

## LIVING ESSENTIALS PRESENTS FALL WORKSHOPS 2002

### A. Melt and Pour Soap Making. \$45.00

Create your own soap bars. Ideal for gift giving.

### B. Lotions! Potions! \$50.00

Create your own lip balms, day and night creams, moisturizers, toners, bath salts and gels.

### C. Aromatherapy -

### Your Personal Spa. \$35.00

Use essential oils to create your own facials plus an exquisite foot treatment.

### D. Making Scents of Aromatherapy. \$25.00

An informative and interactive workshop exploring the world of aromatherapy and it's use in today's world.

**E. Reflexology.** Learn the ancient art of reflexology from a RAC certified instructor.

**FOR MORE INFORMATION**

**CALL IDA MAE:**

**(905) 877-5670**

**NOW  
FEATURING  
CHILDREN'S SOAP  
WORKSHOPS**

Birthday Parties for  
Children 6 - 12.  
Make funky soap bars  
to take home with them.  
MIN. 8 CHILDREN

## Tip for Kids - Apply yourself!

"You'd be so good if only you would apply yourself! You are so talented and one of the

best skaters on the ice." A parent laments her talented daughter's reluctance to put forth the best effort possible to achieve a standard of excellence most definitely within her reach.

Certainly, parents help their children achieve so very much -- research shows that right from infancy, that children achieve better when a loving and interested parent feels proud of the child's accomplishment.

But parents have a difficult tightrope to walk -- their genuine pride in their children motivates children to achieve, but parents may have another, uncon-

scious motive that can interfere with children's accomplishments. The parents want children to achieve, not so the

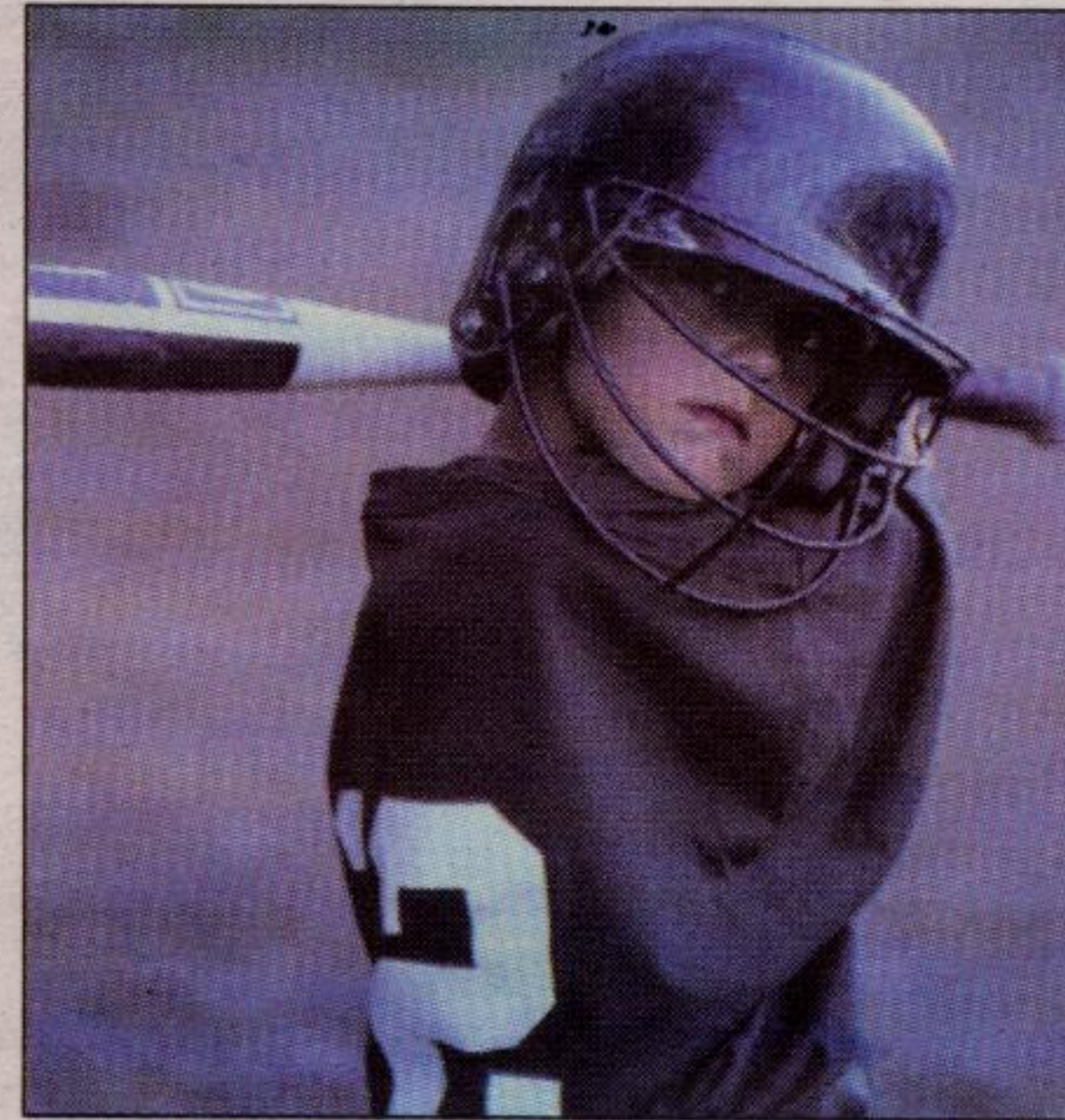
child can take genuine pride in what he or she has accomplished, but more because parents feel the child should achieve in a particular area. The child's achievements get "taken over" by the parent, who feels that they have done well as parents when their children do.

