

New guidance centre opens

It's not uncommon... people in trouble and nowhere to turn. A marriage on the brink of disaster. A troubled teen. An overload of stress. Where do they turn?

"These are common problems," says Dr. Aldred H. Neufeldt, a Richmond Hill-based consultant in mental health services.

"In fact, they don't easily fit the organized mental health system because that system is overloaded dealing with what it considers to be more pressing situations.

"But, the person who's life seems to be getting out of con-

trol feels their own situation to be equally as important," he notes. "The sad fact is that most people have no one to turn to."

"Even people with a good income, and who know the available resources find it difficult," he adds. "I know of a situation where the son of a family was in dire need of help."

"Both the father and mother are very knowledgeable of existing mental health and counselling services. And, they couldn't find anyone to help."

"A new life, management and counselling centre is opened Sept. 8 as a resource for people in these kinds of situations.

Its called the Humanitas Centre. With offices at the St. Andrews Village shopping complex in Aurora, the Humanitas Centre is available for people who just want to drop in for information as well as for more in-depth help.

Brian Murray of Aurora, a widely-recognized counsellor and marriage preparation leader, together with Neufeldt and Janice Berger saw the need for an easily-accessible centre that provides qualified resources for people with different problems.

The Humanitas Centre is staffed by professional marriage and family counsellors, psychologists, therapists and life management educators.

"The dream", says Berger a well known York Region authority on women's issues and an educator and consultant in her own right. "Is that we will be able to respond to the particular problem a person or family experiences no matter what it is."

"And, if we can't we'll help them find it. Therapy isn't what everyone needs. Sometimes information and personal support is what's required."

"Many people would benefit from simply enrolling in a life management course which helps them get more control of their lives."

"We want to have no waiting lists," says Murray. "In fact, people can just walk in if they have a question or problem they

want a quick response to. Our professionals will be available to serve them."

The walk-in feature is not the only innovation of the Humanitas Centre. A group approach to self-development is being pioneered with courses available in areas such as self-confidence, controlling stress, achieving your goals, weight loss and others.

"We have designed training materials, work books and audio tapes to be used at home that provide guided self-development using the most up-to-date whole brain-learning techniques," says Neufeldt.

"Together with the power of a support group going through a similar process of self-improvement, participants can tap more of their potential ability."

"Employers also have needs" says Mr. Murray, a pioneer in providing employee assistance programs for large and small firms throughout Canada.

"The Centre will make available a number of services that businesses in York Region normally might not be able to afford."

"Not only can we help the manager or owner of a small or medium size business solve the problem of a faithful employee who suddenly can't do their work as before, we also can provide training on a variety of matters right on the job."

Humanitas prides itself in being people specialists.

"Through the Humanitas Centre we want to provide one stop shopping for anyone with a person problem," concludes Neufeldt.

Green & Growing

Consider a Face-lift for perennials

By ELAINE GORDON

For a number of reasons, perennial gardens usually need a face-lift every three-to-five years.

Perhaps the outside view isn't esthetically appealing from indoors. Or those "little guys" mistakenly placed at the back are taking a "dim view" of the surroundings because they're shaded out by taller ones in front.

Maybe the rhythm needs re-vamping because the succession of bloom is ineffectual. Or the language requires changing because there is a lack of harmonious colour and interesting textures in the overall picture.

It could be that easy-care perennials are wanted to replace time-consuming ones. Or the flower power needs enhancing by the placement of three or more of one variety in a staggered fashion.

Perhaps the old-timers are suffering from "claustrophobia" and would welcome more space through division.

Take a few minutes before starting "minor surgery" and make a plan according to colours, bloom periods and heights. Hit or miss planting isn't effective.

You'll also have a record of what is planted where. Save some space here 'n' there, too, so you can sprinkle seeds next spring - just like Johnny Appleseed.

Consider attracting those elusive Hummingbirds by planting red, purple and orange flowers. They'll respond to Columbine (many years ago, its mashed roots were rubbed on joints that ached), Delphinium, Hollyhocks, Phlox, Red-Hot Polker and Bee Balm.

Give your plantings a good start in life by preparing the soil in a well-drained area beforehand. A healthy plant is the best defence against diseases and insects because it can fend for itself with only minimal care.

Deeply dig the new holes large enough to accommodate roots (don't stuff them in) and mix in peat moss, composted manure and a handful of bonemeal.

