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Book explains breastfeeding

The Breastfeeding Connection and the La Leche League of Acton and Georgetown, two groups that support and help new mothers in the community, celebrated International Breastfeeding Week during the first week in October. Thanks to the owners of The Freckled Lion children's bookstore, the Georgetown branch of the Halton Hills Library has a new children's book about birth and breastfeeding. Happy Birth Day by Robie H. Harris is the new edition. Presenting a copy of the book is Deborah Foster of the Freckled Lion (left) to Cindy Cooper, Public Services Librarian for the Halton Hills Public Library-Georgetown branch.



Photo submitted

DIRECTORY OF HALTON HILLS Churches & Temples

<p>MOUNT ZION FULL GOSPEL DELIVERANCE MINISTRIES</p> <p>Ministry for the End Times Physical & Spiritual Healing & Miracles Restoration of the Family SUNDAY SERVICES - 11:00 A.M. BALLINAFAD COMMUNITY CENTRE (DOWNSTAIRS) Pastor Andrew G. Paton 519-853-5657 Matt. 11:28 - "Come unto me, all ye that labor and are heavy laden, and I will give you rest."</p>	<p>St. Alban's Anglican Church</p> <p>SUNDAY WORSHIP 8:00 a.m. Holy Eucharist 10:30 a.m. Holy Eucharist (Church School & Nursery)</p> <p>877-8323 537 Main St., Glen Williams</p> <p>First Sunday of every month Morning Prayer 10:30 a.m. (B.C.P.)</p>
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To advertise in this space call Cindi 873-0301

Program teaches stroke victims coping skills

A six-week program for stroke sufferers and their caregivers designed to help them learn to live with stroke is being offered in the community.

The next session of Living With Stroke, which was developed by the Ontario Heart and Stroke Foundation, will likely begin in the spring. The first six-week program, which was held at Georgetown Hospital, wrapped up last week.

Halton Hills Speech Centre is the facilitator of the program and offered the session that started in September in partnership with Georgetown District Hospital.

Each one-and-a-half-hour weekly session in the program features videos and informal group discussions designed to make living with stroke easier.

"The goal is to provide a comfortable environment (for participants) to learn and share their experiences," said program facilitator speech and language pathologist

Kristen Smith. She said the program provides participants with "the chance to share with others."

There are a maximum of 12 people in each group and the stroke victims are at different stages in their recovery, and have experienced strokes of varying severity.

Smith said at the beginning of each session a video introduces the information that will be discussed during that session. She said the focus of the sessions is driven by the participants.

Topics that could be discussed include how a stroke happens, the physical effects of a stroke, communication, therapies and lifestyle changes, dealing with the feelings



KRISTEN SMITH

that accompany stroke, stroke and the younger person, support for the caregivers, and community resources.

At a recent session a pharmacist discussed medications with the group.

She said participants become involved in a lot of problem solving.

"(Participants) are able to talk about a lot of different issues and share a lot of different experiences," said Smith.

The program is to be offered in the community twice a year. The cost is \$25 per participant and those who would like to sign up for the next session in the spring should call 873-8400 (Halton Hills Speech Centre) and have their name put on the list. For more information on the program and heart and stroke resources call the Heart and Stroke Foundation in Burlington at (905) 634-7732.

—By Lisa Tallyn, staff writer

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