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FACT
#5

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Personal growth seminars offered

Are you
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Would you like an opportunity to meet
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Perhaps you would be interested in A Time For Me, a personal growth series for adults of all ages. Two sessions will be held this fall— an afternoon series for adults over the age of 55 and an evening series for adults, between of the age of 30 to 55.

A Time For Me brings people together in a group setting, and through a variety of activities, participants help each other discover and build on their strengths. Participants enable each other to become more positive, confident, and competent as they become involved in, and take responsibility for, their own well-being.

The groups are facilitated by trained volunteers.

For more information about this program or to register, please call Halton Hills Community Support and Information at 853-3310 (Acton) or 873-6502 (Georgetown).

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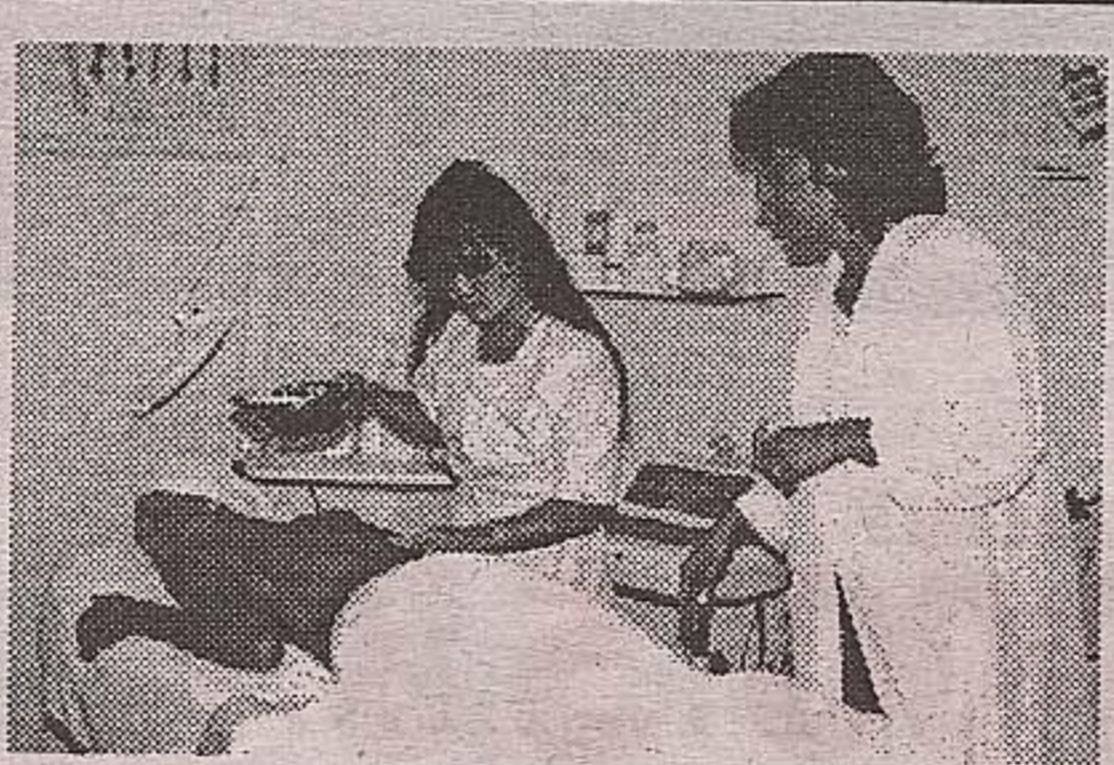


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