

Dateline

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 miltone@haltonsearch.com. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items aren't accepted by telephone.

Tuesday Jan. 20

The Women's Centre holds its **Women's Employment Network** from 9:30 to 11:30 a.m. for women who are unemployed, laid off or returning to the workforce. Topics include resume writing, job search strategies and interviewing. To register or for more information, call (905) 847-5520.

The Canadian Mental Health Association, Halton Region branch, holds **Seminars for the Separated**, an education and self-help group. This 10-week program addresses topics including the stages of separation and legal aspects. For more information or to register, call (905) 693-4270.

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.

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 **breastfeeding clinic** 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.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its **Caregiver Connection program** from 7 to 8:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

Wednesday Jan. 21

The **Community Care Access Centre of Halton** holds a board meeting at 6:30 p.m. at 440 Elizabeth St. on the fourth floor, Birch/Balsam Room, in Burlington. The public is welcome. To confirm attendance, call (905) 639-5228, ext. 8921.

Mom's Morning Out meets at 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 (905) 878-8895.

The **Milton Christian Ladies Coffee Hour** is held from 9:30 to

11 a.m. at Milton Gospel Hall, 306 Ontario St., one block south of Steeles Avenue. The special feature is 'Wild Birds Unlimited' with Paul Grant, and the guest speaker is Ruth Morrison. Admission is free. For more information or transportation, call Margaret at (905) 878-1265.

La Leche League meets at 7:30 p.m. at the Milton Community Resource Centre on Nipissing Road. Women interested in information and support in breastfeeding are welcome. Nursing babies are welcome and pregnant women are encouraged to attend. For more information, call (905) 876-3322.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its **Graduate Metastatic Support Group** from 10:30 a.m. to noon at 2545 Sixth Line in Oakville. It

• see more **DATELINE** on page 27

HAMILTON WOODWORKING SHOW

Jan. 23, 24, 25



Canadian Warplane Museum

Fri. 11-5 • Sat. & Sun. 9-5

Adults \$9 • Seniors \$8 • Youth (13-17) \$8

admission also includes the museum

WOODWORKING TOOLS • MACHINERY • SUPPLIES

SEMINARS • DEMONSTRATIONS • CRAFTS • CARVING COMPETITION

Router Fundamentals Seminar with Rick Rosendahl of PBS's "The Router Workshop" Saturday at 2:00 p.m.

QEW to 403 to Hamilton, then follow the airport signs (beside Hamilton Airport)

For info or to enter our carving competition call: 905-779-0422 www.ontario-woodshows.com

Nutrition Notes

Did you know...

1 in 5 Canadian children are not getting the recommended five servings of fruits and vegetables they require daily.



Halton Food for Thought Contact Program Coordinator
905-845-5597 ext. 201
foodforthought@cogeco.ca

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