

Dateline

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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 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.

The Women's Centre, 210-1515 Rebecca St. in Oakville, 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. It also holds its **Social Group for Spanish-Speaking Women** from 12:30 to 2:30 p.m. To register or for more information on either of these programs, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Weight Loss Club** at 10 a.m. The cost is \$1.50 for members and \$2 for non-members. It also holds **bingo** at 1:30 p.m. The drop-in fee is \$1.50 for members and \$2 for non-members, plus five cents per card or 10 cents for a full card. The centre holds **Evening Line Dancing**, with a cost of \$3 for members and \$3.50 for non-members. For more information on these activities, call (905) 875-1681.

Wednesday Apr. 14

St. John's Anglican Church, at Guelph Line and No. 10 Sideroad, holds **bridge** from 1 to 4:30 p.m. Bring a partner if you can. For more information, call (905) 854-2254 or (519) 821-8630.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Graduate Metastatic support group** from 10:30 a.m. to 2 p.m. at 2545 Sixth Line in Oakville. It also holds its drop-in **journaling** group from 1 to 3 p.m. For more information, call (905) 257-1988.

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 Women's Centre, 210-1515 Rebecca St. in Oakville, holds its **Abuse Support Group** from 6 to 8 p.m. To register or for more information, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Hot Lunch** program from 11:30 a.m. to 12:45 p.m. The cost is \$6, which includes salad, an entrée, dessert and a beverage. Sign up at the reception desk or phone in your order by Monday. It also holds **contract bridge** at 9:30 a.m. The cost is \$1.50 for members and \$2 for non-members. The centre holds a free, drop-in **Blood Pressure Clinic** from 11 a.m. to 2 p.m., performed by a registered nurse from St. Peter's Home Services. It holds its **Evening Euchre Party** at 7:30 p.m. The cost is \$2 per person. Call (905) 875-1681 for more information on these activities.

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