

Dateline

• from DATELINE on page B10

Help for Parents, a Halton parent support group, meets in the evening in the basement of St. Elizabeth's Church, 5324 Bromley Rd., 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 the 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 drop-in 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 new Ontario Early Years Centre at 410 Bronte St. from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

The **Milton Al-Anon** group meets at 8 p.m. at St. Paul's United Church, 123 Main St. E., for family and friends of alcoholics.

St. Paul's United Church, 123 Main St. E., holds its **Parent's Morning Out** from 9:30 to 11 a.m. For more information, call (905) 878-1286.

Milton District Hospital holds a one-on-one **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its free **Employment Network** for unemployed women from 6 to 8 p.m. For more information, call (905) 847-5520 or visit www.halton-womenscentre.org.

Facilitator needed for dementia support group

Do you have a special interest in Alzheimer's disease or related dementia?

Acclaim Health (formerly VON) Alzheimer Services is looking for a group facilitator for its support group in the Georgetown area. This group

[womenscentre.org](http://www.womenscentre.org).

Registration takes place for the Nassagaweya Tennis Club's 30th season at its clubhouse (the northeast corner of Hwy. 401 and Guelph Line) from 6 to 8 p.m. For more information, call Stacey Porter at (905) 878-7012.

The Centre for Skills Development and Training holds an **information session** about its upcoming free five-day program for unemployed adults. The session takes place from 9:30 a.m. to noon at 550 Ontario St. S., suite 203. To register, call (905) 333-3499, ext. 103 or visit www.thecentre.on.ca.

Wednesday Apr. 18

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its **Abuse Support Group** from 5:30 to 8 p.m. For more information, call (905) 847-5520 or visit www.halton-womenscentre.org.

Milton District Hospital holds a one-on-one **breastfeeding clinic** with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Adult drop-in volleyball takes place from 2 to 3 p.m. at the Milton Leisure Centre on Main Street. The cost is \$3.50 for the hour.

The Salvation Army/Khi Community holds its **Run Club** at 5:30 p.m. with a 30-minute run. For meeting location and route, call (905) 875-1022.

Equilibrium — a mental health support group for those with depression or bipolar disorder — presents psychiatrist Dr. Stéphane Treyvaud talking

about 'What is Mindfulness and Why is it Therapeutic for Mood Disorders?' at 7:30 p.m. at St. Dominic's Catholic Church, parish centre, at 2415 Rebecca St., in Oakville. The event is free.

The Mom Club holds its **Stroller Walk and Talk** at 10 a.m. Meet at the Lions Sports Park on Thompson Road near the train tracks. For more information about the event, call (905) 929-5535 or e-mail hotmum79@hotmail.com.

The **Ovarian Support Group**, sponsored by the Canadian Cancer Society, meets from 3:30 to 5 p.m. at The Church of St. Matthew-on-the-Plain, 126 Plains Rd. E., in Burlington. For more information, call (905) 332-0060.

The **Milton Christian Ladies Coffee Hour** meets from 9:30 to 11 a.m. at Milton Gospel Hall, 306 Ontario St., with a special feature on closet organization and guest speaker Lynn Shatford. For information or transportation to this free event, call Alma at (905) 878-6345.

The Milton branch of **La Leche League Canada** meets from 7:15 to 9 p.m. at the Ontario Early Years Centre, 410 Bronte St. S., with a discussion on nutrition for baby and the family. Pregnant women and mothers interested in more information on breastfeeding are invited, as are babies. For more information, call (905) 876-3322.

The **Retired Women Teachers, Lydia Snow Group**, holds its **annual general meeting** at Knox Presbyterian Church in Acton at 10 a.m. followed by a lunch. For more information, call Pam at (905) 877-8618.

offers help to family members who care for someone with dementia. The group meets from 7 to 9 p.m. on the first Tuesday of each month.

If you're interested, call Renita Wood, educational co-ordinator, at 1-800-387-7127.



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