

Dateline

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people affected by depression or bipolar disorder — presents psychiatrist Dr. Jane Gilbert speaking on 'What You and Your Family Can Do to Make You Better' at 7:30 p.m. at Evangel Pentecostal Church, 1450 Rebecca St., in Oakville. 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. Everyone's welcome. For more information, visit www.miltontoastmasters.org.

The Salvation Army Khi Community, 100 Nipissing Rd., unit 3, holds its **Busy Hands, Creative Minds** program from 9:30 to 11 a.m. for pre-school kids and their caregivers. It includes crafts, songs and stories. 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 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 Milton Seniors' Activity Centre, 500 Childs Dr., holds **bingo** at 1:30 p.m., its **Downsizers Weight Loss Club** at 10 a.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. **Evening Bid Euchre** takes place at 7:30 p.m. at a cost of \$2.50. And the **Kitchen Band** is looking for new members to sing and/or play an instrument.

It meets from 9 to 11:30 a.m. weekly. Men and women are welcome. For more information, call (905) 875-1681.

Wednesday May 14

The Lydia Snow branch of **Retired Women Teachers of Ontario** meets at Knox Presbyterian Church in Acton with speaker Carla Snels of the Doll Emporium. All retired women teachers are invited.

Big Brothers Big Sisters of Halton holds a **volunteer information session** at 7 p.m. at its Milton office, 410 Bronte St. S. The agency is particularly looking for Big Brothers due to a severe shortage of male volunteers in the north Halton area. For more information, call (905) 878-8840, e-mail info@bbshalton.ca or visit www.bbshalton.ca.

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The Deck youth centre, 200 Main St. (rear entrance), invites high school students to drop by between 2:30 and 6 p.m. to play a game of pool or just hang out.

