



community information

servicing your community

ADAPT

Halton Alcohol Drug and Gambling Assessment Prevention and Treatment (ADAPT) was established in 1975 and offers professional outpatient assessment and treatment services for individuals experiencing problems with alcohol, drugs or gambling. Support is also available for relatives or close friends of such persons. ADAPT provides the following services:

- a comprehensive assessment to determine the extent of an alcohol, drug or gambling problem;
- outpatient treatment to help resolve alcohol, drug or gambling problems;
- education, information and consultation regarding alcohol/drug use and problem gambling. All of the ADAPT services are provided to both youth and adults and are completely confidential. For more information about ADAPT call 905-847-6547, ext. 0 weekdays between 8:30 am. and 4:30 p.m.

THE ARTHRITIS SOCIETY

Arthritis is a chronic disease and 16 per cent of Canadians over age 15 report having been diagnosed with some form of arthritis, but the prevalence varies from province to province to territory. Nearly twice as many women as men bear the burden of the disease. The prevalence of arthritis climbs with age: while an estimated 200,000 Canadians aged 25 to 34 have some form of arthritis, more than four times that number are affected over age 55. To put it another way, 31 per cent of women and 19% of Canadian men 40 and older have arthritis; by age 80, 57 per cent of women and 40 per cent of men are living with the condition. The Arthritis Society is Canada's only non-profit organization devoted solely to funding and promoting



arthritis research, patient care and public education. They depend greatly on volunteers and voluntary gifts to meet the program needs. For more information on how you can help, call 905-455-6273 or 1-888-434-0009.

BEREAVED FAMILIES OF ONTARIO-HALTON/PEEL

Bereaved Families of Ontario - Halton/Peel is a self-help, mutual aid, and charitable organization assisting families in the Halton/Peel communities who have lost a loved one. They have groups for parents who have lost a child of any age, by any cause to death. They have groups available for children (ages 6 -9), adolescents (13-17) and young adults (18-30) who are grieving the loss of either a parent or sibling. They have groups for younger widows and widowers who are raising children at home. Other services they offer include: monthly open share and support nights, lending library and a bi-monthly newsletter. For further information you may contact them at 905-813-4337 or by email at bfo.haltonpeelbereavedfamilies.ca. Please visit the website at www.bereavedfamilies.ca.

BIG BROTHERS/BIG SISTERS OF HALTON

Big Brothers Big Sisters of Halton provides an opportunity for positive, long-term supportive relations to develop by matching Little Brothers and Sisters (ages 5 - 14) with carefully selected screened and trained Big Brothers and Sisters that are mature, dedicated mentors. Big and Little Brothers and Sisters spend time together on a regular basis, and monthly recreational, social or educational group activities are available for their participation.

Big Brothers Big Sisters of Halton also operates "The Club", an after school tutoring program for boys and girls in grades 3 - 8 in designated Oakville Elementary Schools, an In-School Mentoring Program in Oakville and Burlington and the First Mentors group program for waitlisted children in Oakville. Big Brothers Big Sisters of Halton is a not-for-profit charitable organization operated by trained staff, a volunteer Board of Directors, and over 700 volunteers. Call 905-339-2355 or e-mail at info@bbbshalton.ca. Please visit their website at: www.bbbshalton.ca.

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<p>2009 Wyecroft Road Oakville ON L6L 6J4 info@frozenropescanada.ca Call 905.847.7697 for information and to enroll</p>		

