

HEALTH CARE

Communicating with teenagers

'Did That Grunt Mean 'Yes or No'?'

Are you a parent struggling to communicate with your pre-teen or teen? You're not alone!

One of the great myths about raising teenagers is that they don't want to talk to their parents. The one-word answers, long sentences and frequent rudeness are baffling to adults, leaving them with the impression that teens only want to talk to their friends.

Nothing could be further from the truth.

Teens really do want to communicate with their parents, but they just aren't very good at it. Parents can learn how to develop a foolproof communication system that will result in a closer relationship between teenagers and adults.

The Enhancing Parenting Capacity Committee presents Dr. Scott

Wooding on Did That Grunt Mean 'Yes or No'?— Communicating with Teenagers.

The Enhancing Parenting Capacity Committee includes members of the Georgetown Parent Education Network, the Milton Parent Education Network, ACT for Kids-Acton Parent Education Network, Halton Regional Health and Social and Community Services and Links2Care.

Dr. Wooding is Canada's leading authority on parenting today's teenagers, best selling author and well sought out speaker. His books include: *Rage, Rebellion and Rudeness; Hear Me, Hug Me, Trust Me* and *The Parenting Crisis*.

Presentations will take place:

- in Milton on Wednesday, Nov. 29, 7-9 p.m. at Hugh Foster Hall, 43 Brown St.

- in Georgetown on Thursday, Nov. 30, 7-9 p.m. at Mold-Masters SportsPlex, 221 Guelph St.

Tickets will be sold at Off The Wall Youth Centre, 47 Mill St. East in Acton; The Freckled Lion, 56 Main St. S. Georgetown and the Ontario Early Years Centre, 410 Bronte St. S., Milton and the Milton Public Library, 45 Bruce St.

This presentation is made possible by a grant from the National Crime Prevention Strategy Community Mobilization Program.

ASL interpreters are available upon request. Transportation from Acton to Milton or from Acton to Georgetown is available. To book these services, contact Joanne Kilworth by Nov. 22, at 1-866-442-5866 ext. 8422 or by e-mail to joanne.kilworth@halton.ca



Racing to \$14,320

Race for a Cure at Formula Indoor Karting in Brampton raised \$14,320, and organizer Judy Lang, right, presents the cheque to Cancer Assistance Services of Halton Hills president Bill Smith and CAS-hh treasurer Anu Goel. Below, Lang congratulates top fundraiser, Georgetown's Ken Sproule of Team CarQuest. He raised over \$1,000.

Photos by Al Thompson



Bedwetting is subject of free seminar

Parents and caregivers of children are encouraged to attend a free seminar Your Child's Bedwetting Problem at the Georgetown Hospital on Tuesday, November 21 at 7:30 p.m.

This program, presented as part of Halton Healthcare's Living Healthy public education series, will be led by Lida Jones, RN, Pediatric Surgery, Urology & Enuresis, Children's McMaster Hospital, Hamilton Health Sciences Corporation.

Attend to learn about the causes of

bedwetting, how to know when bedwetting needs to be treated, and what treatment options are available.

Fifteen to 20 per cent of five year olds and seven to 10 per cent of seven year olds wet their bed affecting more than 200,000 Canadians over the age of five. It is more common in boys.

The causes of bedwetting include: more urine produced at night time than the bladder can hold; slow development of bladder control; deep

sleep; lack of the ADH hormone; and/or emotional/behavioural issues.

Since this can affect a child's self esteem and can interfere with their social activities, treatment should be considered.

To reserve a seat, call 905-338-4379 or e-mail elittle@haltonhealthcare.on.ca.

If you are unable to attend this event, but would like more information on this topic you are encouraged to speak with your physician.

Alcoholics Anonymous

If you live in the Halton /Erin area and would like help to STOP drinking. Meetings held weekly. Call Alcoholics Anonymous at 1-866-715-0005.

Crafts aid cancer centre

Credit Valley Hospital Volunteer Partners are having 21st Annual Craft Show, 9:30 a.m. to 4 p.m., at St.

Aloysius Gonzaga Secondary School, 2800 Erin Centre Blvd., Mississauga (the corner of Glen Erin Drive and Erin Centre Blvd.). Proceeds support the Regional Cancer Centre.

Life After Cancer

This is a professionally facilitated drop-in networking and support group for individuals who are post treatment who are looking for sup-

Health Briefs

port with long-term side effects or entering the workplace is offered on the first and third Monday of each month, 7-8:30 p.m. at Wellspring Halton-Peel, 2545 Sixth Line, Oakville. Info: 905-257-1988.

Overeaters Anonymous

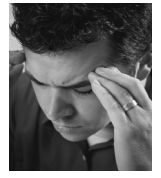
Halton Hills residents are welcome to: meetings 7 p.m. Mondays, at Scott Funeral Home, 289 Main St., Brampton. Wheelchair accessible. Info: Sue, 905-951-7227. Or, meetings 10 a.m. Saturdays, at Trinity Anglican Church, King St. and Kennedy Rd., Caledon. Info: Mary, 905-452-9178.

Care for the Caregiver

The Victorian Order of Nurses is holding four consecutive educational sessions at Martindale Gardens Retirement home, 45 Martin St., Milton Nov. 22, 29, Dec. 6 & 13, 1:30-3:30 p.m. If you are a caregiver, learn how to reduce your stress, stay in control of your life. To register, call 1-800-387-7127 ext. 2319

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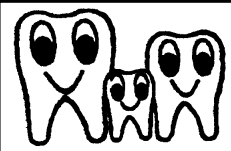


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