

Moon Festival Saturday

The Halton Region Chinese Canadian Association will host its Moon Festival tomorrow at the Oakville Iroquois Ridge Community Centre.

The festivities will run from 6 to 11 p.m. and will include lantern making, lantern riddles, bingo, music, dancing and a dinner with festive moon cakes.

The event, also known as the Chinese Mid-Autumn Festival, is one of three major festivals of the Chinese lunar calendar and is celebrated on the 15th day of the eighth moon, when the moon is the biggest, roundest and brightest.

The round shape symbolizes family reunion, wholeness, unity and harmony in Chinese traditions.

The objective of the festival is to promote cultural education, hence fostering understanding, interaction and harmony between the Chinese community and the community at large.

Tickets cost \$18 for members, \$20 for non-members and \$12 for children aged three to 12 years.

For more information or to purchase tickets call (905) 825-1255 or visit www.hrcca.org.

Seminar on mental illness first in education series

Schizophrenia Society of Ontario launches seminar series for public

It isn't easy supporting a family member or friend suffering from a mental illness, and the misconceptions that surround the issue can make the task almost unbearable.

Halton family members, caregivers and friends of people with mental illnesses are invited to participate in a free family education seminar called 'What Causes Mental Illness?' Tuesday from 7:30 to 9 p.m. at Oakville Town Hall, 1225 Trafalgar Rd.

This is the first seminar in the new monthly Mental Health Education Series being launched by the Schizophrenia Society of Ontario, Halton chapter.

Topics that will be covered in the first session include descriptions of serious mental illnesses, common beliefs about the causes of mental illness, and the biological, psychological and social aspects of mental illness.

Serious mental illnesses such as schizophrenia, major depression, bipolar depression, personality disorders and anxiety disorders will be discussed.

One in four people suffer from mental illness

According to the World Health Organization, mental illness affects one in four people — more than six million Canadians. Many people don't recognize they're ill, while others don't seek help because of stigma or misconceptions about mental illness.

There are more than 3 million caregivers in Canada now taking care of family members or friends with brain disorders.

Clinicians discharge an estimated 72 per cent of patients back to their families, resulting in emotional strain and financial difficulties for many of these families and

caregivers.

Families often take on this caregiving role without adequate information regarding the illness and available resources, and without any knowledge of coping and self-care strategies and how to best communicate with their ill loved ones.

The Schizophrenia Society of Ontario's Mental Health Education Series is designed to offer much needed education, information and support.

The series features a different topic each month, with seminars being held in different locations throughout Halton.

Upcoming topics include: 'What can I do when my family member is depressed', 'Stress-busting tips for family members' and 'Coping with the stigma surrounding mental illness'.

To register for the first seminar, call (905) 876-1647.

Girl Guide registration accepted

Want to join the Girl Guide program?

Girl Guide registration is now taking place for girls aged five

years and older all the way up to adults.

New members are welcome to learn new skills while making

friends and having fun.

