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 83 Mill Street, Suite #304
 9:00 am - 4:00 pm

Receive a free treatment and see
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Come and watch a friend or family member
 obtain relief almost instantly.

Ask questions about Acupuncture
 and how it works.

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Space is Limited

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Starts in Georgetown next week

Seminar to provide coping skills for recently separated people

Recently separated? The Canadian Mental Health Association, Halton branch, is offering Seminars for the Separated starting Thursday, October 29 until January 7 at 9 James St. in Georgetown.

This is a 10-week program with lectures, reading and discussion. Topics addressed include The Stages of Separation, Communication with your Ex, Legal Aspects, Parenting after Separation, Coping with Stress, Rebuilding Self-Esteem, Life after Divorce.

Approximately 150 people per year attend the Seminars for the Separated, which began in 1985 in Burlington and are now offered Halton-wide.

The program increases participants' ability to cope through a difficult time, minimizing

the impact of the separation on jobs and children.

Through the course, participants learn to what degree their reactions, denial, anger, depression and in some cases, euphoria, are normal. They learn what to expect and how long the recovery period should take.

The self-help component of the course allows the participants to help and support one another and to develop new support systems. Close bonds usually form within the groups and many continue to meet informally long after the program finishes.

The group leaders are graduates of the seminars themselves, and the speakers are volunteers. Call CMHA at (905) 693-4270 for further information or to register.



Jones tourney supports

Bill French (left) and Paul Skinner (right), tournament organizers, present the proceeds from the 1998 Jim Jones Memorial Golf Tournament to Norma Brandler, executive officer with the Credit Valley Hospital Foundation. This year's donation amounted to approximately \$12,000.

Photo submitted

Health help

Health info night

An evening of health information presented by speakers on Brain Gym, herbal medicines, and breast and prostate cancer will be held on Oct. 22, 7:30 p.m. at Rockmosa Community Hall in Rockwood. Sponsored by local Women's Institutes. Admission: a food bank donation. Info: (519) 856-9760.

Save a life

The Canadian Red Cross is offering an Emergency First Aid course including CPR on Oct. 24 and the full Standard First Aid course, Oct. 24-25. Courses will be at the Cedarvale Community Centre. Info: Red Cross office, 877-5233.

For overeaters

Overeaters Anonymous meets Thursdays, 10 a.m., at Acton Bethel Christian Reformed Church. Info: 853-1189.

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Man



Culligan
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"HAPPY BIRTHDAY"
MURRAY

Love from Jim & Mom

CHECK YOUR CHIMNEY

Remember to
check your chimney
regularly for signs
of corrosion or
deterioration.

Have all
chimneys
cleaned and
inspected at
least once a year.

