

Dateline

Dateline column is for non-profit groups to promote their future events.

Tuesday Jan. 28

The Art of Healthy Living holds a **parent support group** for parents and children who are dependent on drugs or alcohol. The group meets at 72-74 Mill St. in Georgetown from 7:30 to 9 p.m. For more information, call (905) 702-7304.

The Ontario Early Years Centre, 917 Nipissing Rd., holds **'Kids Have Stress Too'**, a three-part program designed to help parents and caregivers better understand stress and help teach their children ways to manage it. For more information, call (905) 876-1244.

Improve communication and leadership skills with the **Milton Toastmasters**. Everyone is welcome to attend the meeting at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For information, call Ross at (416) 953-9413.

Wellspring Halton Peel — Cancer Support Group, 2545 Sixth Line, in Oakville holds a **drop-in caregiver connection**, a support group for those with family or friends living with cancer. The drop-in program runs from 7 to 8:30 p.m. For further information, call (905) 257-1988.

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 information, call Sean at (905) 842-1729.

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.

Wednesday Jan. 29

Mom's Morning Out meets at St. Paul's United Church, 123 Main St., from 9:30 to 11 a.m. Caregivers find friendship and support while children are cared for in Graham Hall. For information, call Natasha at (905) 878-5841, Sherry at (905) 878-5976 or Linda at (905) 876-3659.

Halton Healthcare Services presents **Heartburn, Reflux, Ulcers: What You Need To Know** at Oakville-Trafalgar Memorial Hospital, 375 Reynolds St., in Oakville, at 7 p.m. Dr. Sudhir Pandya provides current information on the diagnosis and treatment of gastric problems. There's no charge for the event. To reserve a seat, call (905) 338-4379.

Thursday Jan. 30

Milton District Hospital holds a **breast-feeding clinic** from 7 to 9 p.m. with a certified lactation consultant. To make an appointment or for more information, call (905) 878-2383.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **Seniors' Cinemas** at 1:30 p.m. The featured film is 'The Important of Being Earnest'. The cost is \$1 and includes refreshments. For more information, call (905) 875-1681.

The Halton branch of the Canadian Mental Health Association presents a **six-week anger management program** for people who recognize they have a problem dealing with anger and negative emotions. The program is held at Milton Mall from 7 to 8:30 p.m. The cost of the program is \$85. To register or for more information, call (905) 693-4270.

The Halton/Hamilton/Niagara chapter of **VOICE**, a support group for parents of

hearing impaired children, meets at Appleby United Church in Burlington at 7:30 p.m. Topics at the meeting include education, services, parent sharing and advocacy. For more information, call (905) 335-1069.