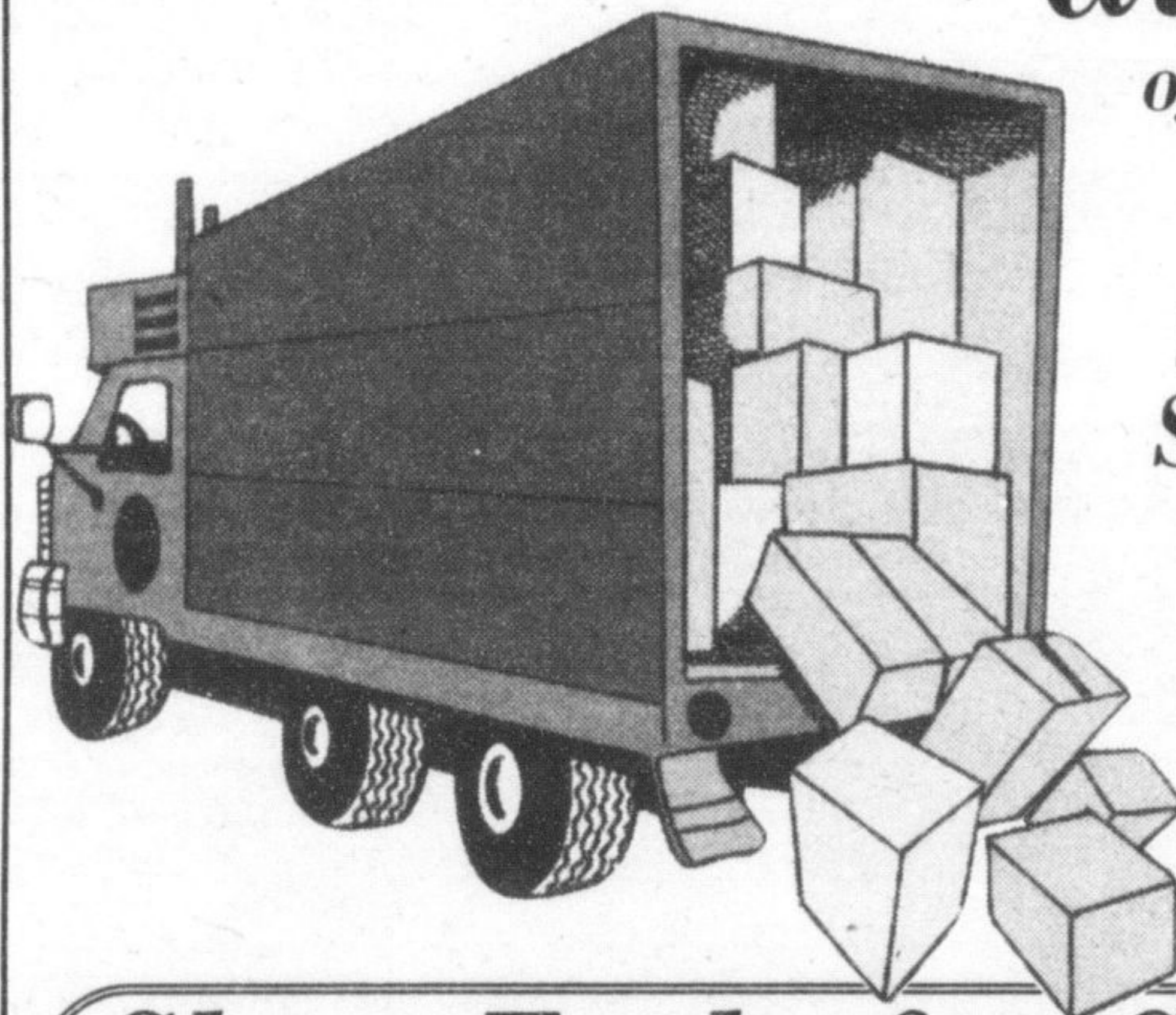
For more information, call (905) 279-2790 or visit www.whiteoaks-girlguides.ca.

WAREHOUSE SALE at Traffix

Off Hwy. #25, North of the 401

Sunday
September 26th
Starting at 10am

Toys,
Housewares,
Giftware, etc.

