

## Is your gambling uncovering mixed feelings?

### 1. Know the Signs

- Do you feel guilty about your gambling?
- Are you thinking more about your gambling?
- Are you spending more than you're comfortable with?
- Do you feel like you need to win back your losses?

### 2. Take Action

- Think about what's caused these changes.
- Step away and take a break.
- Do something that doesn't involve gambling.
- Develop a plan that works for you.

### 3. Learn More

See what steps you can take at [KnowTheSigns.ca](http://KnowTheSigns.ca).

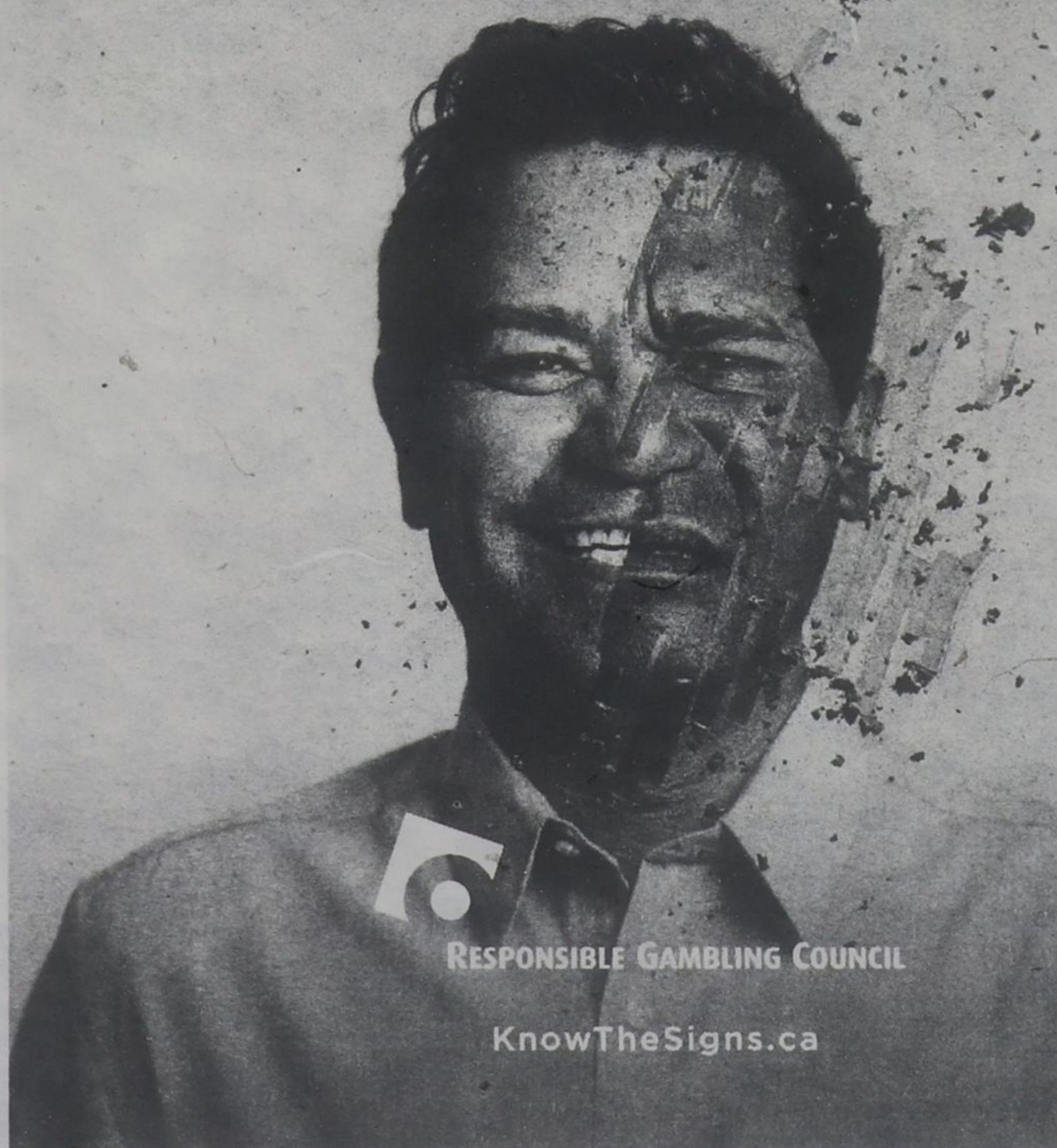
Free and confidential help is available. Call ConnexOntario at 1-866-531-2600 or speak with someone in your community.

#### Burlington:

ADAPT (Halton Alcohol, Drug & Gambling Assessment, Prevention and Treatment Services)  
905-639-6537 or 1-866-783-7073

#### Hamilton:

Alcohol, Drug & Gambling Services (ADGS)  
City of Hamilton, Public Health Services  
905-546-3605



RESPONSIBLE GAMBLING COUNCIL

[KnowTheSigns.ca](http://KnowTheSigns.ca)

## NEWS

# GOING TO THE DOGS: THERAPEUTIC PAWS OF CANADA VISIT A REAL TREAT

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The fur was flying at Metroland's Halton division as staff enjoyed a visit from five four-legged friends recently.

Therapeutic Paws of Canada, (TPOC) with team leaders from Halton communities, brought five dogs and their owners in for some stress relief, and to speak about their program.

TPOC is a non-profit organization of volunteers providing dogs - paws with love to share - for human needs.

Whether it's visiting university students, stressed out and needing emotional support at exam time, or seniors in a retirement home, TPOC visitors bring delight to so many people.

They regularly visit hospitals, residences, schools and businesses.

Brian Ferri, team leader in Milton, said the program spreads across the province and all of Canada. Totally volunteer, visiting owners and their dogs use their own time and gas to get to their various visiting spots. Almost all of the volunteers hold full-time jobs as well.

All the handlers are all carefully screened volunteers who work with their family pet on the therapy visits. The dogs receive certification based on visits with qualified handlers. Once they are through the visits, they can be certified IWC - to interact with children.

Miltonian, and winter Olympian Travis Gerrits is one of the newest members

of the team along with his dog Tia, a five-year-old old chocolate Old English bulldog.

Tia was soaking up the love as more than 30 staffers made the rounds to visit the happy canines. She sat down on her hunches while people cooed and cawed about how cute she was.

Meanwhile Ferri's dog Josie, a big barbet was also a big hit with her long black fur, softened after a grooming session the day prior.

"As handlers, we are here for the people," he said, showing how his dog listens to his commands.

Because they travel to long-term care facilities, he said they could potentially ingest pills that could have fallen on the floor or else-

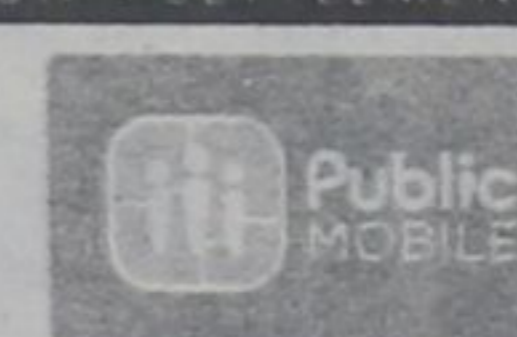
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