

**Self-help**

**Family courses offered**

A variety of self-help courses aimed at children, teens and adults will begin in the next few weeks in the Markham area.

Stress management, self-defense for children and teens, the role of aging parents and their families and tips for house husbands are but a few of the offerings.

The Stress Workshop is designed to allow adults "to recognize their own talents and abilities" in confronting stress and then expand these abilities to cover all facets of life, says teacher Sylvie Tourigny, who has spent five years researching stress for a Ph.D.

Signs of stress include bouts of depression, hyperactivity and chronic tiredness, says Ms. Tourigny.

The course takes place the first three Saturdays in February between 1:30 and 4:00 p.m. Cost is \$60 per person. Register at the Markham Family Life Centre at 1151 Denison St. Ste. 10.

A self-defense course for children and teens offers more than fighting technique, says instructor Bob Barnabas, a holder of three martial arts black belts.

Along with basic defensive moves, students will be taught to recognize dangerous situations and learn psychological fighting techniques such as remaining calm and screaming, said Mr. Barnabas.

The purpose of the course "is not to counterattack but either to get away from or inflict quick, effective pain on an attacker," he said, adding that 90 per cent of his students are female.

Effective Self-Defense for Teens starts Saturday, Jan. 17 between 10:30 and 11:30 a.m. and runs to March 7. Cost is \$35 per person. Registration takes place at the Markham Family Life Centre.

The Family and the Aging Parent examines the implications of growing old in our society through films, lectures and student participation, says instructor Don McLeod.

Starting Monday, Jan. 26 between 7:30 and 9:30 p.m., the course at Participation house runs to March 2. Cost is \$40 per person or \$60 per family.

Mister Mom is geared toward husbands who find themselves at home without their mate. Questions such as "How do you last the entire day until your wife arrives home?" will be answered by instructor Greg Wilson, a teacher at E. T. Crowe Public School.

The Mister Mom lecture, at Unionville library between 7:30 and 9:00 p.m., takes place Tuesday, Feb. 17. Cost is \$8 per person.

How to make the best out of winter is the subject of a Unionville library discussion on Thursday, Feb. 5 between 7:00 and 9:00 p.m. Named "Winter Activities for Families" it costs \$8 per person or \$10 per family.

The discussion takes place Wednesday, Feb. 18 between 7:00 and 9:00 p.m. Cost is \$8 per person or \$10 per couple.

Single Again is a course for divorced, widowed or separated persons. Subjects will include dealing with loneliness, children and new relationships.

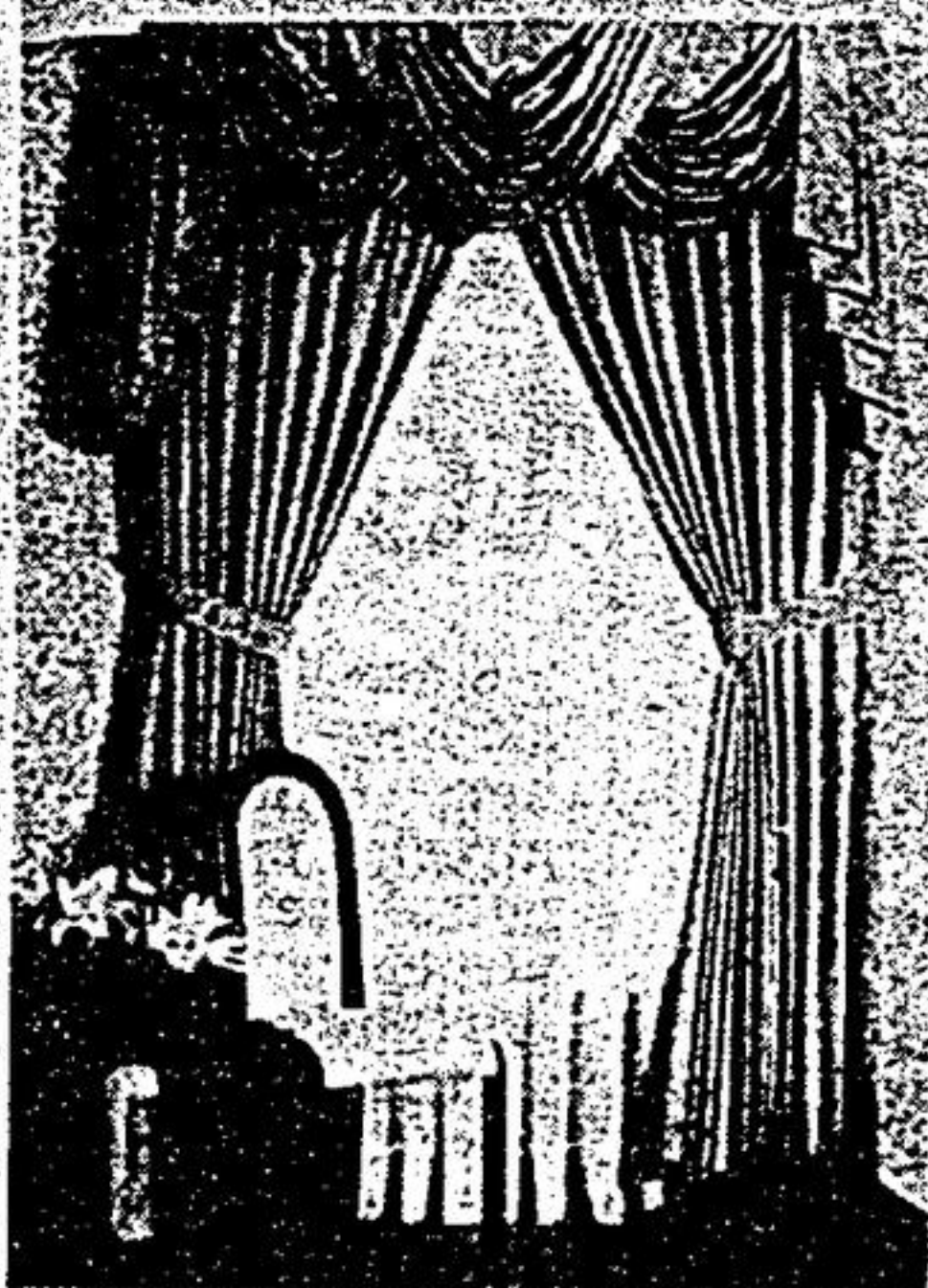
The course of eight sessions runs from Monday, March 2 to May 4 between 8:00 and 10:00 p.m. at the Markham Family Life Centre on Denison St. Cost is \$45 per person.

