

Preventing suicide

Local group plans info sessions this year

Every year in Canada approximately 4,000 people die by suicide making it a leading cause of death for women, men and youth.

Halton Hills prevention group HEAL (Hope, Education, Advocacy, Life), is hoping to combat stigmas surrounding suicide and mental illness in the community.

HEAL is devoted to creating opportunities for community members to educate themselves and create links between persons in need of help and those who can provide professional help.

There are three main information and training sessions that are going to be offered to the Halton Hills community this coming year.

SuicideTALK is a general awareness talk that invites participation in exploring and overcoming the issues and stigma surrounding suicide. HEAL is aiming to facilitate as many SuicideTALK workshops as there is

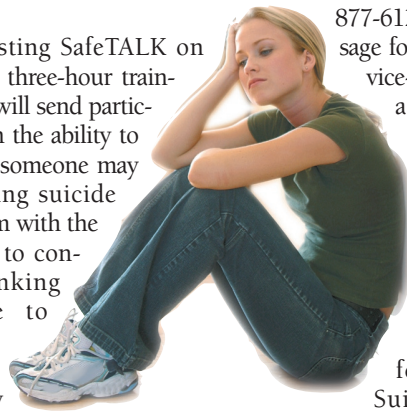
interest.

HEAL is hosting SafeTALK on November 22, a three-hour training session that will send participants away with the ability to recognize when someone may be contemplating suicide and provide them with the tools and links to connect those thinking about suicide to those able to help create a plan for safety from suicide.

ASIST is a two-day hands-on training session working towards giving participants the ability to effectively respond to and help prevent the immediate risk of suicide.

Locations and times are to be determined for both sessions.

If you are interested in any of the above workshops or would like to become a member of HEAL call 905-



877-6122 and leave a message for chair Sue Culp, or vice-chair Paul Ivany or attend a monthly meeting. Meetings are held the fourth Wednesday of every month from 6:30-8:30 p.m. at Norval United Church.

A Support Group for Survivors of Suicide (is held the fourth Thursday of every month (upcoming dates are Oct. 23 and Nov. 27), from 7-8:30 p.m. in the privacy of the house next door to Norval United Church, 484 Guelph Street.

This group is for those who have lost someone to suicide to come and share with others going through the same challenges. For information contact the church at 905-877-6122; www.norvalunited.ca

Big Brothers Big Sisters Halton gets \$75,000 grant

Big Brothers Big Sisters of Halton is the recipient of a \$75,000 grant to help expand school-based programs thanks to a partnership between the Ontario Minister of Education (Student Success Branch) and Big Brothers Big Sisters of Canada (Ontario).

Mentoring makes a big difference. Ninety percent of mentors surveyed saw a positive change in the child they were mentoring. Also 88 per cent of students showed improved literacy skills and 64 per cent devel-

oped higher levels of self-esteem.

Big Brothers Big Sisters of Halton's school-based programs include The Club, an after-school homework program; In-School Mentoring; and Go Girls!, an after-school program for girls that inspires healthy living.

However, volunteers are still needed to help out. In particular the agency is calling on adults interested in volunteering to supervise The Club at two Halton Hills schools, once a week for two hours after school. High school students can

earn valuable community service hours in a fun way by becoming a volunteer tutor at The Club. The commitment is also just once a week for two hours.

Big Brothers Big Sisters of Halton is holding a volunteer information session Wednesday, Oct. 22 for anyone interested in mentoring a local child, 7 p.m. at the agency's North Halton office, 410 Bronte St. S. Milton. For more information about volunteering contact 905-878-8840 or visit www.bbshalton.ca.



Annual General Meeting

Wed., October 29th, 2008 - 8 pm

Cultural Center Gallery (Georgetown Library)

9 Church Street, Georgetown

Open to all GBA members in good standing only



GEORGETOWN BASEBALL ASSOCIATION

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The Georgetown Little Theatre will be opening its vast treasure chest of professional-quality costumes to the public as part of their ANNUAL HALLOWEEN COSTUME RENTAL PROGRAM.

Princesses and wizards and cowboys and ghouls are just some of the costumes available.

Rental Dates are: Sat. Oct. 25, 10 am - 3 pm;

Wed. Oct. 29, 7 pm - 9 pm; Thurs. Oct. 30, 7 pm - 9 pm.

All costumes must be returned in original condition no later than November 3.

33 Stewarttown Road, Stewarttown

FOR MORE INFORMATION 905-877-3422

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