

Volunteer help needed

The North Halton Literacy Guild is look- est contact Ugo Filice at 639-0025 ext. 233 ing for volunteers to help area adults with their reading, spelling, writing, math or basic computer skills.

Previous teaching or tutoring experience is not a necessity. A commitment of three hours per week is all that's required.

To volunteer, or for more information, call 873-2200.

Halton Adolescent Support Services

Halton Adolescent Support Services is recruiting new board members to represent north and east Halton.

Meetings are held on the fourth Thursday of each month at 7 p.m. throughout the Halton region. A minimum time commitment of five hours per month is required.

For more information or to express inter-

or 1-800-796-4277.

North Halton Mental Health Clinic

The North Halton Mental Health Clinic (NHMHC) is reaching out now for individuals from the Milton, Georgetown and Acton areas to serve as volunteers on the Clinic's Community Advisory Committee.

They require a few committed volunteers to dedicate two to three hours quarterly to aid in advising the clinic in relation to program development, implementation and evaluation.

Letters of interest are asked to be forwarded to Mae Vaivods, chair, NHMHC Community Advisory Committee c/o 217 Main Street East, L9T 1P1.

A towering task

Workmen put the finishing touches on the 40-metre tall water tower, located at Steeles Avenue and Hwy. 401.

Listeners needed

Think you're a good listener?

If so, the opportunity to help others is waiting through the United Way-funded Oakville Distress Centre — which has been serving the south Halton community for 25 years.

Volunteers handle calls — totalling 8,000 annually — that in terms of content range from loneliness and relationship problems to crisis and suicide. Training courses are provided and the only pre-requisites needed are patience, good listening skills, commitment and compassion.

Those interested in volunteering are asked to call the centre at 849-4541.

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