**BLINDS N' DRAPES WINDOW FASHION**

**FROM 30% TO 70% OFF**

**WE'LL COME TO YOUR HOME, AT YOUR CONVENIENCE WITH FREE DECORATOR CONSULTATION, PROFESSIONALLY MEASURED, NO OBLIGATION QUOTATION**

**DRAPERY**



**QUALITY SHEERS DESIGNER FABRIC**

TERGAL	\$12 <sup>00</sup> YD.
POLY LINEN	\$14 <sup>00</sup> YD.
POLY SILK	\$15 <sup>00</sup> YD.
POLY COTTON	\$16 <sup>00</sup> YD.
BOUCLE	\$18 <sup>00</sup> YD.
ANTIQUÉ SATIN—48"	\$12 <sup>00</sup> YD.
OPEN WEAVE—48"	\$18 <sup>00</sup> YD.
COTTON CHINTZ—48"	\$18 <sup>00</sup> YD.
COUNTRY PRINTS—54"	\$18 <sup>00</sup> YD.
MOIRES—48"	\$22 <sup>00</sup> YD.

**RUSSIAN, BALLOONS ROMANS, AUSTRIANS \$7.50 SQ. FT. LABOUR**

**VENETIANS**



**IN STORE STOCK 1" MINI VENETIAN BLINDS**

WIDTH	HEIGHT	SALE
18"	x45"	\$12 <sup>00</sup>
20"	x45"	\$13 <sup>00</sup>
22"	x45"	\$14 <sup>50</sup>
23"	x45"	\$15 <sup>00</sup>
27"	x45"	\$18 <sup>00</sup>
31"	x45"	\$25 <sup>50</sup>
33"	x45"	\$22 <sup>00</sup>
36"	x45"	\$24 <sup>00</sup>

