

Community

Festive Gift Program helps brighten Christmas season

A record number of requests for gift boxes this season has

left the Festive Gifts Program struggling to meet the need.

"There are so many deserving people in our community who really need the cheer that a Festive Gifts box brings," says Lynda Goodman, Festive Gifts Coordinator for the Canadian Mental Health Association, York Region

Branch (CMHA). "People like Mary, a single mother who is suffering from such severe depression and anxiety that she is unable to leave her house."

A personalized gift box from Festive Gifts will enable Mary to have gifts to give her children and also a few special

ones for herself.

"Just having a gift to give to my family and a few things for me to unwrap on Christmas morning got me through a hard time," wrote one of last year's recipients.

Now is the time to share your holiday spirit and make a donation of cash, new clothing for children or adults, non-perishable foods or toiletries to CMHA's Festive Gifts program. Your donations will be used to provide personalized gift boxes and baskets to people in York Region experiencing mental health difficulties.

Call CMHA at (905) 898-7466 or (905) 773-2305 for information and the location of a drop-off point near you.

THE Century BISTRO

Invites you to our Spectacular Sunday Brunch
11 a.m. - 2:30 p.m. Every Sunday

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<p>6061 Hwy. #7 East Markham 472-1668</p>	<p>LUNCH Tues.-Fri. 11:30-2:30</p> <p>DINNER Tues.-Thurs. 5:30-10:00 Fri. & Sat. 5:30-11:00</p>
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INVESTMENT OPPORTUNITY

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for more information.**

Moms and babies course being offered

Tired of 2 a.m. feedings? Feel like you're the only one? Support is available for you through "Just For Moms and Babies."

York Region Public Health Department is running postnatal classes throughout York Region for new mothers and their infants (up to the age of 6 months).

Community Health Nurses offer a series of six classes on topics such as family adjustments, infant feeding, growth and development, coping strategies, infant illness and safety, community resources, toys and infant stimulation.

Babies are welcome. Interested mothers should register in advance by calling the Public Health Office in their area at 882-2081. A \$15 fee will cover the cost of materials.

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