Disturb them as gently as possible and try to keep a ball of earth around their "feet". Reset at the same depth as they grew previously and water in well.

The application of a mulch to newly-set perennials is advantageous when the ground has frozen. This helps prevent alternate freezing and thawing which can heave plants out of the earth. Gradually remove this winter protection next spring.

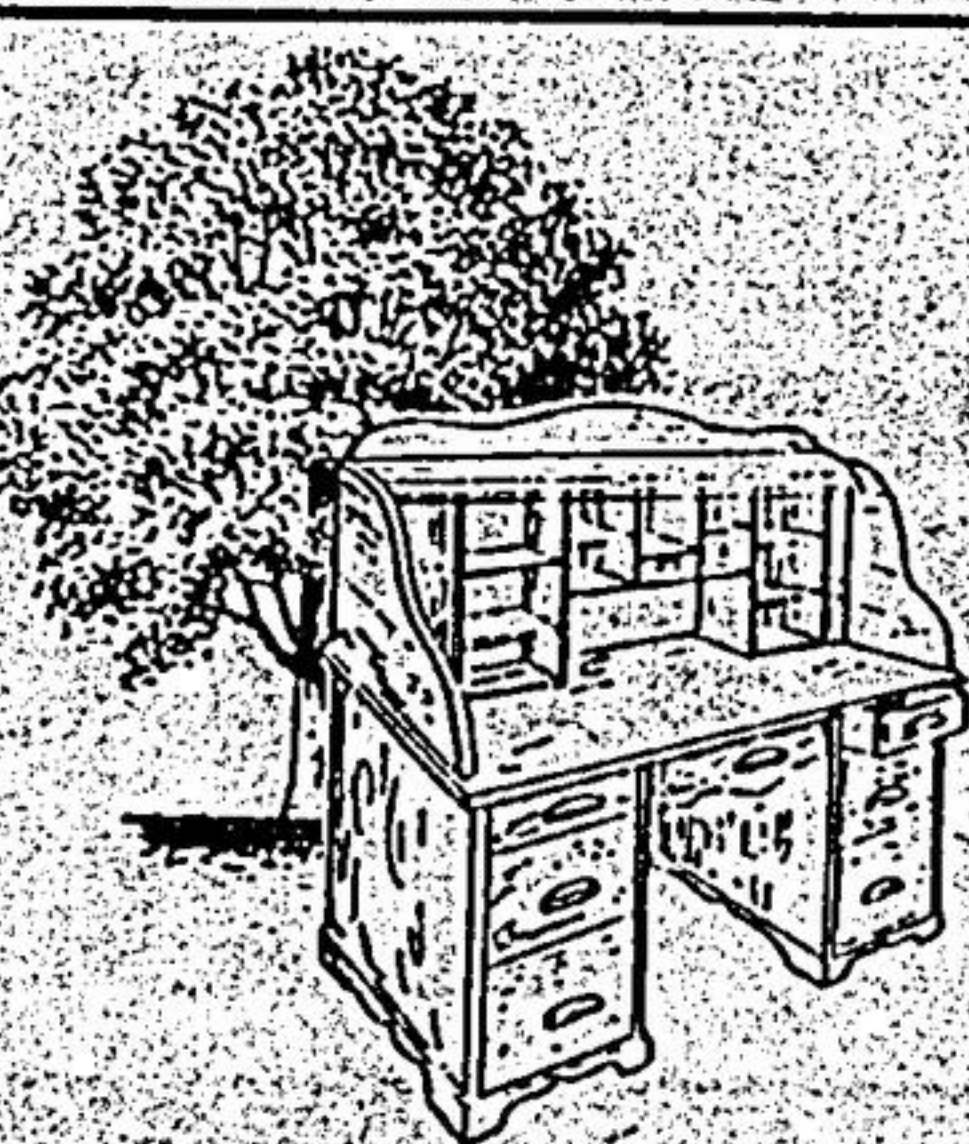
APPOINTMENT



SUSAN BERRY

Pat Pappas, Advertising Manager of the Economist & Sun/Stouffville Tribune is pleased to announce the appointment of Susan Berry as Sales Representative for the Tribune. Susan worked previously for the Peterborough Tourism Bureau and also ran her own business.

Susan is anxious to meet all the retail merchants and invites them to call her at 640-2100.



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