

Dateline

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 sfotdinner@stpaulsmilton.org by the Sunday prior indicating the number of adults and children coming for dinner. For more information, visit www.stpaulsmilton.org.

Equilibrium — a mental health support group for those affected by depression or bipolar disorder — presents psychiatrist Dr. Karl O'Sullivan speaking about 'Treating mood disorders... the challenges' at 7:30 p.m. at the Salvation Army, 1225 Rebecca St., in Oakville between Third and Fourth lines. For more information, call the Canadian Mental Health Association at (905) 693-4270.

The Milton Toastmasters meets at 7:30 p.m. at the Royal Canadian Legion, 21 Charles St., in the upper hall. For more information, visit www.milton-toastmasters.com.

Acclaim Health Alzheimer Services starts its free eight-week Dementia Information Series for Family Caregivers, featuring an introduction to the series from 7 to 9 p.m. It takes place at Acclaim Health in Sheridan College, 1430 Trafalgar Rd. (Ceremonial Drive entrance) in Oakville. To register, call (905) 847-9559.

The Salvation Army/Khi

Community, 100 Nipissing Rd., unit 3, holds Busy Hands, Creative Minds from 9:30 to 11 a.m. for preschoolers and their caregivers with a morning full of crafts, songs and a play area. For more information, call (905) 875-1022.

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 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.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lacta-

tion 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 Milton Seniors' Activity Centre, 500 Childs Dr., holds its Downsizers Weight Loss Club at 10 a.m., bingo at 1:30 p.m. and darts and billiards from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. It also holds Evening Euchre at the Campbellville Lions Hall at 7:30 p.m. at a cost of \$2.50. For more information, call (905) 875-1681.

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

The Halton/North Peel Naturalist Club invites the public to hear Jen Baker from Ontario Nature speak about Boreal Forests at 7:30 p.m. at St. Andrew's United Church, 89 Mountainview Rd. S., Georgetown.

Liquor store fundraising for charity

LCBO customers have a chance this month to help a good cause just by visiting the store.

Donations can now be made to the Canadian Cystic Fibrosis Foundation at all LCBO checkout counters. The

fundraiser will run until September 30.

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09/07/07

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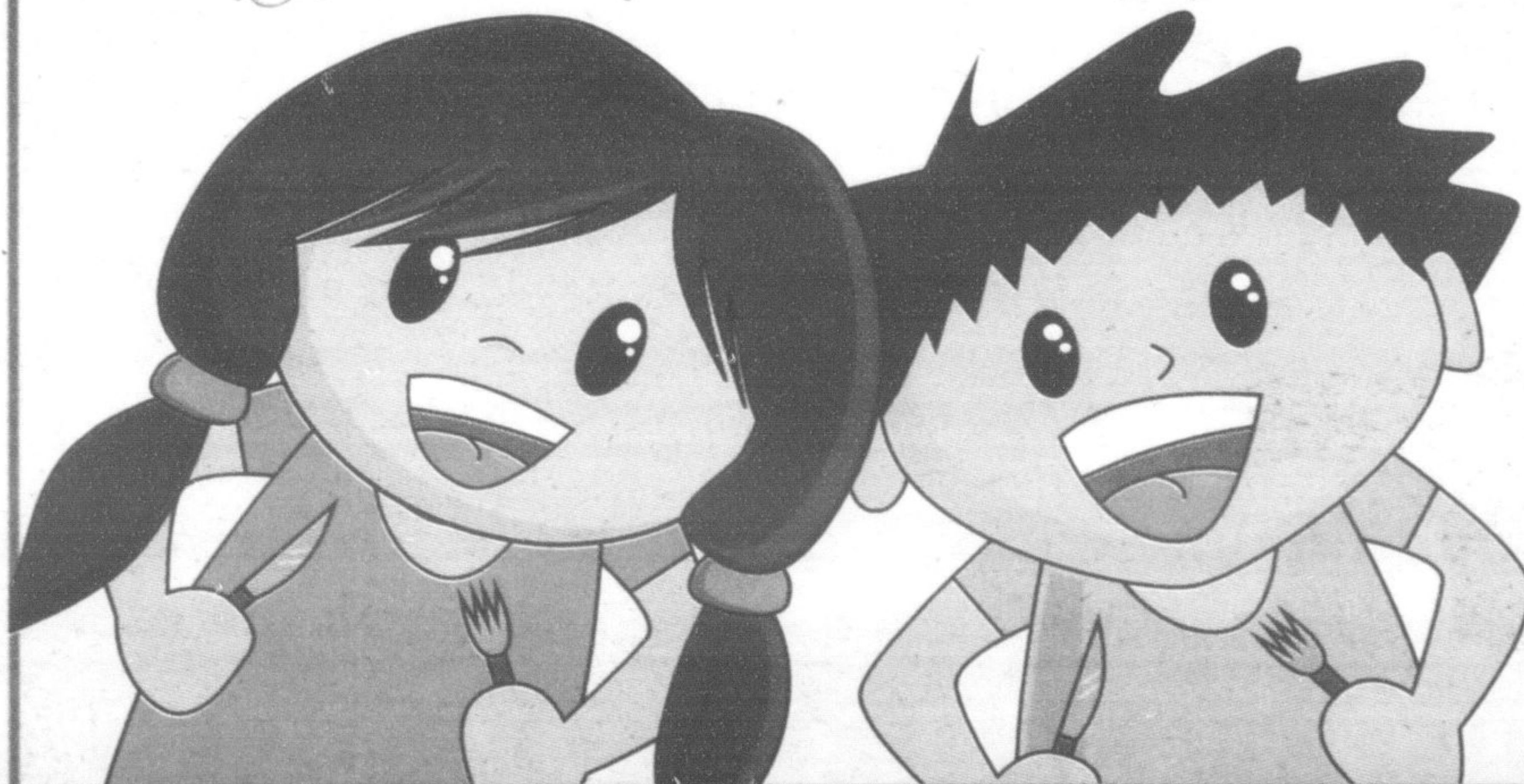
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09/07/07