# Dateline

· from DATELINE on page 15 more information, call (905) 825-6000, ext. 7299.

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.

The Salvation Army, 100 Nipissing Rd., suite 3, holds a scrapbooking group from 7 to 9:30 p.m. Bring along photos and a scrapbook. Basic supplies are provided at no cost. It also holds its Busy Hands, Creative Minds group from 9:30 to 11 a.m., with games, crafts, songs and stories for parents and their pre-schoolers. For more information, call (289) 242-1432 or e-mail debra@khicommunity.com.

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 www.tops.org.

A Cappella Showcase invites women who like to sing to visit any Tuesday at 7:30 p.m. at the Masonic Lodge on Regional Road 25. For more information, call Cathy at (905) 278-1222.

Pesticide Alternatives for Milton meets at 7:30 p.m. Visitors and new members are welcome. For more information, call (905) 693-9837.

The Milton Fibromyalgia Group meets at 2 p.m. at St. Paul's United Church, 123 Main St. E. For more information, call Joanne at (905) 878-4371.

#### Wednesday May 4

Halton branch of the Canadian Mental Health Association starts its four-week Stress Management workshop from 7 to 9 p.m. in Milton. Topics include stress and work, coping with change and balancing work and family. The cost is \$80. To register or for more information, call (905) 693-4270.

To recognize Mental Health Week, Halton Healthcare Services and the Canadian Mental Health Association present a free seminar 'Understanding entitled Depression' at 7 p.m. at the 707 Galaxy Banquet Hall in Oakville. To reserve a seat, call (905) 338-4379 or e-mail elittle@haltonhealthcare.on.ca.

#### **Thursday May 5**

The Milton Mayor's Youth Advisory Council hosts a community forum from 8:30 a.m. to 2 p.m. to celebrate National Youth Week at the Milton Lion's Club, 77 Thompson Rd., upstairs at

Memorial Arena. Lunch is provided. To reserve a spot, call Jennifer Sutton at (905) 878-7252, ext. 2754 e-mail jennifer.sutton@milton.ca.

The Halton Outdoor Club holds an information night about its summer activities from 7:30 to 10 p.m. at the Continental Austrian Club, 664 Spring Gardens Rd., in Burlington. For more information, call (905) 634-2012.

Milton District Hospital holds a breastfeeding clinic with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext.

The Fine Arts Society of Milton's Evening Group of Artists meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call Janis at (905) 854-5753.

#### Thursday May 5 - 6

The Halton branch Canadian Mental Health Association holds its ASIST program in Milton, providing practical training for caregivers seeking to prevent the immediate risk of suicide. It runs from 9 a.m. to 4:30 p.m. each day. The cost is \$130. To register or for more information, call (905) 693-4270.

## National Naturopathic Medicine Week

New Patients May 2<sup>nd</sup> to May 8th, 2005

Common Conditions helped by Naturopathic Doctors:

- Fatigue
- Arthritis
- Skin Conditions
- Digestive Problems
- Cardiovascular Conditions
- Men's/Women's Health Conditions
- Children's Health Concerns

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### COMPLIMENTARY 15 MINUTE CONSULTATION

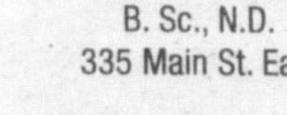
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