

BLOOD DONER CLINICS

MARKHAM CLINIC 2-7 p.m. Tuesday, Aug. 6 in the great hall at Markham Civic Centre, off Town Centre Boulevard in the Warden Avenue-Hwy. 7 area.

WORKSHOPS, SEMINARS

Separated Anonymous presents a summer seminar on separation and divorce on Tuesdays from 7 to 10 p.m. beginning August 13. Register by August 11. Please call 416-283-3305 to register and for location.

Find out how to get rid of stress, anxiety and depression by attending a Dianetics: the Modern Science of Mental Health lecture. Call 1-800-561-5808 for locations and times.

TUESDAY, AUGUST 6

Obsessive-Compulsive disorder, part of the Understanding Anxiety series, presented by Markham Stouffville Hospital Mental Health System from 3 to 4 p.m. To register, call 905-472-7011.

IN SEPTEMBER

Markham Stouffville Family Life Centre adult group programs on anger management, single again, assertiveness training, resolving marital conflict, stress management, eating disorders, parenting skills. For more information, call 905-415-9719.

CLINICS

FIRST AID TRAINING

Standard and emergency first aid and basic resuscitation CPR classes available through Canadian Red Cross-Region of York branch, 16700 Bayview Ave., ste 214, Newmarket. For times, dates and registration call 1-800-361-9448.

MULTIPLE BIRTHS PRENATAL CLASSES

If you are expecting a multiple birth, join other women and their coaches for four evening classes or two weekend classes offered by York Region Health Services. Cost for the series is \$40. Call 1-800-361-5653.

PRENATAL CLASSES

Join other pregnant women and their coaches for eight informative and casual evening classes. Topics include having a healthy baby, preparing for labour and delivery, your newborn baby, infant feeding and adjusting to parenthood. Weekend classes and classes in Cantonese available. Register early in your pregnancy. Call 1-800-361-5653 or visit www.region.york.on.ca.

POSTNATAL CLASSES

If you are a mother with a baby up to six-months old, join other moms for a series of six postnatal classes offered by public health nurses at locations around York Region. Topics include nutrition, growth and development, family adjustment to a new baby and more. Cost: \$15. Call 1-800-361-5653 to register or visit www.region.york.on.ca.

THE BABY PLACE

A drop-in group at Shoppes of Unionville (4261 Hwy. 7 and Kennedy) on Tuesdays from 1:30 to 3:30 p.m. Public health nurses offer parents support with and information on breastfeeding, baby care, infant nutrition and community resources. Call 905-895-8004 or 1-800-361-5653 for more information.

PHOTO HEALTH CARD CLINIC

At Markham Seniors Activity Centre, 22 Water St. every Tuesday (except long weekends) to replace missing/damaged/expired/incorrect health cards. By appointment only. Call 1-905-434-3700.

QUIT SMOKING

Public health professionals offer smoking cessation classes and support to residents on the second Wednesday of every month, from 7 to 9 p.m. at York Region Health Services, 4261 Hwy. 7 East, Suites B6-9, in Unionville. No charge and you can join any session. For more information, call 1-800-361-5653 or surf on the Internet at www.smoking.cessation@region.york.on.ca.

MOMS-TO-BE

Join a group for moms-to-be and women with babies under six months. Runs Thursdays from 3:30 to 5:30 p.m. at Pathways, 70 Main St., N., Markham. Call 905-471-1620 before coming so that food can be ordered. Rides can be arranged.

EMPLOYMENT WORKSHOPS

FOCUS FOR WOMEN

Focus is a new 2-week workshop for women who are thinking about getting back to work. It focuses on self-discovery/assessment, job searches and goal setting. Funded by HRDC and delivered by the York Region District School Board. Call 905-737-9522, ext. 348 for information.

JOB SKILLS

If you can't find a job and are eligible to collect Employment Insurance (E.I.) or have collected E.I. in the last three years, or maternity/parental benefits in the last five years, call Job Skills. Free services. Call 905-948-9622 or drop in at 4855 14th Ave., at Brimley in Markham.

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For details call Tommy Poon at (416) 726-8877 or call (905) 477-0014