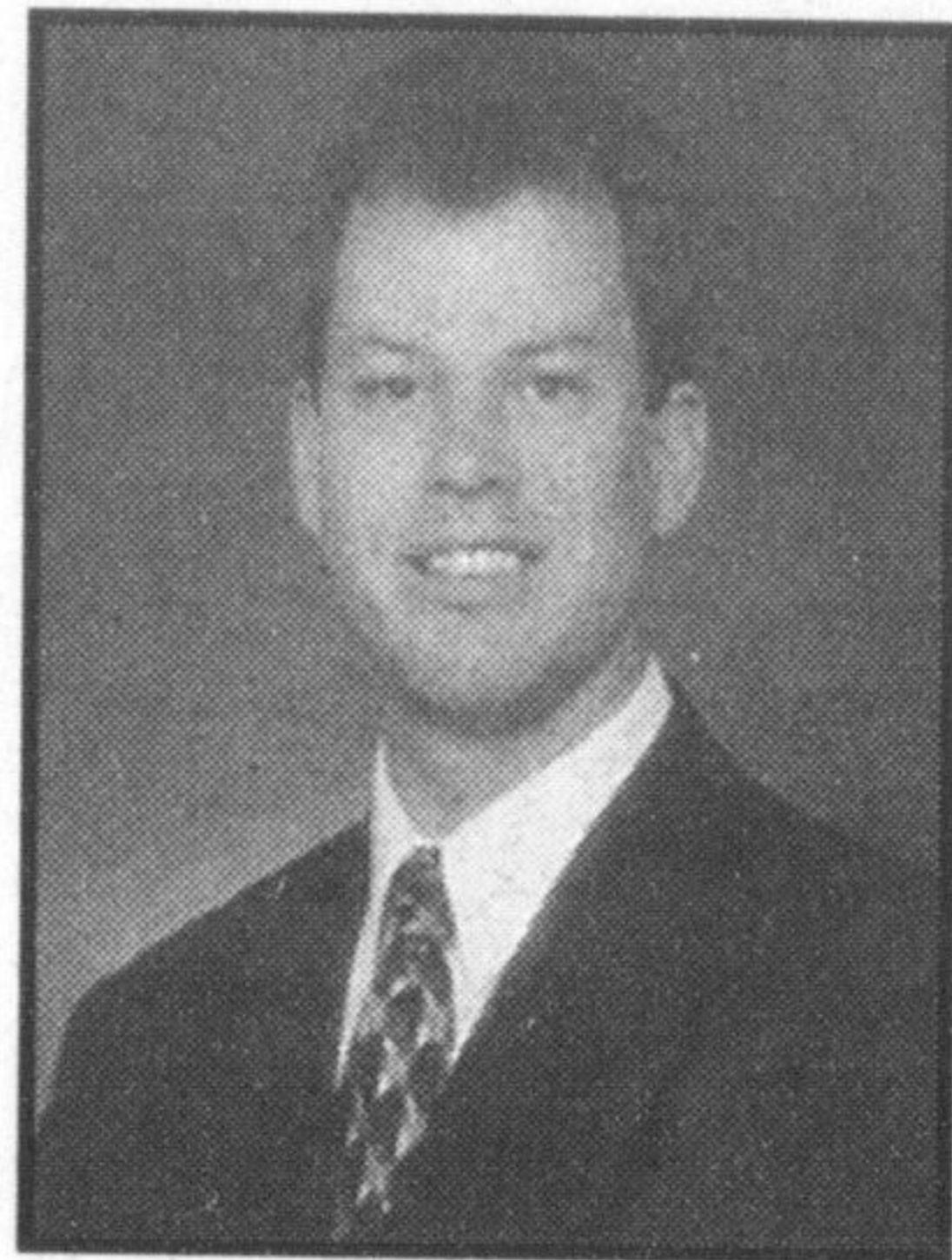
Friday Jan. 31

Wellspring Halton Peel — Cancer Support Centre, 2545 Sixth Line, in Oakville holds **drop-in relaxation and visualization sessions** from 11 a.m. to 12:30 p.m. For more information, call

(905) 257-1988.

Monday Feb. 3

Milton District Hospital holds a **breast-feeding clinic** from 9:30 to 11:30 a.m. with a certified lactation consultant. To make an appointment, call (905) 878-2383.



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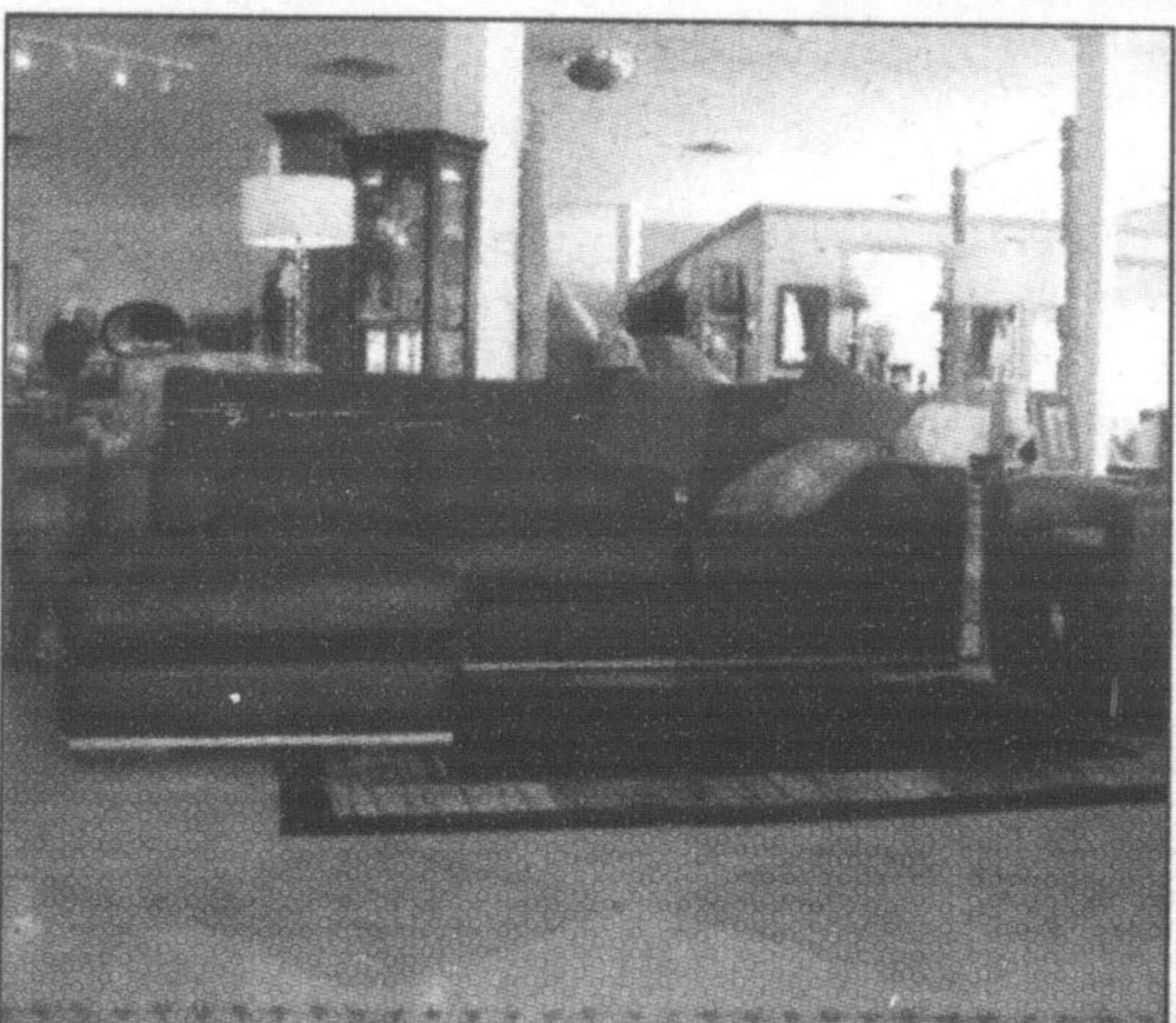


