



Join the many people who agree not to drink alcoholic beverages...and to drive everyone in their group home safely.

# Hope Place takes holistic approach with clients

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 "Nobody gets anything from my feelings and thoughts until I act like I care," he said.

Armed with a new outlook on life, Mr. Rice's goal now is to work in the prevention field with troubled youth. "I could help them make better decisions rather than fix bad decisions," he said.

"It's very rewarding trying to help others. The whole time I was using drugs to fill a void, but by helping other people I can fill that void."

And Mr. Rice had just one message for those contemplating going to HRH — "When you're sick and tired of being sick and tired and ready to make changes,

Halton Recovery House can facilitate those changes for you."

## Hope Place

A few years ago, 24-year-old area resident Zara — who asked that her last name not be used — found herself in a similar situation to Mr. Rice, where she felt she was losing everything important to her as a result of her addiction to alcohol and prescription drugs.

"When I went to university as a psychology major, things just spun out of control for me," she said. "I had friends who enjoyed partying. I thought I was just being a normal 20-year-old. But even though I was hosting the parties, I would

pass out before anyone got there."

Repeated overdoses kept her in and out of the emergency room, and eventually she withdrew from her courses and was evicted from the school campus.

At home, things weren't going so well for Zara either.

"I was constantly faced with what I was putting people through. I was completely disgusted with myself," she said. "I had this urge to get up and run."

She then discovered Hope Place — a 24-day residential program for alcohol and drug-dependent women — through a pamphlet in her addiction counsellor's office and decided it was time to give them a call.

Even when she was heading to the centre on Regional Road 25 just outside Milton, she said she wasn't thinking of herself as an addict who needed to recover.

"To me, addicts were someone on the street. I was thinking of the mess I'd created that I had to fix," she said.

But she said Hope Place opened her eyes to what recovery is all about and gave her faith in the process she had to go through.

"I became more willing to do things in order to stay clean," she said. "It was the best 24 days I've ever spent and the best thing I've ever done for myself."

After finishing the program, Zara said she went back to Hope Place to take part in its aftercare program, which helps women cope with real world situations while staying clean.

"It's a relief that I never have to do this alone," Zara said. "I don't have to pretend when I don't have the answer. Hope Place really helps me work through what

I'm struggling with."

Although she had a relapse, Zara managed to pull through that as well. Today, she's been alcohol and drug-free for three years and counting and is a third-year university student majoring in psychology.

"Now, I feel like I'm getting to where I want to go," she said. "The biggest thing is I know I have an option — I don't have to get high anymore."

Empowering women to make "more valid" choices in life is what Hope Place Program Director Kit Hillman said it's all about.

She explained the Hope Place program take a holistic approach with its clients based on body, mind and spirit. She said it also helps the women see that drinking and using drugs is only a symptom of the real problem that lies within them, such as learned behaviours and low self-esteem. The focus is turned to helping these women with things like learning new coping skills and building self-esteem.

While Zara said the program "takes everything you've got" to go through it, she also said she'd recommend it to any woman struggling with an addiction.

"It's one of the most loving environments I've ever found myself in," she said. "Hope Place is like a life-long friend that you've earned. It was a pillar and it continues to be my pillar."

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## Generic Regulation Public Information Sessions Additional lands to be regulated by Conservation Halton

All Conservation Authorities across Ontario are updating their regulations of *Fill, Construction and Alteration to Waterways* as mandated by the Ontario Government. As a result, some additional lands on your property may be regulated to prevent loss of life and property due to flooding and erosion, to prevent pollution and to conserve and enhance natural resources.

