

Dateline

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put together the Women as Career Coaches event once again. The meeting celebrates the event in recognition of Women's History Month and takes place at the HIEC, 5230 South Service Rd., in Burlington. For more information about the meeting or to find out more about Women as Career Coaches, call Michelle Murray at (905) 634-2575, ext. 12 or visit www.hiec.on.ca.

Tuesday Oct. 25

The citizen-based **Milton Community Policing Committee** meets at the Milton police station at 490 Childs Dr. to address crime/traffic related concerns in the community. For more information, contact Sgt. Kevin Maher at (905) 825-4747, ext. 4901 or Const. Kate Pulford at (905) 878-5511, ext. 2401.

Improve communication and leadership skills with the **Milton Toastmasters**. Everyone is welcome to attend the meeting at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For 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.

The Khi Community Church of the Salvation

Army holds its free **Busy Hands, Creative Minds** program for pre-schoolers and their caregivers from 9:30 to 11 a.m. at 100 Nipissing Rd., unit 3, with games, crafts and songs. It also holds its free **scrapbooking group** from 7:30 to 9:30 p.m. at the same location. Bring your photos and album. Basic supplies are provided at no cost. For more information, call (905) 875-1022 or visit www.khicommunity.com.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its **Ovarian Cancer Support Group** from 10:30 a.m. to noon at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Downsizers Weight Loss Club** at 10 a.m. The cost is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

The Women's Centre, suite 210 in Hopedale Mall at Rebecca Street and Third Line, in Oakville holds its free **Peer Counselling** by volunteers in person or over the phone from 10 a.m. to 3 p.m. for women facing abuse, grief/loss and relationship issues. It also holds a workshop entitled **'Healing Through ZPoint'**, from 7 to 9 p.m., to help women leave behind conflicts, traumas and unwanted patterns. The cost is \$10. For more information or to register, call (905) 847-5520.

Wednesday Oct. 26

The public is invited to attend the **Milton Safety Committee** at 5:30 p.m. at the Childs Drive police station. For more information, e-mail Jan Mowbray at mowbrayj@sympatico.ca.

Hillcrest United Church, at Trafalgar Road and No. 5 Sideroad, holds a **barbecue beef dinner** with continuous servings from 5 to 7 p.m. The cost is \$15 for adults and \$7 for kids under 12. Takeout is available. For tickets, call (905) 702-5322.

The Halton Environmental Network (HEN) holds a free **public forum** about Carolinian Canada from 7 to 9 p.m. at Oakville Central Library, at Lakeshore Road and Navy Street. The keynote speaker is Michelle Kanter, executive

director of the Carolinian Canada Coalition. For more information, call HEN at (905) 849-5501, e-mail info@the-hen.net or visit www.the-hen.net.

The Halton chapter of CARP, **Canada's Association for the Fifty Plus**, meets at 7:30 p.m. at the Burlington Seniors' Centre, 2285 New St., with guest speaker Judy Suke speaking about how laughter and a sense of humour can help alleviate stress. For more information, call Harry at (905) 335-5717.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its **Teen Art Space** program — for teens who have a parent diagnosed with cancer — from 7 to 8:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The **Provincial Service Officer** is available in the morning for Milton veterans who want to speak with him. To make an appointment, call Laurie MacNab at (905) 875-4607.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Wednesday Lunch Counter**, featuring a meal for \$6. Sign up at the reception desk in advance or phone in your order. The drama club holds a **presentation** at 12:40 p.m. in the library after the hot lunch. **Contract bridge** takes place at 9:30 a.m. and **shuffleboard** is held from 1:30 to 3:30 p.m. The cost for each activity is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

The Women's Centre, suite 210 in Hopedale Mall at Rebecca Street and Third Line, in Oakville holds its free **Abuse Support Group** from 6 to 8 p.m. To register or for more information, call (905) 847-5520.

Thursday Oct. 27

The Halton branch of the Schizophrenia Society of Ontario holds its **Family Support Group** for friends and family members affected by schizophrenia and other serious mental illnesses. It takes place at 7 p.m. in the second floor boardroom at Milton Mall. For more information, call (905) 876-1647.

VON Halton continues its free 10-week hos-

pice training course for new volunteers, to enable them to support clients and family members living with life threatening illnesses. It takes place from 1 to 4 p.m. at the VON office at 2370 Speers Rd., in Oakville. To sign up, call (905) 827-8800, ext. 2312 or ext. 2313.

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. 7030.

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.

The Canadian Club of Halton Peel holds a **dinner meeting** at 7 p.m. at the Oakville Conference Centre, 2515 Wycroft Rd., in Oakville with special speakers Senator Joyce Fairbairn, chair of the Canadian Paralympic Foundation, and paralympic athlete Jeff Adams. Admission costs \$15 for students, \$30 for members and \$40 for non-members/guests. For tickets, call (905) 845-2862 or visit.

Halton Healthcare Services and the Canadian Mental Health Association hold a **free seminar** on understanding depression at 7 p.m. at Southside Community Church. To reserve a seat, call (905) 338-4379 or e-mail elittle@halton-healthcare.on.ca.

The **Milton Players Theatre Group** presents 'Caught in the Net' at the Milton Seniors' Activity Centre, 500 Childs Dr., with doors opening at 7:30 p.m. and curtain call at 8 p.m. Tickets cost \$15 and can be purchased at Tielemans and Boutique 188, both on Main Street, or by calling (905) 875-0629.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds a **foot care clinic** with a VON nurse from 1 to 4 p.m. by appointment only. The cost is \$24. **Bid euchre** and **contract bridge** are held at 1:30 p.m. The cost for each activity is \$2 for members and \$4 for non-members. For more information, or to make an appointment for the foot clinic, call (905) 875-1681.



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