

Dateline

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It takes place at the hospital at 7 p.m. — refreshments and displays are at 6:30 p.m. — with presenters addressing a broad range of health topics of interest to young women with a focus on reproductive health. For more information or to register for this free seminar, call (905) 338-4379.

The Canadian Mental Health Association holds **Helping Skills**, a seven-week program, from 1:30 to 4 p.m. in Milton. It's designed for staff, volunteers and members of the public interested in enhancing their ability to be helpful. The cost is \$100. To register or for more information, call (905) 693-4270.

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@khcommunity.com.

A **Cappella Showcase** invites women who like to sing to visit any Tuesday rehearsal at 7:30 p.m. at the Masonic Lodge on

Regional Road 25 between Britannia and Derry roads. For more information, call Cathy at (905) 278-1222.

Milton Toastmasters invite the public to attend its annual debate with the Halton Hills Toastmasters club at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. The topic being debated is whether liquor and beer should be sold at grocery stores. For more information, call Allan Lahue at (905) 877-3441.

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 **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.

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.

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

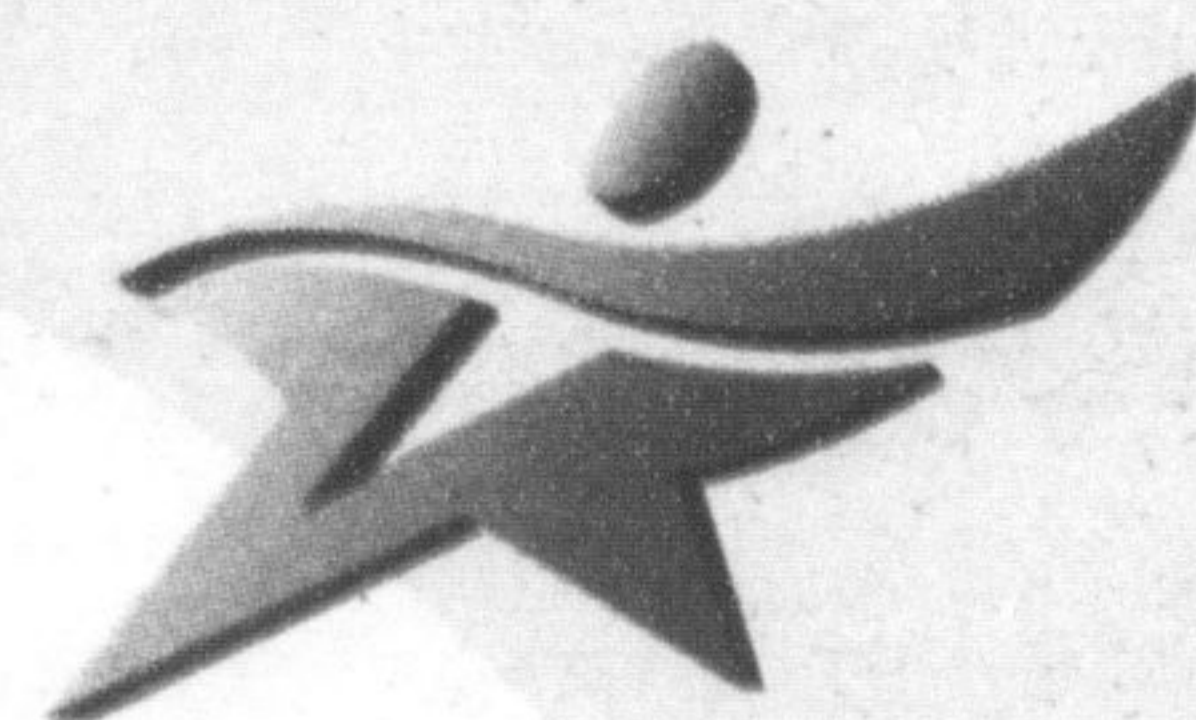
Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Gentle Yoga** program from 1:30 to 3 p.m. It also holds its **Ovarian Cancer Support Group** from 10:30 a.m. to noon and its drop-in **Caregiver Connection** from 7 to 8:30 p.m. The facility is located at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Evening Euchre Party** at 7:30 p.m. The cost is \$2.50. It also holds its **Lunch Bunch** group, which carools to a local restaurant. Its **Downsizers Weight Loss Club** takes place at 10 a.m. The cost is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

The **Halton/North Peel Naturalist Club** invites the public to hear biologist Kelly Bowen from Fisheries and Oceans Canada speak about zooplankton at 7:30 p.m. at Centennial Middle School, 233 Delrex Blvd., in Georgetown.



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