

# Self-help courses available

## Living With Cancer

A self-help group for people living with cancer, their families and friends. Meets second and fourth Tuesdays at the Canadian Cancer Society, 227 Main Street Markham North (Station Plaza) at 7:15 p.m. No registration required. Call 294-5925.

## Compulsive Eating, Bulimia and Anorexia

An eight-week education therapy group for women with the above eating disorders will start in January at the Markham-Stouffville Family Life Centre. For more information call 475-0433.

## Peer Support Group

Seasons Centre for Grieving/Traumatized Children-York Region is holding bi-weekly peer support groups for children and teens ages 3 to 18, who have experienced the death of a loved one through accident, illness, murder or suicide. Call 905-888-KIDS or 1-800-785-HUGS.

## Assertiveness Training

Canadian Mental Health Association is accepting registrations until Jan. 8 for Assertiveness Training Series beginning Monday, Jan. 12 for six Mondays from 7 to 9 p.m. Cost is \$90, limited class size. Call 773-2305.

## MONDAY, JANUARY 5

### Men's Abuse Treatment Groups

An education and support group for men who wish to stop their controlling abusive behaviour and learn constructive ways of communicating. Registration begins today to Jan. 15. Call 1-800-500-0003.

## TUESDAY, JANUARY 6

### Single Again-New Beginnings

Are you separated or divorced, feeling lost and empty? Join our group at the Markham-Stouffville Family Life Centre to inspire you to rebuild your life. Eight sessions start Tuesday, Jan. 13 from 7 to 8 p.m. Fee is \$90. Call 475-0433 for reservations.

## CALENDAR

### WEDNESDAY, JANUARY 7

**Grieving/Traumatized Children Volunteers**  
Volunteers are needed (men too!) at the Seasons Centre for Grieving/Traumatized Children-York Region. If you've had experience or for more info and upcoming training dates call 905-888-KIDS or 1-800-785-HUGS. Bi-weekly peer support groups are held for children and teens ages 3-18 years call number listed.

### Emergency First Aid Program

Emergency Service Training Programs is offering an emergency first aid program at 5:30 p.m. cost \$45. Call 737-8116 early to register.

### MONDAY, JANUARY 12

### Depression Screening

If you are feeling sad or hopeless and wonder if these are symptoms of depression, take a confidential test from noon to 8 p.m., and review with a professional. For an appointment call Canadian Mental Health Assoc. at 773-2305.

### TUESDAY, JANUARY 13

### ADD Support Group Seminars

Attention Deficit Disorder Parent Support Group will meet at the Learning Disabilities Assoc. of York Region, Loyal True Blue and Orange Home, 11181 Yonge St., Richmond Hill, Room B13, 6:30 to 7:30 p.m., seminar to take place 7:30 to 9 p.m. Call 884-7933.

### Amnesty Int'l Meeting

Group 54, Markham-Stouffville, will hold its meeting at 7 p.m. at St. Philips-on-the-Hill Anglican Church, Markham, Kennedy Rd., north of 16th Ave. All interested in the advancement and preservation of human rights are invited to come. For info call Kathleen at 640-3840.

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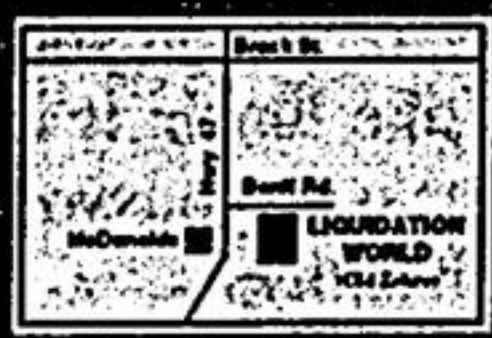
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