

# Toastmasters helps overcome fear

Interested in acquiring the gift of gab? There are several Toastmasters clubs in York Region offering advice and support for people looking to master the art of public speaking.

General information about Toastmasters International can be found through a recorded message at 1-800-993-7732 or by calling a live operator weekdays at 949-858-8255. Or visit the website at [www.toastmasters.org](http://www.toastmasters.org).

Clubs in York Region open to the general public include:

- **Markham Club**, which meets at the Markham Village Library at 6031 Hwy. 7 Tuesdays at 7 p.m. For more information, call 905-475-8080 or visit [www.markham-toast-masters.com](http://www.markham-toast-masters.com).

- **Sweet Talkers Club**, which meets at the YMCA Business Centre at 4855 14th Ave., Unit 3 in Markham Thursdays at 6 p.m. For more information, call 905-284-6238 or visit [www.members.voers.com/toastmasters](http://www.members.voers.com/toastmasters).

- **Stouffville Club**, which meets at Stouffville District Secondary School on Bramble Crescent, Mondays at 7 p.m. Next meeting is Sept. 13. The club needs four more members to charter. Call 905-472-5367.

- **Towns of York Club** serving Aurora and Newmarket. Meetings are at the Royal Canadian Legion at 105 Industrial Pkwy N. in Aurora on the second, fourth and fifth Wednesdays of the month at 7 p.m. For more information, call 905-713-3368 or visit [www.townsofnyork.org](http://www.townsofnyork.org).

What really scares you?

# Phobia Factor

visit [www.townsofnyork.org](http://www.townsofnyork.org)

- **The Court of Blarney Club** at the York Regional Police District 1 headquarters, 240 Prospect St. in Newmarket the first and third Tuesdays at 7:30 p.m. For more information, call 905-953-0752 or visit [www.geocities.com/courtofblarney/](http://www.geocities.com/courtofblarney/).

- **Speak for Success Club**, serving Bradford and Newmarket. The club meets the second and fourth Tuesdays at 7 p.m. at the Bradford Chamber of Commerce, 118 Holland St. E. in Bradford. For more information, call 705-456-8293.

- **Destiny Club**, which meets Wednesdays at noon at CGI Information System at 95 Mural St. on the fifth floor in Richmond Hill. For more information, call 905-882-6300.

- **Richmond Hill Club**, which meets at the Bayview Hill Community Centre at 114 Spadina Rd. Thursdays at 7:15 p.m. For more information, call 416-456-1811 or visit [www.rhtoastmasters.com](http://www.rhtoastmasters.com).



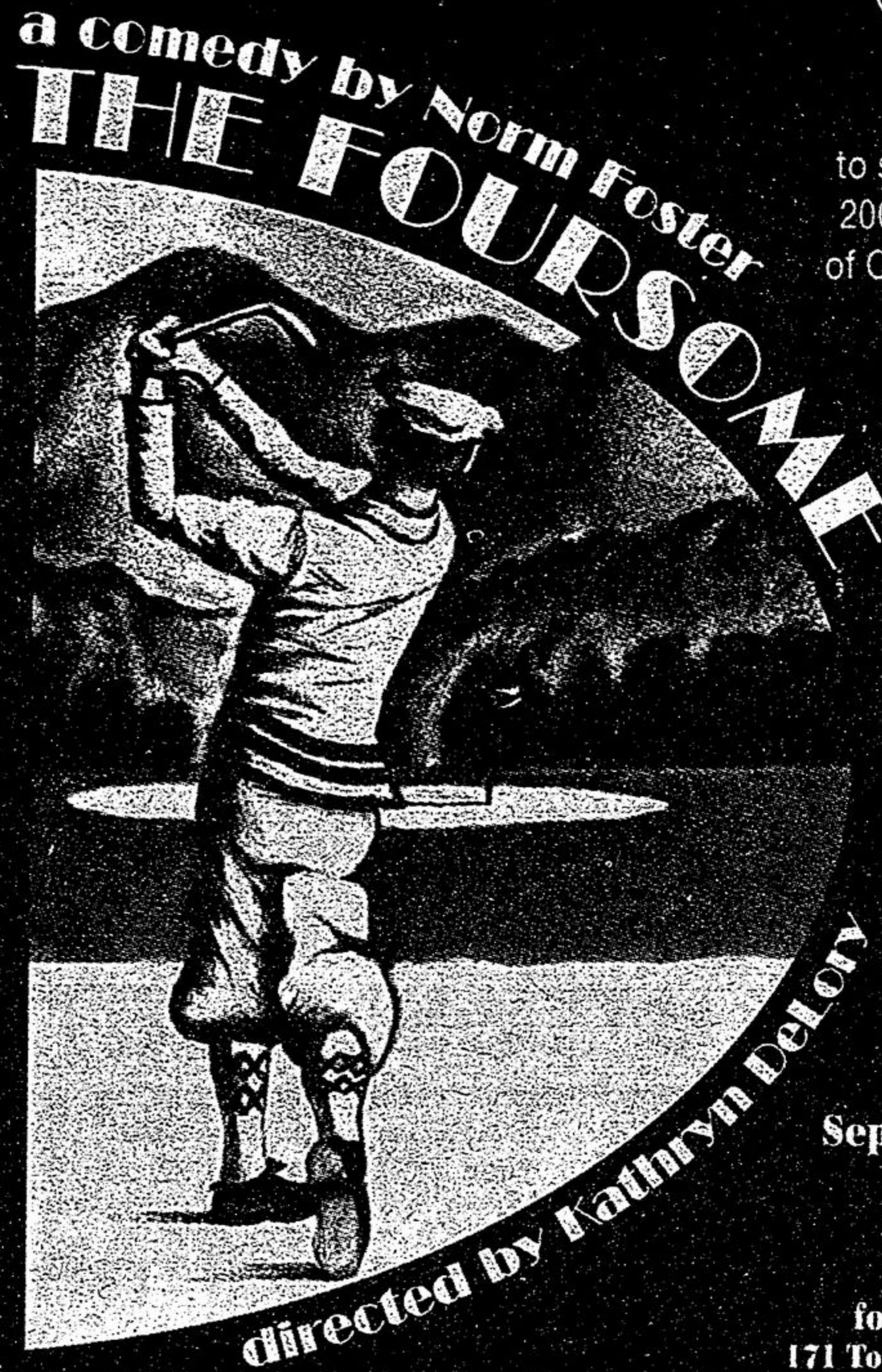
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[www.leukemia.ca](http://www.leukemia.ca)

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