

Schizophrenia can definitely be treated

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also helps to educate the schizophrenic individual about the illness and to help them to come to terms with schizophrenia.

Group or family therapy helps to re-establish relationships with others.

These therapies also stress social contact and social support. Individual therapy stresses continuing support and advice.

3. Family and community support programs: these include protective environments outside of a hospital.

Examples of these include a

24-hour crisis intervention, sheltered jobs, and apartments and education for families to provide them with a way to cope with the illness.

There is also training available for families to provide a better environment and to help them cope with the stresses of living with a schizophrenic individual.

Over the years, certain types of treatments have been developed which do not work.

For instance, it has never been proven that large doses of vitamins are effective as a sole method of treatment.

Learn to recognize early warnings

The following signs are not all necessarily signs of schizophrenia or any mental illness.

If, however, these signs are SEVERE, PERSISTENT or RECURENT, help from your family doctor or mental health professional (eg. mental health worker) may be necessary:

1. Indifference- choosing to be alone;
2. Negative attitudes;
3. Sharp moods/behaviour swings- inappropriate emotional responses or puzzling behaviour;
4. Suicide threats and attempts- always to be taken seriously.

ously.

Schizophrenia is a form of mental illness. It is not a moral weakness but is a sickness, just like diabetes.

Like diabetes, schizophrenics need to control their medication.

But this is not all. We can help by learning the facts, and understanding schizophrenia.

Elf Help Cleaning Company

Offices

Houses

Apartments

Daily, weekly, bi-weekly, or monthly contract.

Call 824-2561 and ask for

Rose Marie Renaud

Terrace Bay Recreation News

on Mondays, Wednesdays and Fridays from 10-11 a.m.

This is an enjoyable class which consists of warm-ups, aerobics, body exercises and cool downs.

Teen Aerobics

The response to the Teen Aerobics program has not been well-received. Unless there is more response we will have to cancel this program. Come on teens we have a class available for you.

Ceramics

Sylvia Broughton has another workshop scheduled to begin on Jan. 26. There are more openings available in this program which is open to experienced and beginner ceramics enthusiasts.

This workshop takes place at her home every Tuesday evening from 7-9 p.m.

Embroidery For Youth

Eleanor has an excellent program lined up to teach children ages nine to 16 years the basics of embroidery.

This program will be held on Saturday, from 2:30-3:45 p.m. commencing on Jan. 16 for four weeks.

Kids' Krafts

There are several more openings available in this most-popular program.

Donna has an excellent program to interest children ages six years to 12 years.

The program is scheduled to commence on Feb. 9 every Tuesday evening from 6:30-8:30 p.m.

Knitting

There is a program available for those who wish to learn the

basics or more advanced knitting stitches.

This class will be held in the multi-purpose room on Wednesday evenings from 7-9 p.m. commencing on Jan. 20.

Call the recreation office for more information.

Mixed Racquetball Clinic

There will be a beginner Racquetball clinic held on Jan. 9 and 16, Saturday from 2-4 p.m.

Tae Kwon Do

Calling all martial arts enthusiasts! Joe Thippawong will be conducting another session of Tae Kwon Do beginning on Jan. 12 every Tuesday and Wednesday at the high school from 6:30-7:30 p.m.

FULTON URGES DRIVERS TO BE EXTRA CAUTIOUS THIS WINTER

Taking a few extra precautions will make driving this winter safer and more pleasurable, Ontario Minister of Transportation Ed Fulton said today.

"With shorter days and longer nights, it's important to remember that Ontario law requires your car headlights be on one-half hour before sunset and until one-half hour after sunrise," said Fulton.

"Local newspapers and radio stations list the on and off times for vehicle lights. "As this is National Safe Driving Week, I would also strongly urge all drivers to wear their seat belts every time they get behind the wheel of their vehicles."

Learn to Skate

The morning session of Learn to Skate is full to capacity but there is still room in the afternoon which takes place every Monday and Wednesday from 2-3 p.m.

Call the recreation office at 3542 to register your little one.

Makeup

Michelle will be instructing both teens and adults in the proper skin care and makeup procedures.

The adult class is scheduled for Feb. 10, 17 and 21 from 7-9 p.m.

The teen class for ages 12 to 16 years is scheduled for Jan. 13, 20 and 27 from 7-9 p.m.

Oil Painting and Pen and Ink Sketching

These two programs are scheduled to commence the beginning of February and there are still several openings in both classes.

Help BREAK THE PATTERN OF POVERTY

Please contribute to:

USC Canada 56 Sparks Ottawa K1P 5B1

(613) 234-6827

FREEDOM OF INFORMATION AND PROTECTION OF INDIVIDUAL PRIVACY ACT

Ontario's new Freedom of Information and Protection of Individual Privacy Act, which is now in effect, provides:

- a wide range of access to government information with a few exceptions; and
- standards for privacy protection that must be followed to protect your personal information when it is either used or disclosed by a government agency.

The Act covers all ministries and more than 200 government agencies. These organizations, along with many public libraries and Ontario Government Bookstores, have copies of reference directories dealing with General Records and Personal Information.

If you would like to know more, all government ministries and agencies have a Freedom of Information and Privacy Coordinator who can assist you when making a request.

Or, information on the Act is available by writing to:

Freedom of Information and Privacy Branch,
Management Board Secretariat,
Sixth Floor, Frost Building South,
7 Queen's Park Crescent East,
Toronto, Ontario M7A 1Z6.



Murray Elston,
Chairman of the Management Board of Cabinet

ONTARIO GOVERNMENT TENDER

TENDER NO. TER-10-87

CONSTRUCTION OF SHOWER/HANDICAPPED FACILITIES

The Ministry of Natural Resources invites sealed tenders for the construction of a showers and handicapped facilities addition to an existing comfort station at Rossport Campground, Rainbow Falls Provincial Park. The campground is located approximately 9 miles west of Schreiber, Ontario

Tender documents are available from the Ministry of Natural Resources, P.O. Box 280, Terrace Bay, Ontario POT 2W0. For further information contact John McGrath at 807-825-3205.

Tenders will be received until 1:00 p.m., January 22 1988 and will be publicly opened on January 22, 1988 at 1:30 p.m. tenders received after the closing date/time will not be accepted and will be returned unopened.

The lowest or any tender will not necessarily be accepted.



Ontario

Ministry of
Natural
Resources

Vincent G. Kerrio
Minister

ONTARIO GOVERNMENT TENDER

TENDER NO. TER-10-87

CONSTRUCTION OF SHOWER/HANDICAPPED FACILITIES

The Ministry of Natural Resources invites sealed tenders for the operation of a wood distribution centre for the sale of firewood in Neys and Rainbow Falls Provincial Parks and Rossport Provincial Campground.

Tender documents are available from the Ministry of Natural Resources, P.O. Box 280, Terrace Bay, Ontario POT 2W0. For further information contact John McGrath at 807-825-3205.

Tenders will be received until 1:00 p.m., January 27, 1988 and will be publicly opened on January 27, 1988 at 1:30 p.m. tenders received after the closing date/time will not be accepted and will be returned unopened.

The lowest or any tender will not necessarily be accepted.



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Resources
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