

# WHO'S WHO...

## In Milton!

Learn all about the history behind these businesses!



### Psychotherapy and Counselling in Milton The PCM has opened its door in the heart of the city

developing the needed clarity and strength to live fully, the best you can be, happily.

If you ever sought services from a counsellor or psychotherapist, wherever you reside, you would know they are remote and too few. More challenging, is to find one a client can truly connect with and see the benefits of a session. This service, non-existent and unavailable to our community until now has generated great interest and curiosity.

Psychotherapy and Counselling in Milton (The PCM) has finally opened its doors in the heart of Milton. Modelled to create an atmosphere of warmth and well being for clients to feel welcome and at peace, it is also conveniently located at 192 Main Street. The PCM founder Dominique Leval is a master practitioner in Neuro-Linguistic Programming (NLP). She is Registered in Human Relations (RIHR) by the Canadian Board of Health Care Practitioners. Her extensive experience helping people of all walks of life encompasses having worked as a counsellor with the Rape Crisis Centre, for the Aids Committee of Toronto (ACT) and as a therapist providing holistic treatments to patients at the People with AIDS Foundation. (PWA).

As a volunteer co-ordinator for the Holy Blossom Temple in Toronto, Dominique has trained and supervised a team of more than 50 volunteers

assisting aids victims and their families in coping with the illness, the financial strains, and the final transition stages.

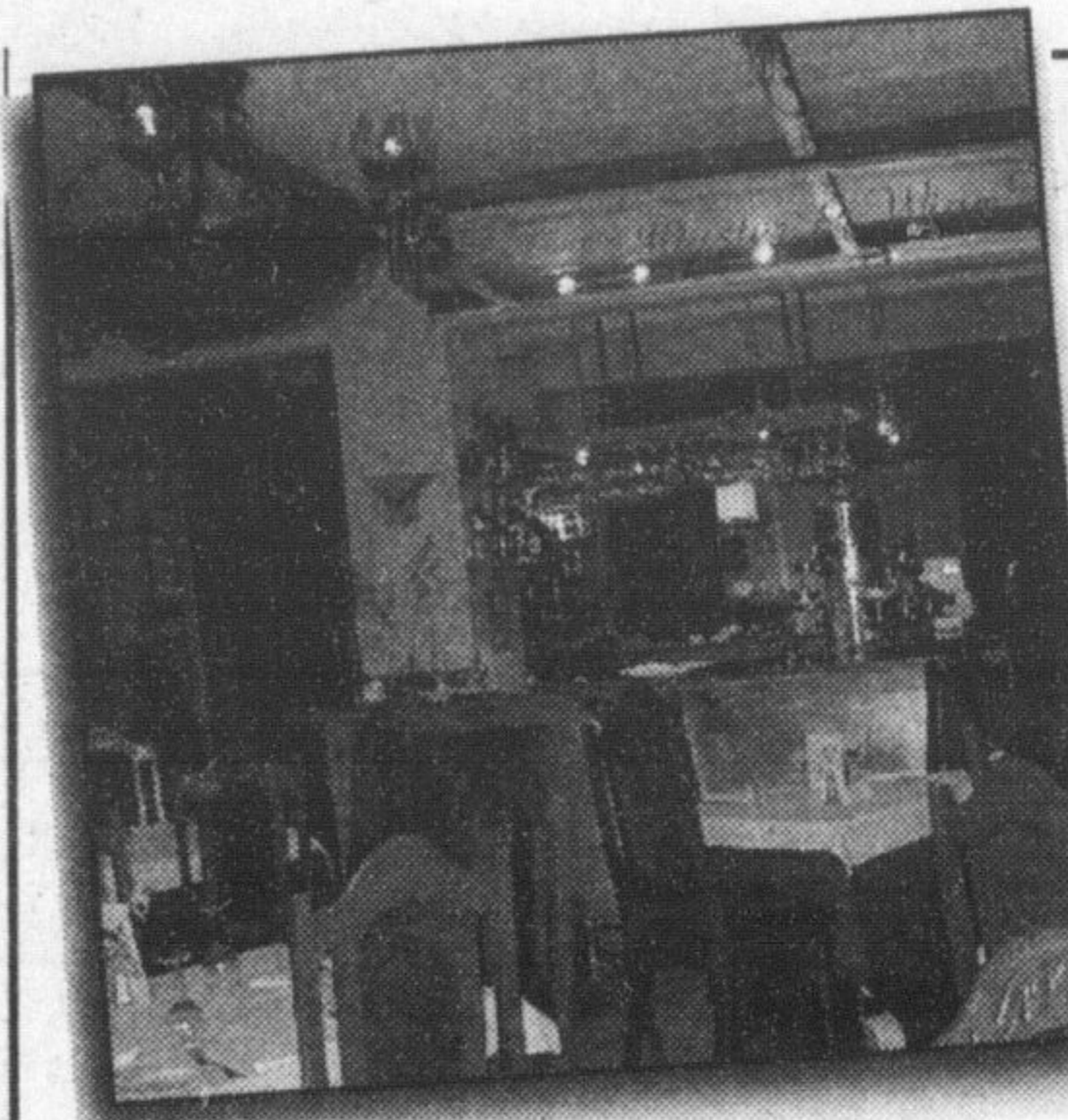
In the '519 Community Centre' in Toronto, the largest of its kind, she is assisting for many years, straight couples and their families, people who face challenging work issues, suicidal people and those with life changes. She counsels gay, lesbian, bisexual and transexual couples, and the victims of homophobia, poverty, alcoholism, rape and violence.