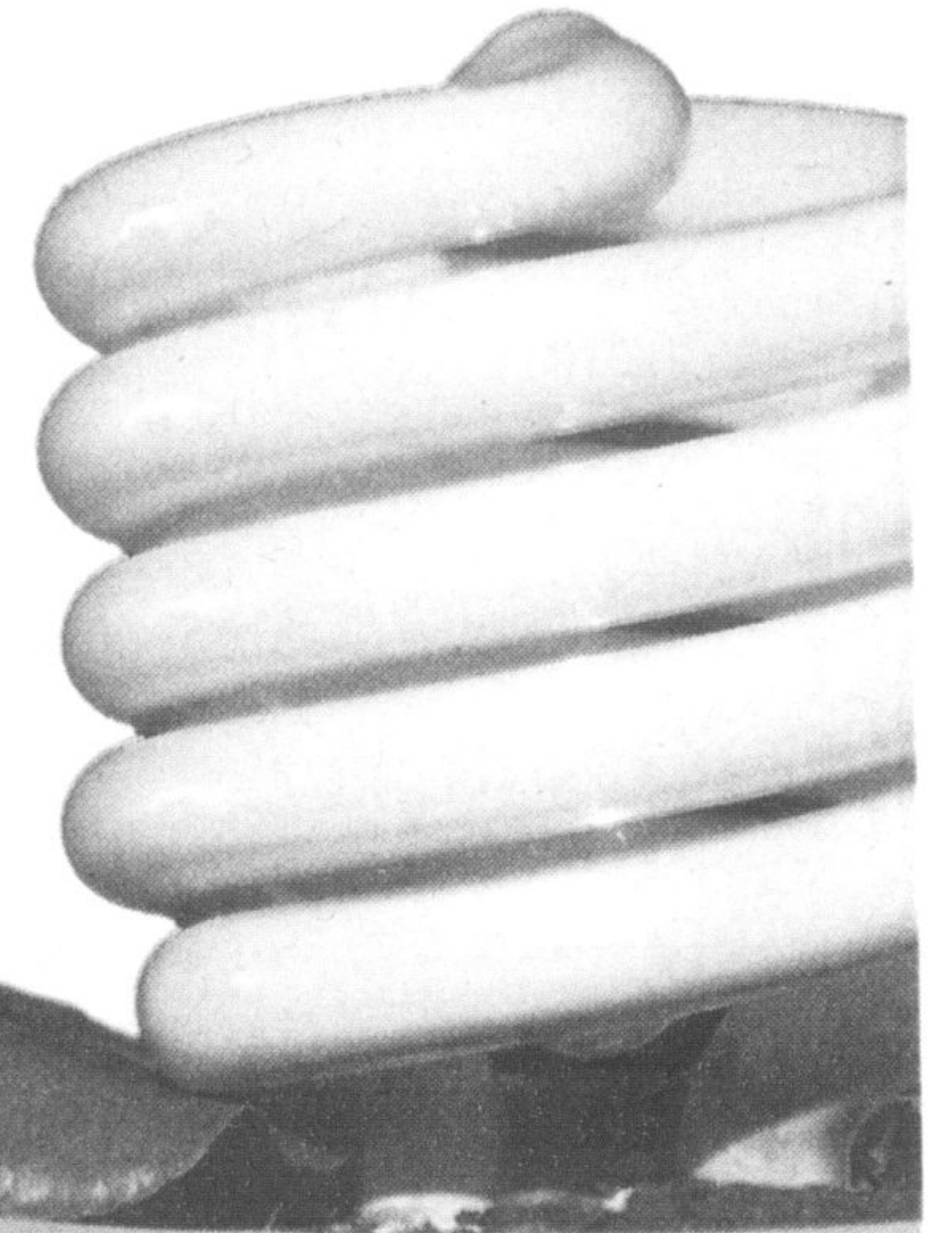


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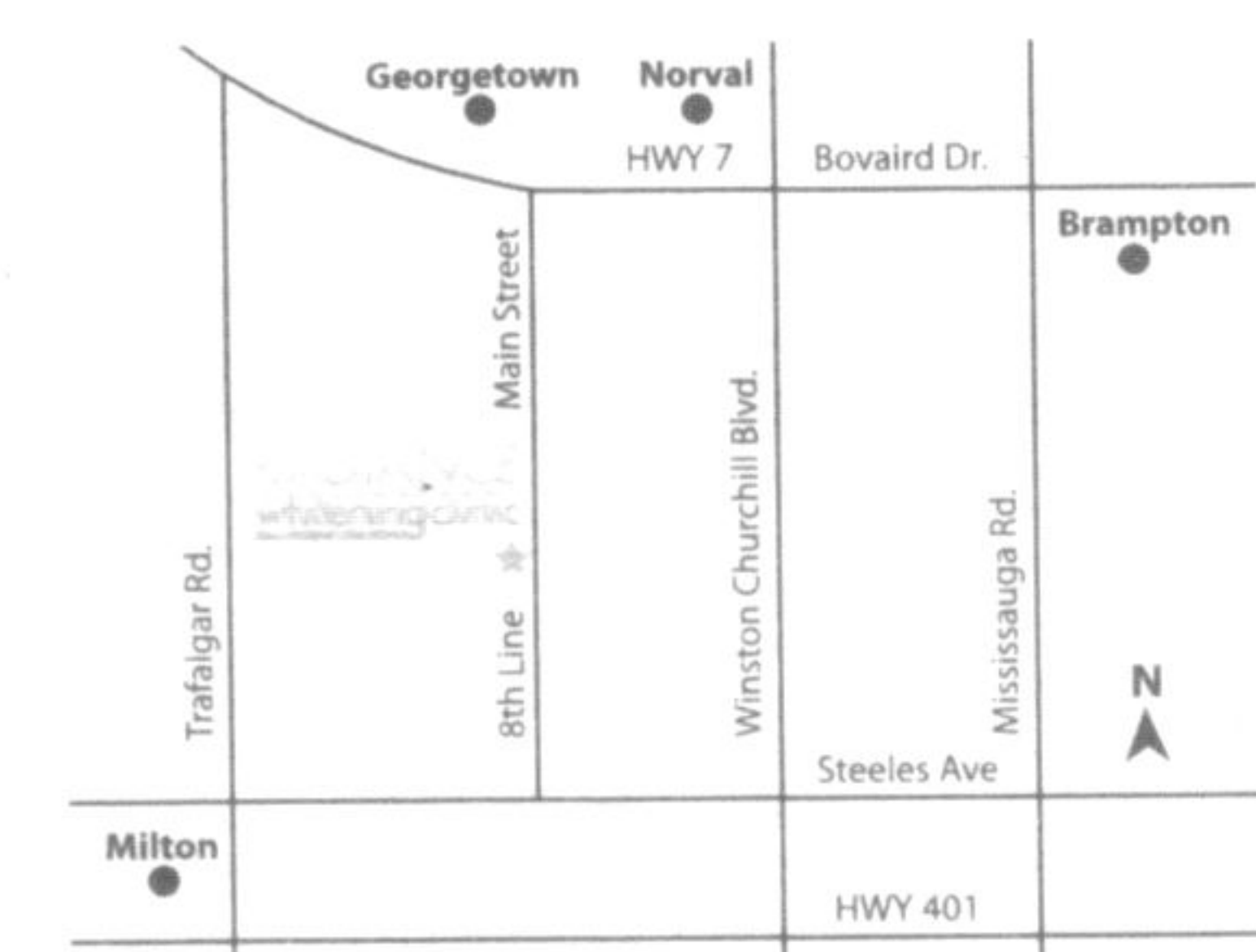