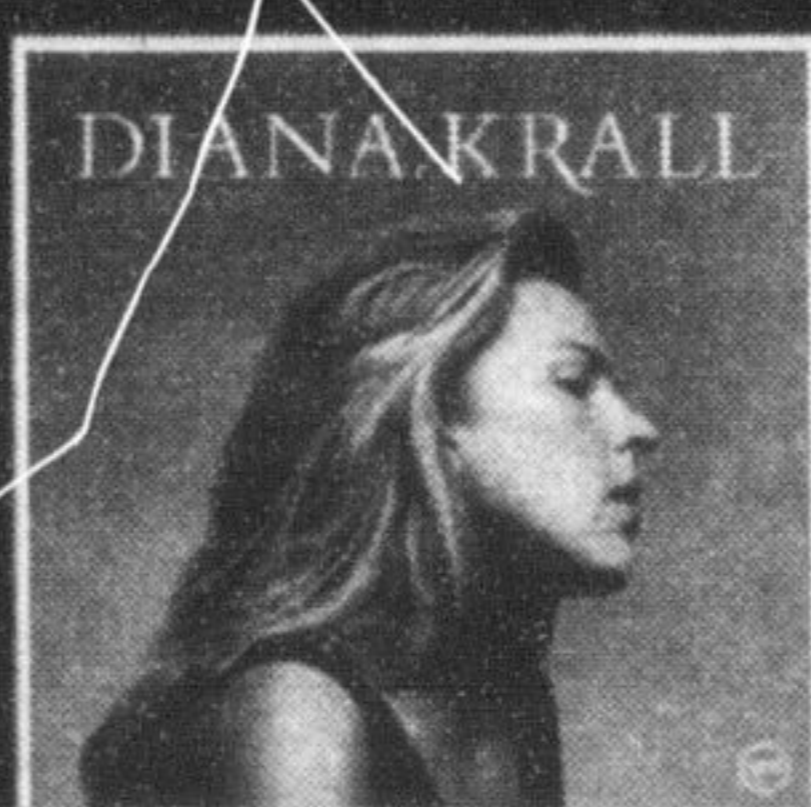
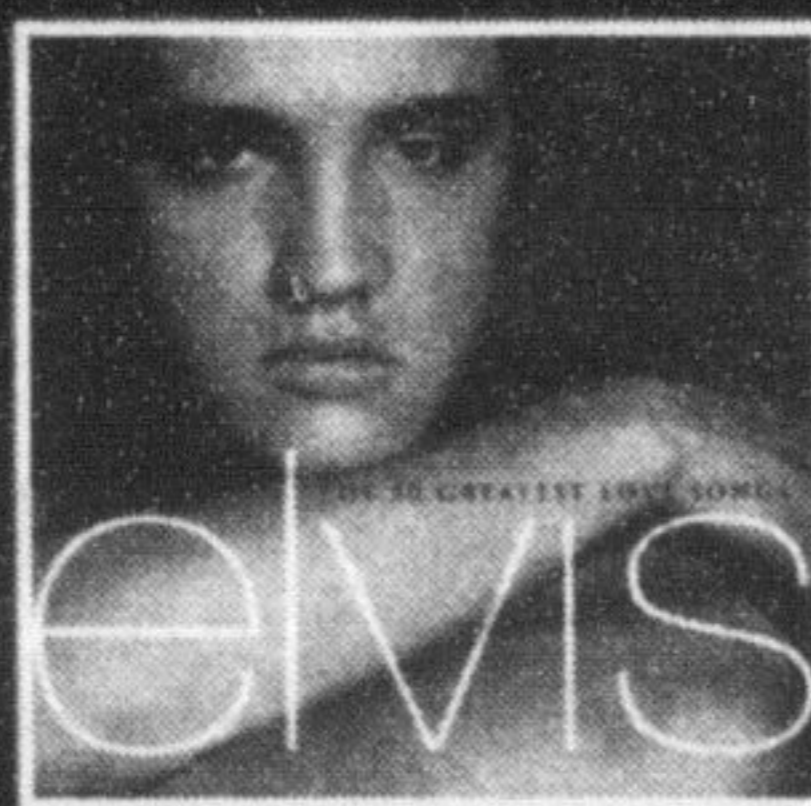


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Carousel OF NATIONS MULTICULTURAL FESTIVAL

ALL DAY ON SATURDAY OCTOBER 2, 2004

A MULTI-CULTURAL SHOWCASE FEATURING:
DANCES, MUSIC, NATIVE FOODS AND DRINKS

FROM 12:00 P.M. TILL 1:00 A.M.

AT THESE LOCATIONS IN OAKVILLE:

- Halton Regional Centre, 1151 Bronte Road
- Oakville Town Hall, 1225 Trafalgar Road
- St. Joseph Roman Catholic Portuguese Church, 2451 Bronte Road

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