

Tennis registration

The Nassagaweya Tennis Club invites potential members to its Open House and Registration sessions on Saturday afternoon, March 25, 1-4 p.m. and Tuesday evening, March 28, 7-9 p.m. Registrations will be held at the Clubhouse and Courts located at the rear of the Volunteer Fire Station, Guelph Line at 5 Sideroad. Call Membership chairman Pat Bridges 854-2475 or Lori Hand (519) 856-4069.

Boost your self esteem

Many have been "downsized" and "outplaced" from jobs they've held responsibly for years. Others have experienced the painful reality of divorce. Because a good sense of self is essential in helping people cope with the changes in their lives, the Canadian Mental Health Association (CMHA) will offer Understanding Self-Esteem workshops beginning Monday, March 20.

Understanding Self-Esteem is a six-week, educational and experiential service which will be offered at Milton Community ad Information Services (MCIS), 540 Childs Drive Milton. It will run Mondays at 7:30-9 p.m. from March 20 to April 26. The fee is \$65 for members and \$75 for non-members. Pre-registration is essential.

The series begins with participants completing a personal self-esteem inventory. Subsequent subjects include looking at self-limiting and irrational belief systems, assessing communication patterns, setting more effective goals, overcoming destructive habits and learning to reflect your authentic self.

For info or to register, contact Lisa Lachapelle at (905) 845-5044.

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March 24, 25, 26
Milton Memorial Arena
77 Thompson Road