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## 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.haltonwomenscentre.org.

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 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, 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.

Thursday Apr. 19

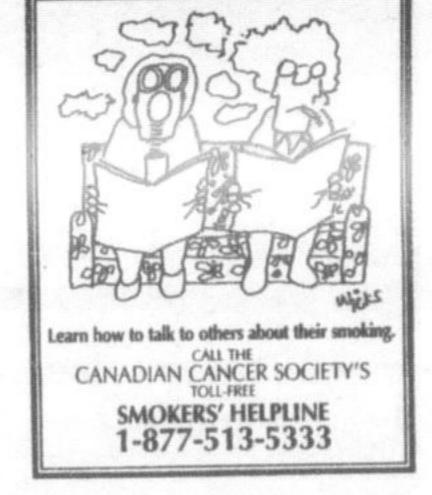
The Lions Foundation of Canada

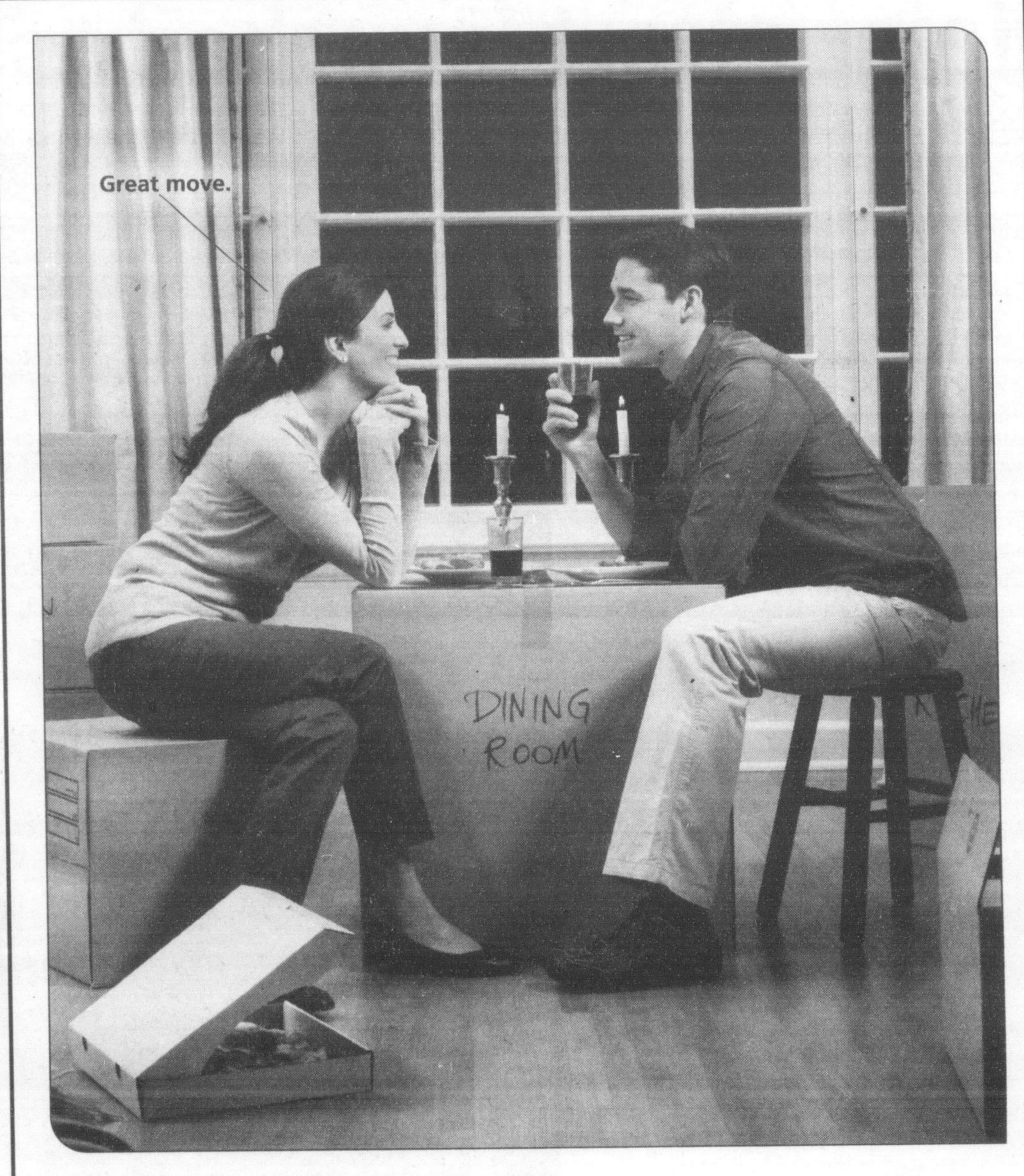
Dog Guides holds its annual Sit, Stay, Bid! auction at its Oakville facility. Items up for bid include weekend get-

aways, event tickets and artwork.

Tickets cost \$10 and are available by

• see more DATELINE on page A12





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