## JEWIND HANDED

Decorating Tips: Hang Draperies as high as possible to heighten the room and enlarge small windows.

Bring your decorating dilemmas to my booth at the **FALL HOME SHOW** OCT. 22 - 26 MARKET PLACE MALL



NTERIORS by Decorating Den Serving Halton Hills

Karen Timms 519-941-8639 1-888-632-9529 www.DecoratingDen.com

The Colourful Store That Comes To Your Door



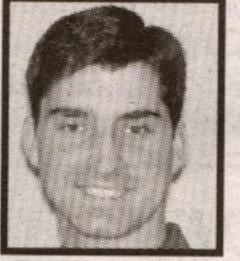
MANON Dulude

INDIVIDUAL COUPLES FAMILY COUNSELING DEPRESSION ANXIETY SEPARATION/DIVORCE LIFE CHANGES

PROFESSIONAL COUNSELING SERVICES

38 OAK STREET GEORGETOWN **ONTARIO** 

(905) 873-9393



By Cory Soal R.H.A.D.

## **CHANGES AND ADJUSTMENTS**

Lend

Me

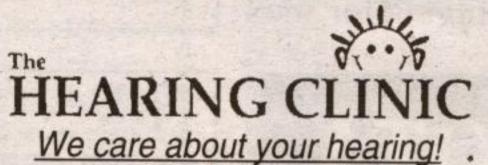
Your

Ears

It may be necessary from time to time to have changes or adjustments made to your hearing aids or molds.

Your hearing can change slightly; you can gain or lose weight; develop circulation problems; develop allergy...the list is long.

Hearing Instrument Practitioners will want to see you on a regular basis to ensure you are receiving maximum benefit from your aids. No problem is "too small" to have checked. Your hearing is too precious not to receive the best possible attention.



Professional Arts Building 99 Sinclair Ave., Suite 210 Georgetown

(905) 873-6642

## CMHA marks special week with numerous activities

ental illness affects everyone. According to Health Canada, approximately 20 per cent of individuals will experience a mental illness during their lifetime, and the remaining 80 per cent are likely to be affected by mental illness in family members or friends.

October 5 to 11 is Mental Illness Awareness Week and the theme this year is Mental Illness and the Family: Resources for Recovery. Family is defined in its broadest sense to include friends, mental health workers, psychiatrists, community agencies, as well as family members.

To celebrate Mental Illness Awareness Week, a coalition of Mental Health organizations in Halton has organized two free evenings of information and inspiration:

Gord Singer is featured on Tuesday, Oct. 7, 6:30 p.m. at the Lion's Club Auditorium, 471 Pearl Street in Burlington. Singer is a peer support specialist for CONTACT Mental Health Outreach at St. Michael's Hospital. He received the "Courage to Come Back Award" from the Centre for Addiction and Mental Health in 1999 and was nominated for the Governor General's award for Meritorious Service in 2000.

Sherri Deschambault is the fe tured guest on Thursday, Oct. 9, 6: p.m. in Milton at the Seniors Activi Centre, 500 Childs Drive. Deschar bault is the co-ordinator of the Family Mental Health Initiative Simcoe County and is dedicated public awareness to help remove the stigma of mental illness and addi tions. She is in recovery from a co current disorder and believes stron ly that recovery takes time and made up of many different face and people. She received th "Courage to Come Back Award from the Centre for Addiction ar Mental Health in 2003.

The talks will be followed by panel discussion on how differen aspects of "family" assist in promo ing recovery and health. There wi also be displays by local ment health organizations. If you are inte ested in attending call 905-693-4270

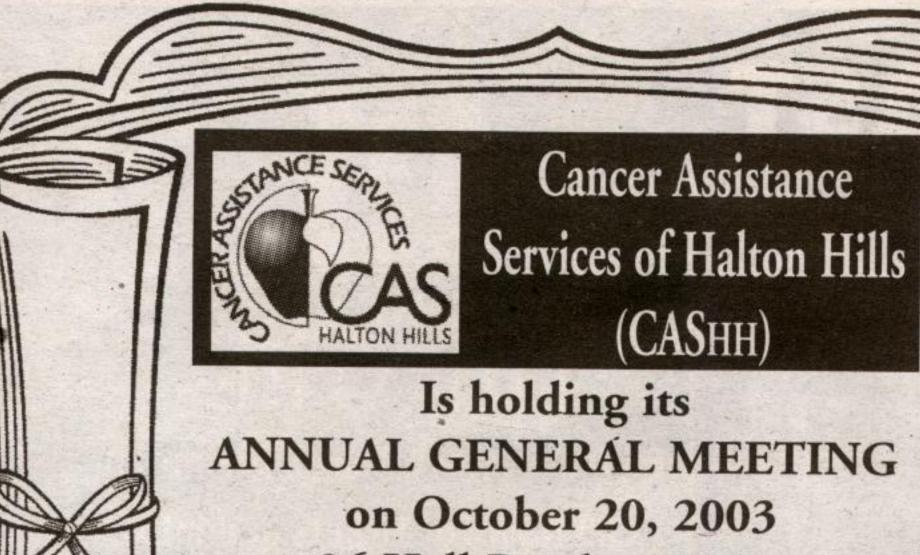
Other events during the wee include: a display at the Georgetow Market Place on Saturday, Oct. 4 an the distribution of information t commuters at all Halton GO trai stations during morning rush hou on Monday, Oct. 6.

