

Dateline

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Do you have a new baby? **Calling New Parents**, a free program for parents and babies 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Milton Community Resource Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 693-4242, ext. 7899.

Improve communication and leadership skills with the Milton Toastmasters. Everyone is welcome to attend at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For further information, contact Brenda Stephenson at (905) 854-7227.

Help for Parents, a parent support group, meets at Pinelands Presbyterian Church, 5270 New St., in Burlington at 7:30 p.m. This non-denominational self-support group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. For more information, call 1-800-488-5666.

The Peel/Halton Vaginal Birth After Cesarean-Cesarean Awareness Group (VBAC-CA) meets at 7:30 p.m. For location or further information, call Lisa at (905) 469-8599 or Penny at (905) 873-2779.

St. Paul's United Church, 123 Main St. E., holds **St. Paul's Community Kitchen** from 10 a.m. to noon. Participants learn about cooking practices, shopping tips and nutrition. For further information, call (905) 876-4539.

The Halton Down Syndrome Association hosts the **Family McFun Night** in celebration of Down Syndrome Awareness Week. Everyone is welcome to attend the event at McDonald's restaurant on Upper Middle Road at Guelph Line in Burlington at 6:30 p.m.

The **Milton Fibromyalgia Support Group** meets at St. Paul's United Church, 123 Main St. E. at 2 p.m. Visitors are welcome.

Pesticide Alternatives for Milton (P.A.M.) meets at 95 Main St. at 7:30 p.m. New members are welcome. For more information about P.A.M., call (905) 693-9837.

Wednesday, Nov. 7

Halton Healthcare Services and the Canadian Mental Health Association present a **stress management seminar** at the 707 Galaxy Banquet Hall in Oakville at 7 p.m. The free event, entitled 'If It's Not Working, Stop Doing It' is a hands-on experience in analyzing behaviour. The event is led by Dr. David Posen. To reserve a seat or for more information, call (905) 338-4379.

Thursday, Nov. 8

The **Halton Outdoor Club** holds an information session to discuss the upcoming cross country ski season. The group meets at Burlington Central Library, 2332 New St., at 7 p.m. More information, call (905) 634-2012.

The Burlington chapter of the Schizophrenia Society of Ontario (SSO) meets at Port Nelson United Church (in the library), 3132 South Dr., in Burlington at 7 p.m. SSO is a self-help group for friends and families of people who have schizophrenia. For more information, call (905) 634-6797.

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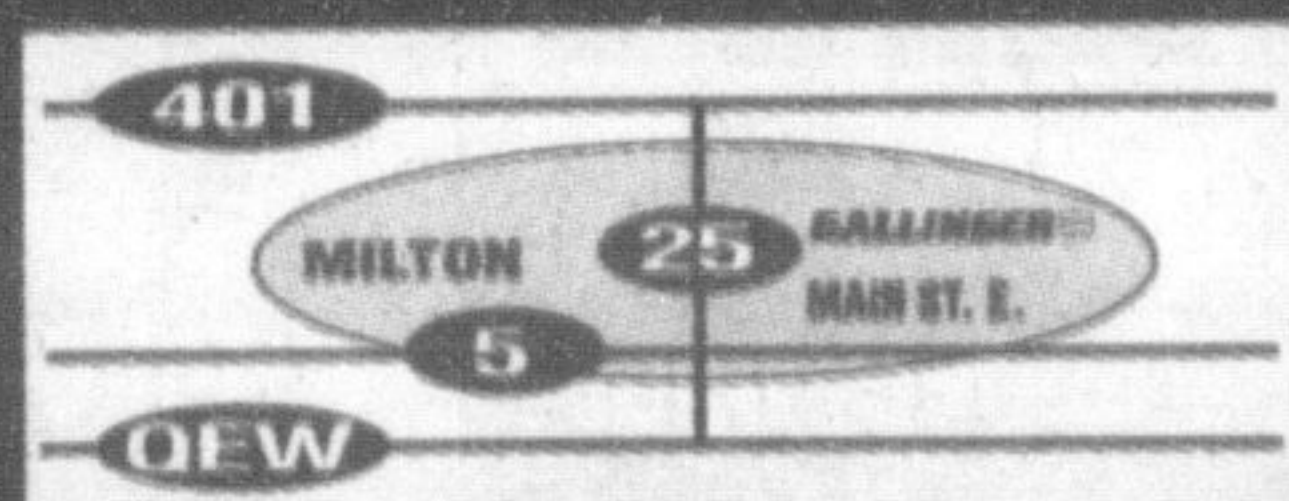


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