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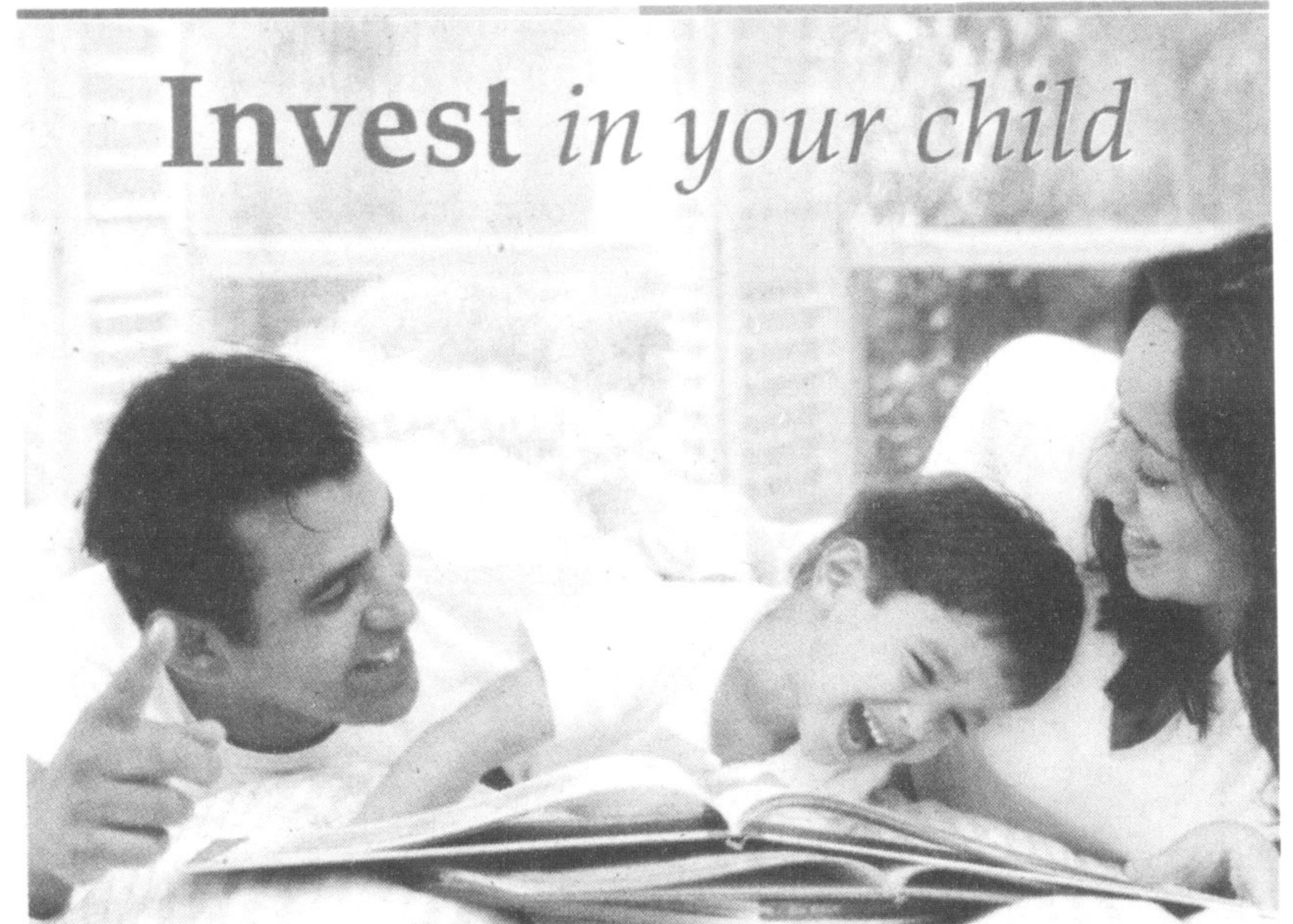
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