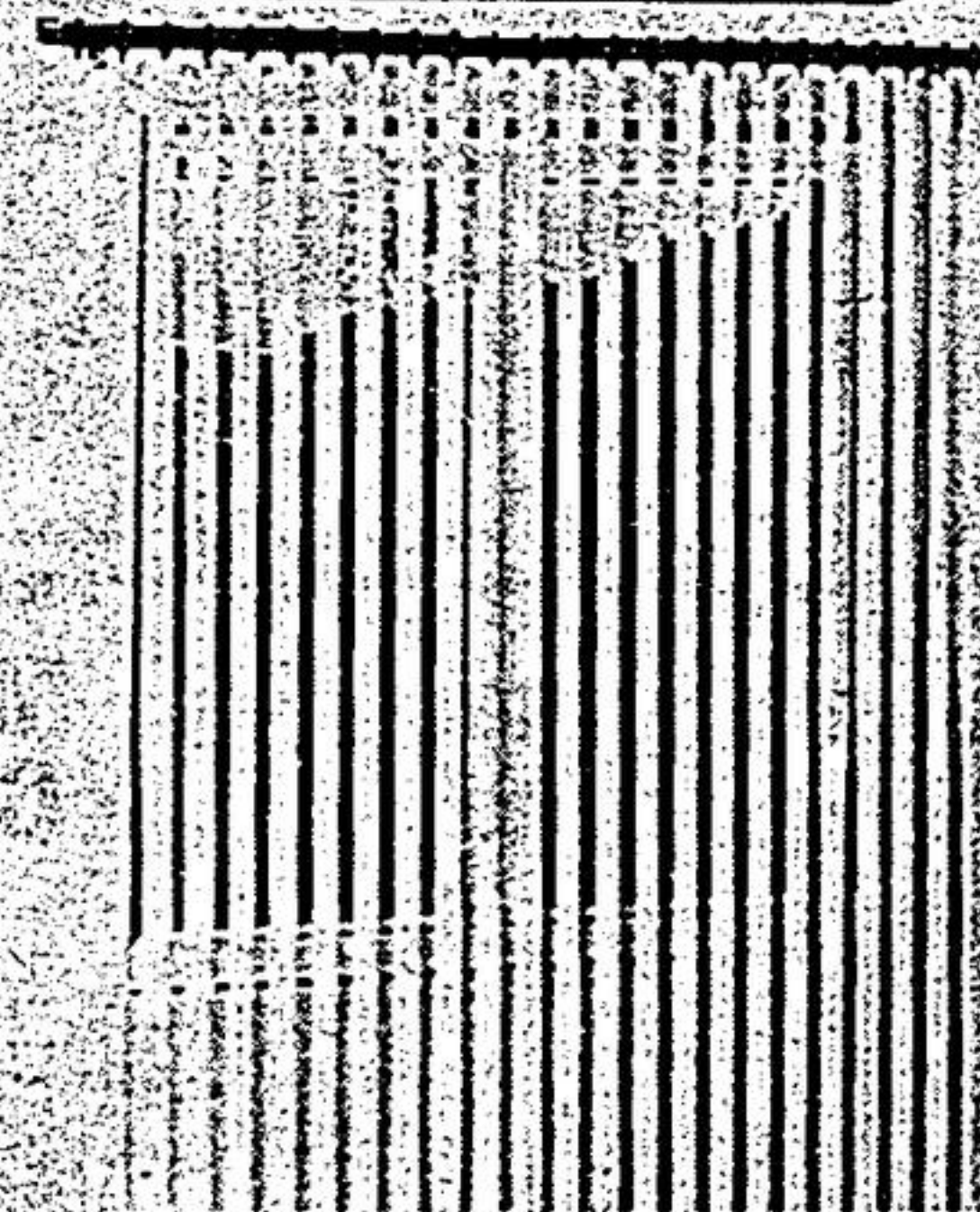
White & Ivory Only

**ROLLER SHADES 100% SUNOUT**

	37 1/4"	43 1/4"	49 1/4"	55 1/4"	64 1/4"	73 1/4"
PLAIN HEM	21 <sup>00</sup>	25 <sup>00</sup>	31 <sup>00</sup>	38 <sup>00</sup>	49 <sup>00</sup>	53 <sup>00</sup>
FRNGE HEM	25 <sup>00</sup>	33 <sup>00</sup>	39 <sup>00</sup>	45 <sup>00</sup>	58 <sup>00</sup>	65 <sup>00</sup>

- All Shades 70 length
- Only 12 gauge, 3 ply vinyl
- 85% energy efficient
- Aluminum insulating centre
- 100% Room Darkening
- Flame Resistant
- Non Curl, Non Tear
- Washable
- COLOURS: White, Ivory, Champagne

**VERTICALS**



**CUSTOM-MADE VERTICAL BLINDS**

—PURCHASE ANY CUSTOM-MADE VERTICAL BLIND AT 50% OFF AND RECEIVE A FREE MATCHING VALANCE

EXAMPLE REG. PRICE OUR SALE  
 UPTO: 72"x84" \$252<sup>00</sup> \$126<sup>00</sup>  
 (FABRIC) 84"x84" \$290<sup>00</sup> \$145<sup>00</sup>

**IN-STORE STOCK PATIO DOOR VERTICAL BLINDS**

FABRIC PVC VINYL  
 72"x84" \$99<sup>00</sup> \$59<sup>00</sup>  
 Valance Inc.  
 85"x84" \$109<sup>00</sup> \$69<sup>00</sup>  
 Valance Inc.

**FREE SHOP AT HOME SERVICE BLINDS N' DRAPES WINDOW FASHION**

(Division of Scarborough Window Shades Ltd.)

**BRAMPTON 452-7755**

**SCARBOROUGH 291-8538**

**MARKHAM 294-9513**

**PICKERING 831-3412**

**AJAX 686-2200**

