

Downtown business holding food drive for local food bank

A local business is doing its part to help those less fortunate — and it's inviting residents to join in.

Milton Health and Wellness Centre/Rejuvene Medical Spa, 310 Main St.

E., suite 108, is holding a food drive for the local food bank that will run until next Friday.

Items that are greatly needed include non-perishable food items — be sure to

check the expiry dates — as well as household items, toiletries and baby items, especially size five and six diapers.

Also being accepted is clothing, particularly for the winter season.

Donations can be dropped off Monday to Friday from 10 a.m. to 8 p.m. and tomorrow from 10 a.m. to 5 p.m.

For more information, call Laura Townsend at (905) 203-1021.



The Regional Municipality of Halton www.halton.ca

Halton Waste Management Calendar

ART CONTEST

Halton Region is looking for the next generation of artists to provide artwork for the covers of our 2010 Waste Management Guide & Collection Calendar!

- Students from kindergarten to grade 8 who live or attend school in Burlington, Halton Hills, Milton, Oakville can enter. Previous contest winners are ineligible to enter.
- The artwork theme is **Reduce, reuse, recycle – everyday**. Artwork must feature a Blue Box and GreenCart, and should showcase a positive environment.
- Be as creative, expressive, bold and colourful as you'd like. You can use chalk, charcoal, collage, crayon, marker, paint, and pencil.
- For artwork dimensions, contest guidelines and the downloadable Entry Form, visit www.halton.ca.

Contest closes Friday, October 9 at 4:30 p.m.



All entries will be showcased at the Halton Regional Centre during Waste Reduction Week (October 19 to 25, 2009). The winning artwork, one per Local Municipality, will appear on the covers of the 2010 Waste Management Guide & Collection Calendar distributed to single-family houses. Winners will receive a prize package and have their picture sent to local newspapers.

More **Blue & Green** for a Better Planet

Business Development Centre Upcoming Business Seminars and Programs

Starting a Small Business: A general overview of the things you will need to consider, including resources to help you succeed, structure, registrations, regulations, licences, taxes and financing options.

Wed., Oct. 7 – Oakville Public Library (6:30 – 8:30 p.m.) (\$20/person)

Consultant on Site Program: In partnership with Halton Hills Public Library, a business consultant will be available to meet with small business clients at the Georgetown Branch Library on Thurs., Oct. 15 and Thurs., Nov. 19. Appointments must be booked in advance.

Building a Business Plan: Learn how to write a plan to guide your business and assist in financing.

Wed., Nov. 4 – Halton Hills Public Library, Georgetown Branch (6:30 – 8:30 p.m.) (\$20/person)

Consultant on Site Program: In partnership with Milton Public Library, a business consultant will be available to meet with small business clients at the Milton Public Library on Thurs., Nov. 5 and Thurs., Dec. 3. Appointments must be booked in advance.

Starting a Small Business: A general overview of the things you will need to consider, including resources to help you succeed, structure, registrations, regulations, licences, taxes, and financing options.

Wed., Nov. 11 – Burlington Central Library (6:30 – 8:30 p.m.) (\$20/person)

Contact us for more information and registration details for these events.

Mental health is key to overall wellbeing

This week is Mental Illness Awareness Week in Canada. Health professionals in Halton Region and across the country want to raise awareness of mental health issues; let those in need know that help is available; and emphasize the link between overall wellbeing and strong mental health.

At Halton Region, we have support programs for children and youth, adults and older adults, to help them manage mental health issues. For example, we offer the Mental Health Liaison Program in Halton schools, the Youth Services Guide, the North Halton Mental Health Clinic, linkages with the Halton Suicide Prevention Coalition and more.

For more information about our supports, or tips on how to promote positive mental health, call us at 311 or 905-825-6000, or visit www.halton.ca.



Gary Carr
Regional Chair

Halton Regional Meeting Schedule

Oct. 7 9:30 a.m. Regional Council Meeting
Oct. 12 Offices closed for Thanksgiving

Meetings can be viewed at www.halton.ca