For more information, contact th Canadian Mental Health Association Halton at 905-693-4270 or vis www.cmha-halton.ca.

Happy 1st Anniversary Sept. 28th Kerri & Jeff

Love Dad, Mom, Kristin, Jenny, Mike and Paul





ACCEPTING NEW PATIENTS

DR. DEBORAH HEAMAN

905-702-1072

**EVENING AND WEEKEND APPOINTMENTS** 

REFERRALS NOT NECESSARY

WALK-INS WELCOME

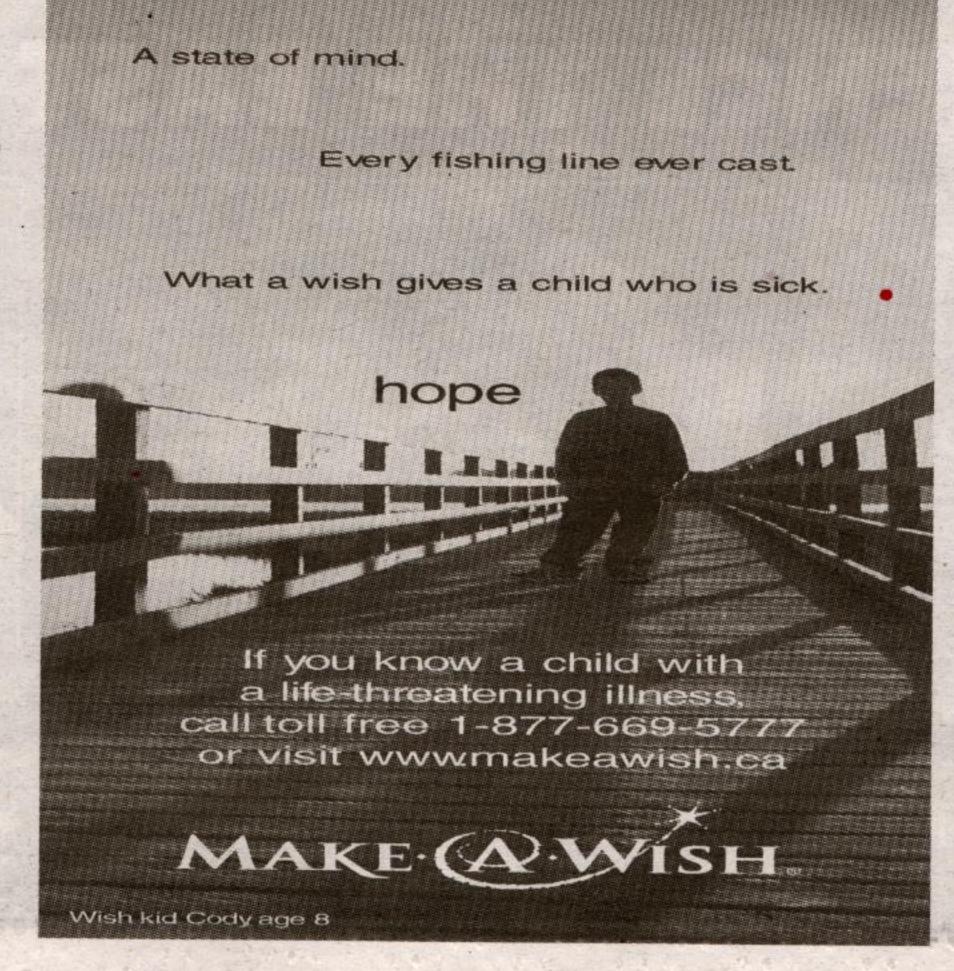
Cameron Chiropractic Clinic

Suite 308, 99 Sinclair Avenue, Georgetown

ANNUAL GENERAL MEETING at 26 Hall Road at 7:00 p.m.

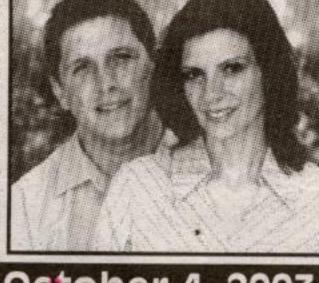
All CASHH volunteers and CASHH members are invited to attend.

The Board of Directors of CASHH will present reports at this time.





McEachern Evan Canning



Saturday October 4, 2003 7 pm - 1 am **Lions Club Hall** Mill Street, Georgetown

(Behind the old arena) For tickets call Tanya at 905-702-4005 or Carolyn at 905-877-0379 TICKETS ALSO AVAILABLE AT THE DOOR. \$15.00 person / \$20 a couple