**The child's achievements get "taken over" by the parent, who feels that they have done well as parents when their children do.**

When children start to feel that the parent's pleasure in the child's achievements has to do with the child's accomplishment boosting the parent in some way, the child cannot feel the same degree of gratification as when the parent is thrilled at what the child achieves for himself.

When a parent urges a child forward to meet a conscious or unconscious need in the parent, it leaves the child wondering why the parent cannot be satisfied with what the child has already accomplished. This may diminish a child's good feeling, no matter how accomplished the child may be.

Some children become quite resistant to progressing further in a particular area when they feel they are doing it more "for the parents". Parents can best help children reach their greatest potential by thinking as carefully as possible about how to support children in striving towards the child's own interests and goals.



## Which Craft

Fall and Winter Season is underway...

**905-877-8444**

**REMINDER:** this Saturday, Oct. 26th is our Halloween Kids Craft Workshop from 10:00 to 12:00. You must pre-register for this class. We will be doing spiders and skeletons.

November's Kids Learn to Draw Art Classes begin next week and there are a few openings left. Call TODAY to register. Classes are one evening a week for two hours, for three consecutive weeks. This is a great program to introduce kids to the fascination of drawing in perspective, cartooning, sketching and many other facets of art.

Registration has begun for two of our ANNUAL Christmas events: the Kids Gingerbread House workshop and Kids Shopping Day. These have both been sell out events for the past couple of years -- so don't delay -- call and book your kids NOW! If you haven't been to these events they are a blast! Kids Shopping Day is where kids come in and we have a small store set up and for a \$1 a piece they can purchase gifts for friends and family. We then make our own wrapping paper and gift tags. It is a wonderful way for a child to have a present to give that is truly of their choosing and only they know what is inside! The date for the Shopping Workshop is Saturday December 14th and the Gingerbread House Workshop is the following week on Saturday December 21st.

We are also holding a Christmas Break Camp again this year. We will be holding camp On December 23rd (A great day to get your last minute shopping done while your kids are doing arts and crafts and having fun) December 30th, January 2nd and 3rd. A day at Camp consists of two crafts, art instruction, fun and games, team challenges and more. Call now as space is limited for these camp days. 905-877-8444

## Dr. Anoop Sayal & Associates



### FAMILY & COSMETIC DENTISTRY

*We create  
great  
smiles!*



**Hours:**

Mon.- Thurs. 9:00 am - 8:00 pm

Friday 9:00 am - 1:00 pm

Saturday 8:00 am - 2:00 pm



Georgetown Marketplace Mall

**New Patients and  
Emergencies Welcome!!!**

**905-877-2273 (CARE)**