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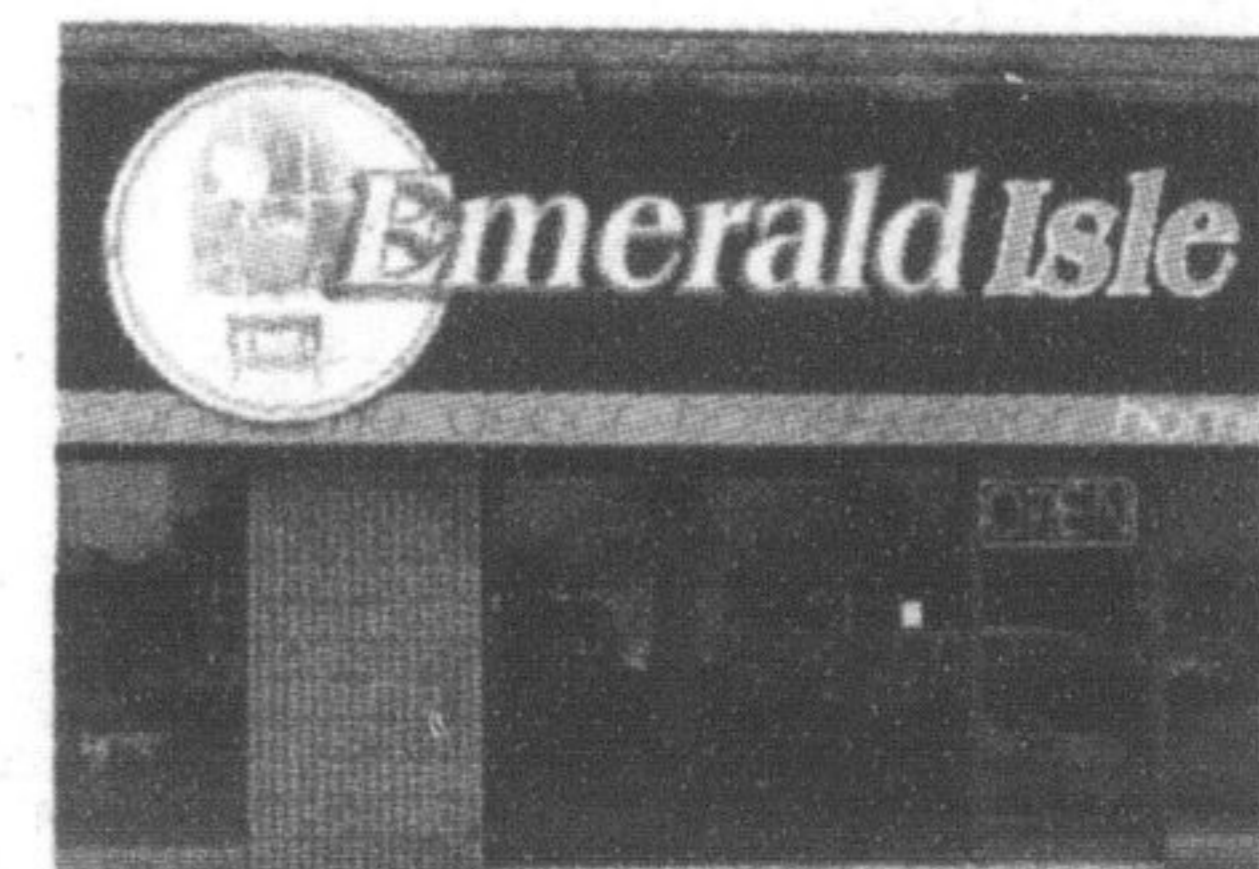
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