are welcome to attend!

For more information about the Association, please call Cathy at ASSIC, 853-3310.

Would you like to take time out to talk about parenting? If your answer is yes, then perhaps "Nobody's Perfect" could be for you!

This is a six-week program for parents of pre-schoolers, offered by the Acton Children's Corner (at the Salvation Army Church basement, 114 Mill St. E.). This program will run on Tuesdays from 9:30 to 11 am from Jan. 14 to Feb. 18. There is no charge for the program, and books and child supervision are included. This is an opportunity to meet new people and share the ups and downs of parenting.

For further details, call ASSIC, 853-3310 or Joan at 878-8113, ext. 8357.

How to manage stress

Do you want some concrete coping strategies so you can manage your stress, instead of your stress managing you?

This six-week stress management course will provide participants with information on managing stress through relaxation techniques and changes in thinking. Participants will learn about burn-out, control, anger and guilt in managing their stress.

The format of the course will include lecture, group discussion and individual exercises. This course is offered Wednesdays, Jan. 29 to March 5 from 7-9 pm in Burlington for \$65.

Contact Susan Phair at the Canadian Mental Health Association at (905) 845-5044.

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