"My vocation is to lead people through the discovery of their inner strength and potential and help them deal with stress and anxiety with an absolute respect of confidentiality", Leval says. "Who through the existence, does not face difficult times? My role is not to give people a solution, but to help them reach their inner resources and their unique potential and intelligence, in order to discover that all solutions are within themselves. I help them use these wonderful inner qualities for their benefit and the benefit of others."

"When the mind is quiet, the heart listens," she says.

Dominique can be reached at her Milton office at 905-876-2203. She also has a private practice in Toronto on College Street and takes appointments on Thursday evenings. She can be reached at 416-929-1816 ext. 225.

It is often assumed that psychotherapy and counselling is similar to psychiatry. That it is limited and exclusive to those with emotional trauma or to those who suffer chemical imbalance in the brain and need medical attention. This misperception and fear of being labelled as such often prevents individuals who have difficulties dealing with life's obstacles and overbearing challenges from putting an end to the choking feeling of helplessness. Psychotherapy is non-medical, like a chiropractor physically guides your joints in a comfortable position; psychotherapy guides your feelings. It helps you addressing often latent, underlying or repressed feelings and roadblocks, identifying them and ultimately taking ownership and control of your life while



### Quaint Italian Ristorante

and elegant light fixtures. Owner Tony De Gaetano wanted to preserve the heritage of the building and when you arrive that is what you see.

Tony emphasizes that customers are #1 at La Toscana. "I want them to feel very special. We offer the highest quality cuts of meat and we specialize in fresh fish & seafood. "Our chef is excellent".

La Toscana offers 3 rooms for private parties, seating up to 35 people. They also cater to that romantic evening with someone special.

La Toscana has been beautifully renovated with gleaming pine floors, rustic brick walls

Reservations are recommended. So, if you are looking for a terrific place to dine, consider La Toscana. You'll be more than happy you did.

*Celebrate New Years Eve with us -- Full menu or our specials! Seating from 5pm to 10pm. Book Now!*



La Toscana - the very name makes you think of a quaint ristorante in Italy. When you walk into La Toscana Restaurant that is exactly how you feel. Located in the heart of downtown Milton in the building originally known as "The Thompson House", La Toscana has been beautifully renovated with gleaming pine floors, rustic brick walls




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## Customers are #1 at Bailey Heating & Cooling Ltd.



"A satisfied customer is our goal," owner Shelley Kidd comments. Bailey Heating & Cooling has been serving Milton & area for over 40 years. Their services include installing & maintaining gas, oil and electric furnaces, fireplaces, heaters, rooftop units, infrared heaters, unit heaters, gas and propane barbeques and air conditioners.

As well as selling, installing and servicing top of the line products like Coleman furnaces, Napoleon fireplaces and barbeques, they service all makes and models while stocking a large number of parts to ensure emergency repairs will be completed quickly and efficiently. Bailey Heating has highly trained staff - some have been with the company for over 15 years. The technicians work efficiently to complete the job at hand and leave your home as clean and neat as when they arrived. Our highly trained staff also take a refresher courses in order to stay in touch










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with new product updates. Part of Bailey Heating and Cooling Ltd.'s service is having educated staff to assist their customers in making an informed decision. "We want the customer to feel that they have received the most value for their hard earned dollar and are happy with the final results" Shelley states. Bailey heating & Cooling Ltd. also

offers a yearly service contract that includes an annual maintenance service. The majority of parts and labour are covered under the contract. For service and/or sales drop by 103 Steeles Ave., Units #6 and #7, Milton, or call (905) 878-4821. Bailey Heating & Cooling Ltd. is definitely a customer oriented business!



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## "Glow" this Festive Season!



Zara, Shannon, Lisa, Jenni

Nothing can make a woman feel better about herself visiting a place that can handle all her beauty needs in one trip. At Glow with Spa One, their customer's comfort and satisfaction is always their number one goal.

Glow with Spa One is a full service salon offering hair, make-up and esthetics services in a relaxed setting using high end, quality products.

Owner Zara, has been a qualified esthetician for over 10 years, and has owned Spa One for the last

seven years. Along with Zara, her team of professionals are Jenni, a licensed stylist since 1997 and has worked at Spa One for six years. Shannon is a licensed stylist since 1998 and has been working there for 3 years. Lisa, who is originally from Cape Breton, Nova Scotia, was licensed in 2000 and joined the team in 2001.

All the stylists have been trained by Joico top colour technicians and frequently update their skills. The Salon is a member of the Platinum Joico Artistic Guild, and the stylists specialize in foils and corrective colour, using the Trucco make-up line, they specialize in

make-up analysis, application and colour consultations. Both Zara and Jenni are also certified foot care specialists, trained by Gehwol Technicians. They can expertly ease the discomfort of corns, ingrown nails, fungus problems and other foot related issues including treatment for warts.

In addition, Zara is a registered Aromatherapist and offers aromatherapy massage, ear candling and facials using Algologie products. (Algae based.) So the next time you want to pamper yourself or a friend, come and visit the friendly and knowledgeable staff at Glow with Spa One. You really will be "glowing" when you leave.



Phone orders for Gift Certificates are also accepted.

84 Main St. E. Downtown Milton  
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<p>Pedicure &amp; Ear Candling For Men</p> <p>NOW <b>\$50<sup>00</sup></b></p>	<p>Customise Your Own Gift Certificate And Receive</p> <p><b>15% OFF</b></p>