We invite you to attend the following public open houses to review Conservation Halton's draft regulation and associated mapping. For more information visit our website ([www.conservationhalton.on.ca](http://www.conservationhalton.on.ca)), or call Hassaan Basit at 905-336-1158 ext. 270.

| DATE & TIME                  | AREA AFFECTED   | LOCATION  |
|------------------------------|---|---|
| Wed. Nov. 2/05<br>4 - 9pm    | Grindstone, Falcon and Indian Creek Watercourses      | Conservation Halton Administrative Office, 2596 Britannia Road, RR2, Milton |
| Wed. Nov. 9/05<br>4 - 9pm    | Bronte Creek and 16 Mile Creek and Urban Watercourses | Milton Hugh Foster Hall, 53 Brown Street (next to Town Hall)                |
| Thurs. Nov. 10/05<br>4 - 9pm | Bronte Creek and 16 Mile Creek and Urban Watercourses | Conservation Halton Administrative Office, 2596 Britannia Road, RR2, Milton |

Why did the chicken cross the road?



To live longer.

By walking across the road, the chicken gained a healthier heart and lungs... and a positive attitude.



Halton District School Board

# The Halton District School Board wishes to thank the following employers for supporting student success!

- Acton Sobey's
- Econo Mould Ltd
- Atlantis Athletics
- Canadian Tire Corporation
- Brant Children's Centre
- Scott's Car Care
- C.A. Building Products
- Pet Paradise
- Cherry & Hoyle Ltd.
- Oakville Greenhouses & Conservatory
- Coiffure Prestige
- Paradiso Restaurant
- Commisso's
- Canadian Tire Associate Store - Milton
- EndZone Sports Exchange
- Beautiful Pets
- Full Circle Judo Club
- CAP Brick
- Future Shop
- Action Collision
- Gillonna Farms and Equestrian Centre
- Blue Beacon of Canada
- Great Expectations
- Georgetown Animal Clinic
- Halton Family Health
- Rona/Cashway Building Centre - Milton
- Hidden Lake Golf and C.C.
- Milton Country Depot
- Hours Ours Ltd
- Mirek Electric
- It's All Good
- Tim Horton Doughnuts - Ontario St S-Milton
- Kelseys
- Dan's Welding
- Lyon's Automotive Repair
- The Royal Bank
- McQueen's Maintenance

- Comfi Interiors
- Medi Cal Royal Canine Veterinary Diets
- AMI-GO Automotive
- Milton Motorsports - Suzuki
- Dr. Diana Dental
- Mr. Tazzy Motorsports
- Adams Georgetown Rent-All
- Mustang Specialteaz
- Cats Only: Bed and Breakfast
- Oakville Lawncare & Landscaping
- Jensen Tire
- Petro Canada - Certigard
- Mexicali Rosa's
- Raves
- Miami 1 Auto Detailing
- Revolution Music
- Salon Tao and Spa
- Shipway Stairs
- Sobey's
- Legendary Motor Cars
- Sonzi
- Pioneer Car Wash
- Speedy Auto
- Bergsma's Home Decor
- Terra Greenhouse
- Burloak Harvester Esso
- The Bay
- Community Development Halton
- The Salon Group
- A & A Heating and Air Conditioning
- Tucker's Market
- Commisso's Esso
- Union Pumps Ltd.
- Sheridan Nurseries
- Vision 2000 Travel
- Minit-Tune
- Willowcreek Landscaping
- Collier Woodworking Inc



The Halton Internship Program consists of a series of school, community and work based opportunities for students heading for any post-secondary destination — college, work, university or apprenticeship. Students can begin the program any time between Grade 9 and 12. With the support of the school and a career coach, students participate in a three level internship and design a personalized pathway to their destination of choice.

Some students will have the opportunity to earn while they learn. Upon graduation from secondary school, students not only receive an OSSD but a Halton Internship certificate that indicates they are employable, have developed Essential Skills, acquired industry recognized certification and a destination ready career portfolio.

Halton District School Board would like to thank all of the employers who supported more than 70 HIP students in its first year. The pilot was extremely successful and could not have been achieved without this critical support from the community.

The Ex-cel program is a full-day, off campus continuous entry cooperative education program for students who need a learning setting very different than what the regular school program offers. In its first year, Ex-cel enjoyed a 80% success rate. Halton District School Board is grateful to the employers who offered learning placements for students. Without them, the program could not run and students would not have encountered such meaningful learning.