

Stressed?
In pain?
Unhappy?
Crave peace and contentment?

Join our **MEDITATION Community**

Attend our monthly TWDD Meditation Initial Training and weekly practice groups with Dharma Teachings.

- Meditation made easy
- Created for the general public
- Practiced by millions in China and now Canada
- Open to all religions and cultures
- Simple yet powerful
- Effective for physical/emotional healing

www.haikong.ca

View website for details or call Jemma (416) 451-2063
Classes will be held in Oakville and surrounding areas



The Lighthouse Program for Grieving Children



- ◆ Ongoing peer support group for children and teens 3-18 years who are grieving the death of a parent or sibling.
- ◆ Concurrent group available to parents and caregivers
- ◆ Groups meet twice monthly

For more information call **905-337-2333**

82 Wilson Street, Oakville
Email: lighthouseprogram@bellnet.ca



Halton Women's Place

is a non-judgemental organization devoted to assisting abused women and their dependent children

We provide **free**, safe shelter that is strictly non-judgemental and supportive
We offer **free** non-residential and residential counselling services
We have two locations, in Milton and Burlington, serving the Halton Region.
We provide **free** therapeutic and recreational programming for children of all ages
We provide **free** community counselling and information to help women establish a network of supports and find and maintain housing
If you need help, please call our 24-hour crisis lines
905-878-8555 or 905-332-7892
www.haltonwomensplace.com
To make a donation contact
905-332-1200



IODE MISSION STATEMENT

The mission of IODE, a Canadian women's charitable organization, is to improve the quality of life for children, youth and those in need, through educational, social service, and citizenship programs.

New Members Welcome
For more information call:
905-842-6338

IODE is a Canadian women's organization founded in 1900. The Angela Bruce Chapter (est. 1933) obtains the major part of its funding from their Opportunity Shop staffed by their members. Members volunteer at the shop sorting, pricing and selling items which have been donated by the community. Each year, thousands of hours of such service are carried out. Funds from this work goes to charitable projects supported by the chapter. In 2005 **\$50,000** was returned to the community.

IODE OPPORTUNITY SHOP
154 Kerr Street (S/W corner of Kerr & Rebecca)
OPEN: Monday - Friday 12pm - 4pm & Saturday 10am - 4pm (except July & August)
Donations Gratefully Received



Big Brothers Big Sisters of Halton

Have Fun! Help kids!

Volunteers age 14 to 114 needed for as little as one hour a week!

905-339-2355
www.bbbsshalton.ca

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Our Goal is to promote quality of Life