

Dateline

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Cesarean-Cesarean Awareness Group meets at 7:30 p.m. featuring a registered nurse speaking about seeking a healthy pregnancy and labour through nutrition, exercise and lifestyle. For more information or directions, call Cheryl at (905) 459-9804 or Adrienne at (905) 846-6453.

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

The **Trillium Photographic Club** holds its Digital Evening to learn about and enjoy the world of digital photography. It takes place at East Plains United Church, 375 Plains Rd. E., in Burlington at 8 p.m. For more information, call Marilyn Chayka at (905) 634-7803, ext. 255.

The **Canadian Mental Health Association** hosts an evening at the Lion's Club Auditorium, 471 Pearl St., in Burlington at 6:30 p.m. featuring Gord Singer, a peer support specialist for Contact Mental Health Outreach at St. Michael's Hospital. For more information, call (905) 693-4270.

Wellspring Halton-Peel — a support centre for people with cancer and their families — holds its drop-in **Graduate Metastatic Support Group** from 7 to 8:30 p.m. at the centre, 2545 Sixth Line, in Oakville. For more information, call (905) 257-1988.

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 Allan Lahue at (905) 877-3441.

The Art of Healthy Living holds a **parent support group** for parents of 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.

Help for Parents, a parent support group, meets in Burlington. 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. The group is a member of Association of Parent Support Groups in Ontario. For times and directions, call 1-800-488-5666 or visit www.apsgo.ca.

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.

Milton District Hospital holds a **breast-feeding support group** with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

Nassagaweya Presbyterian Church holds a **beef dinner** with sittings at 5 and 6:45 p.m. Tickets cost \$12, or \$6 for children aged 6 to 12 years. For tickets, call (905) 854-1055 or (905) 876-3322.



Milton Fire Department OPEN HOUSE

Central Station

405 Steeles Ave., Milton, ON L9T 3G6
(905) 878-9251

Date: Saturday, October 4, 2003
Time: 10:00 am to 2:00 pm

Come visit the Milton fire fighters at Central Fire Station on Steeles Ave. (between Ontario St. and Martin St.) The fun filled day will provide the whole family with lots to see and do. You can watch your local fire fighters in simulated situations, visit with Sparky the Safety Dog, tour the fire trucks, and learn about fire safety.

FIRE FIGHTER DEMONSTRATIONS

BBQ!

- Water Rescue
- Auto Extrication
- Children's Combat Challenge
- Rapelling/High Angle Rescue
- Thermal Imaging Camera



FIRE PREVENTION WEEK
OCTOBER 4TH TO 11TH

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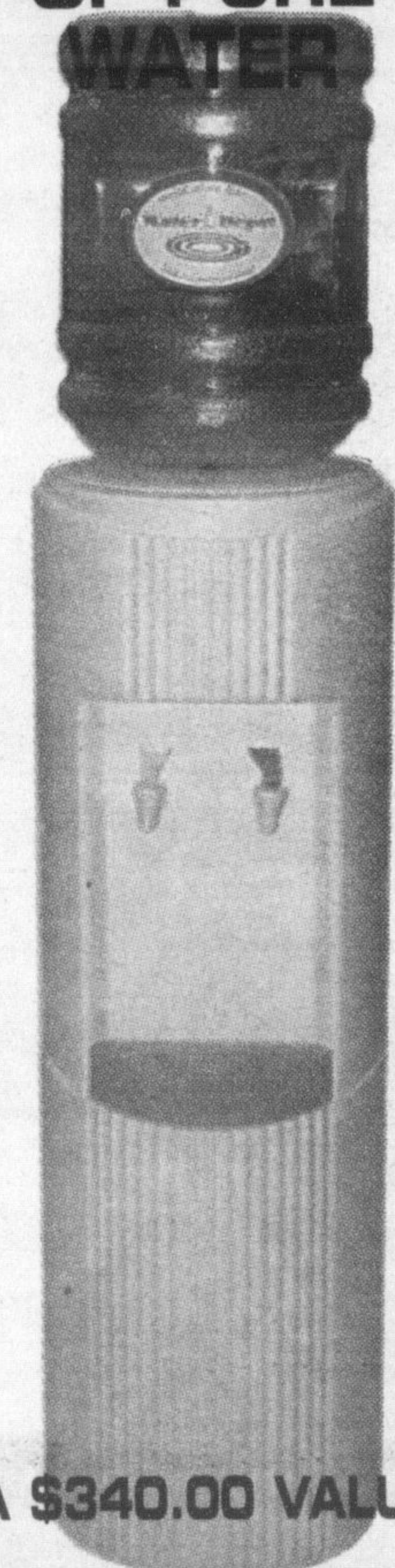
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