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Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if demand is low."

Notices for Dateline should be handed in at the office of The Champion, 191 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, faxed to (905) 878-4943, or e-mailed to miltoned@haltonsearch.com. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items will not be accepted by telephone.

Tuesday Feb. 5

Improve communication and leadership skills with the Milton Toastmasters. Everyone is welcome to attend the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For more information, call Sue at (905) 876-2563.

The Canadian Mental Health Association presents 'Stress Management: Learning to Unwind', a fourweek program examining the causes of stress and coping strategies. The group meets from 7 to 8:30 p.m. For location or more information, call (905) 693-4270.

Do you have a new baby? Calling New Parents, a free program for parents and babies aged 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.

The Peel/Halton Vaginal Birth After Cesarean-Cesarean Awareness Group (VBAC-CA) provides information, support and topical discussions. The group meets at 7:30 p.m. For location or more information, call Penny at (905) 873-2779 or Wendy at

17 Commercial St., Milton, ON

(just behind KFC)

(905) 891-0793.

Halton Healthcare Services presents a free seminar, 'When a Family Member has an Eating Disorder: Supportive Strategies' at Oakville-Trafalgar Memorial Hospital at 7 p.m. Jan Lackstrom, assistant clinical director of the Eating Disorders Program at Toronto General Hospital, discusses strategies to help family members cope with an eating disorder. To reserve a seat, call (905) 338-4379.

The Milton Fibromyalgia Support Group meets at St. Paul's United Church, 123 Main St. E., at 2 p.m. For more information, call Joanne at (905) 878-4371.

Pesticide Alternatives for Milton holds its monthly meeting at 95 Main St. at 7:30 p.m. New members are welcome. For information, call (905) 693-9837.

Wednesday Feb. 6

The Milton Seniors' Activity Centre's Computer Club meets at 1:30 p.m. Learn how to surf the Web. The cost of the meeting is \$1.50. For more information, call (905) 875-1681.

The Canadian Red Cross holds a first aid and CPR course in Milton. For location or to register, call (905) 875-1459.

Conservation Halton presents the completed Bronte Creek Watershed Study at an open house at the Sovereign House, 7 West River St., in Oakville at 7 p.m. The public is welcome to voice additional input into the report. For more information, call (905) 336-1158, ext. 222.

Halton Healthcare Services presents a free health education session, 'Stress and Heart Disease' at the 707 Galaxy Banquet Hall in Oakville at 7 p.m. The session is presented by Dr. George Arnaud-Painvin, a cardiovascular surgeon in Toronto. To reserve a seat or for more information, call (905) 338-4379.

The Milton Community Resource Centre, 917 Nipissing Rd., holds the Mother Goose program Wednesdays from 10 to 11:30 a.m. The program is

• see more DATELINE on page 26

Mon. Tues. & Wed. Thurs. Fri. Sat. Sun.

