

Dateline

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Help for Parents, a Halton parent support group, meets in the evening in the basement of the church at 5720 New St. 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 more information, 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 Ontario Early Years

Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

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.

St. John Ambulance meets from 7 to 9 p.m. at the community centre in Norval. New volunteers are welcome. For more information, call (905) 877-7658.

TOPS (Take Off Pounds Sensibly) meets at 6:15 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. This is a non-profit, non-commercial weight-loss

support group that provides motivation, support and friendship. A minimal charge applies. For more information, call Nancy Nowak at (905) 878-4025 or visit www.tops.org.

The Allendale Foundation holds its **Christmas Tree Lighting Ceremony and Family Tea** from 6:30 to 8 p.m. in the auditorium at Allendale, 185 Ontario St. S.

A Cappella Showcase invites women who love to sing to its **Christmas Sing Program** at 7 p.m. at the Masonic Temple on the east side of Regional Road 25, between Britannia and Derry roads. For more information, call Jane at (905) 842-5494.

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RA = Requires assembly. *while supplies last



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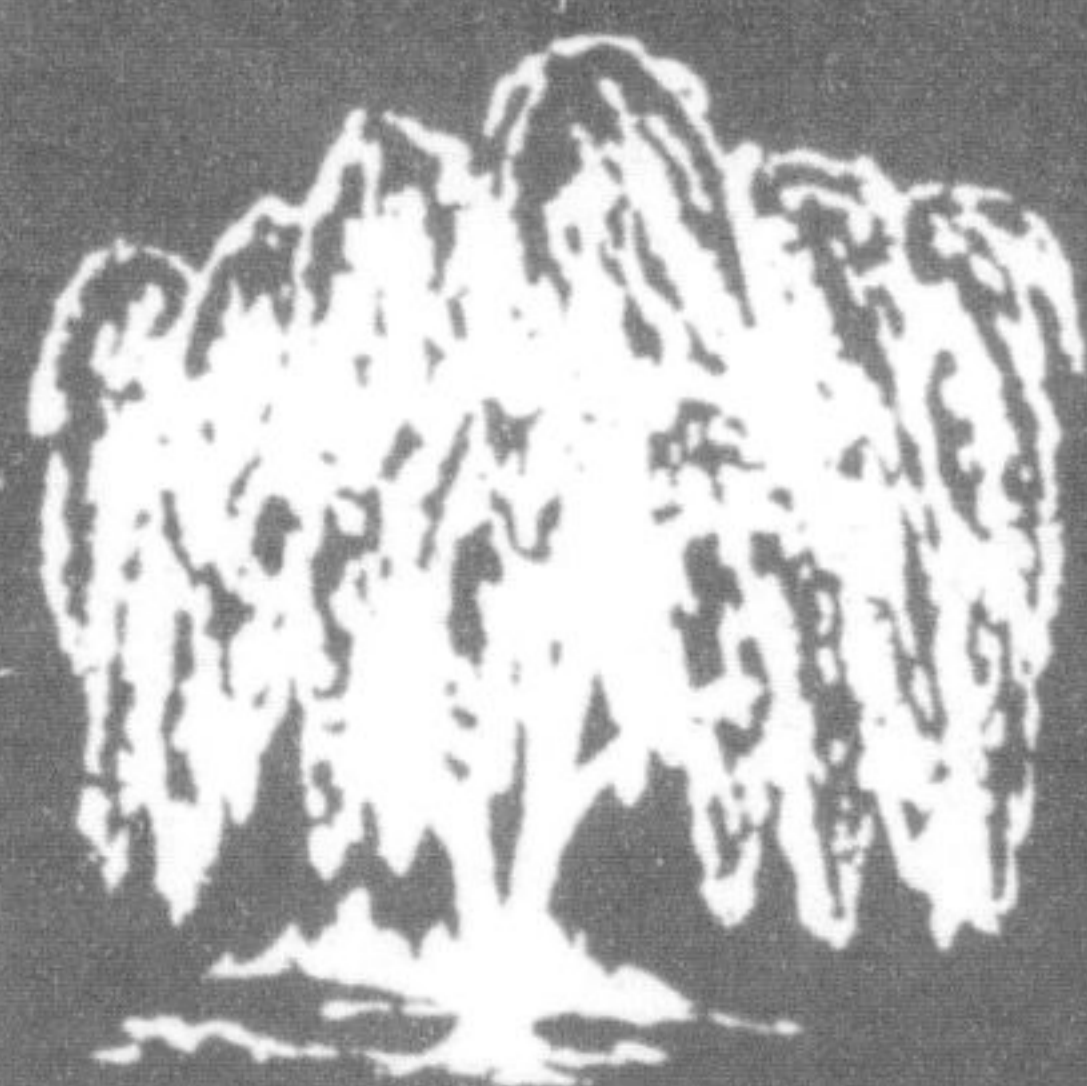
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