

# HEALTH CARE

## A shot in the arm for a healthy life

At a flu shot clinic at Christ the King High School, Lynne Logan RN of Halton Region administered a flu shot to Lee Everett of Georgetown, in preparation of fighting off this year's flu bug. Remaining Halton Region Health Department clinics available will be held at the Halton Region Centre auditorium, 1151 Bronte Rd. (use north driveway), 4-8 p.m. on Tuesday, Jan. 16 and Tuesday, Jan. 23.



Photo by Ted Brown

### Friendly visitors wanted

Make a New Year's resolution and make a difference in a lonely senior's life. Acclaim Health (formerly VON-Halton) needs caring men and women to visit seniors for as little as two hours per week. Volunteers are matched on a one-to-one basis.

For further information, please call 905-827-8800 ext. 2317, or e-mail [volunteering@acclaimhealth.ca](mailto:volunteering@acclaimhealth.ca), or visit website [www.acclaimhealth.ca](http://www.acclaimhealth.ca)

### CNIB Annual Crocus Sale

Help bring vision health, vision hope and the first sign of spring to your community. Join our energetic team as a CNIB Annual Crocus Sale volunteer and help raise awareness and valuable dollars to provide assistance to people with vision loss. A few hours of your time

## Dads learn how to build their children's character

Fathers play a very important role in a child's life. Fathers can register for a six-week course, *Father Involvement— Learning to Build Their Children's Character*, to discuss and learn about communication with their children, creating boundaries and effective discipline. The course will be held on Tuesdays starting January 23 to February 27 from 7-9 p.m. at the Ontario Early Years Centre, Acton Satellite. To register call 905-873-2960.



### Caregivers Connect

Connect and share ideas with other home child care providers with children from 0 to 6 years. Enjoy activities such as art, sensory play, active play and circle with the children in your care. Friday, January 12 from 10:45 a.m. to 12:45 p.m. at the Ontario Early Years Centre, Georgetown Satellite.

### Winter dates for Family Together

Families with children from birth to kindergarten age can join us for Family Together (drop-in) on the following Saturdays from 9-11 a.m.: January 13 and 27, February 10 and 24, and March 10 and 24 at the Ontario Early Years Centre, Georgetown Satellite, 96 Guelph St. Interact with your children in creative, free play and circle activities. Talk with other parents or make use of our Resource Library. For more information please call 905-873-2960.

### Support Group for parents of children with special needs

Do you have a child aged 0 to 6 years old with undiagnosed or recently diagnosed special needs? Join other parents to share the challenges, joys and fears of raising a child with special needs on Wednesday, January 17 from 7-9 p.m. Ontario Early Years Centre, Georgetown Satellite. For more information call 905-873-2960.

### Youth Spaghetti Night

Come and 'gettie' some spaghetti! Youth ages 12-19 can stop by Off The Wall Youth Centre for some free spaghetti on Friday, January 12 from 4 to 7:30 p.m. Call 519-853-9825 for information.

### Home maintenance help for seniors

Seniors can receive help with housecleaning (yes even windows!), painting, odd jobs and home repairs by calling the Home Maintenance Program. These services are provided by qualified individuals at an affordable cost. Call Kim, 905-873-6502 for more information.

*Links2Care is a member agency of United Way of Halton Hills.*

## In Brief

between February 3 and February 18 makes a difference which lasts all year. Call today to join the Crocus Sales team. Please contact David Wallis at 1-888-275-5332 ext. 5304 or e-mail [david.wallis@cnib.ca](mailto:david.wallis@cnib.ca) for information on various volunteer positions available.

### No tapes please

Effective Jan 1, 2007 the Georgetown Bread Basket will no longer accept A&P tapes. Thank you to all who saved and donated them.

### Need to lose weight?

**TOPS-Acton:** meets Mondays at St. Joseph's Church, Church St. E. Weigh-in: 6-7 p.m. Meetings follow until 8 p.m. Info: Ena, 519-853-1526.

**TOPS-Georgetown:** If you want to lose weight sensibly and keep it off, join TOPS (Take Off Pounds Sensibly) at St. Andrew's United Church, Tuesdays; weigh-in 6:30 p.m. and get together, 7:30 p.m.

**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.

### Emotions Anonymous

Is your life becoming unmanageable? Emotions Anonymous can help! No cost, no commitment and no appointment necessary. The group meets every Thursday, 7:30 p.m. sharp at 271 Mountainview Rd. S. in Georgetown. Info: Angela or David, 905-873-2852.

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