

Too good to miss

For nonprofit, charity or fundraising events in Hamilton and the suburban area, submit items in writing to Too Good To Miss, The Hamilton Spectator, 44 Frid St., Hamilton, L8N 3G3, by e-mail to toogood@thespec.com or fax 905-526-3558. Deadline is two weeks prior to publication. Items with photographs are marked *. Compiled by Bobbie Weberman.

Volunteering

Cancer Assistance Program, 569 Concession St., Hamilton, needs volunteer drivers. If you have a day a week or even a day a month, call 905-383-9797, www.cancerassist.ca.

Central Park Lodges has volunteer positions including administration, visitors, crafts, fitness leaders. Volunteer Hamilton, 905-523-4444.

Green Venture (EcoHouse), 22 Veevers Dr., Hamilton, needs volunteers from 10 a.m. to noon on July 8 to get their hands dirty in the organic gardens. Volunteers are trained and practise healthy, pesticide-free organic gardening. Tasks involve general maintenance on the two-acre lot such as lawn mowing, weeding, tidying up or painting. Refreshments provided and a share of the organic crop you help grow. Call 905-540-8787.

Hamilton-Burlington SPCA has an ongoing need for volunteer adoption associates to provide assistance to people wishing to adopt a pet. They also require kennel assistants and a receptionist to answer phones and direct callers. Volunteer Hamilton, 905-523-4444.

TEAD Equestrian Association for the Disabled, 8360 Leeming Rd. E., Mount Hope, needs volunteers for summer camp. No horse experience is necessary. Full training provided from 6 to 8 p.m., July 7. Call 905-679-8323, ext. 100.

VON Tele-Touch (telephone reassurance service) has openings for volunteer callers. Share five minutes a day calling a senior from your home or workplace. Training provided. VON Volunteer Services, 905-522-0053.

VON Volunteer Services' Volunteer Visiting has openings for caring individuals to visit lonely adults, assist with crafts, help write letters, go for walks or sit and chat. Call 905-522-0053.

Self-Help Groups

Ancaster Community Services offers the Youth Employment Services (YES) program. Y.E.S. works to find and match possible student employees with employers in need of workers. Interested youth or employers, contact ACS at 905-648-6675.

Hamilton Tenant Helpline at 905-526-9119 will answer questions about eviction, repairs, tenants' associations, rent increases or any other tenant issues.

Dundas Community Services, Youth Employment Services (YES) is open for students between the ages of 14 to 19 years seeking summer employment. Register by calling 905-627-5461 or visit 2 King St. W., Suite 3A, Dundas. Matching young people with an employer.

Dundas Community Services provides legal aid to low-income individuals for a variety of legal problems including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord-tenant disputes, disability support and family benefit payments. It will be held from 7 to 9 p.m. Thursdays. Individuals wishing legal advice should call 905-627-5461 to make an appointment.

Summer jobs. If you are between 15 to 24 years (up to 29 years if disabled) and returning to school full time in the fall, you are eligible to apply for jobs posted through the Summer Jobs Service at Youth Employment Centre/Citizen Action Group, 677/77 Victoria Ave. S., Hamilton. Mondays, 9 a.m. to 4 p.m.; Tuesdays to Thursdays, 9 a.m. to 4:30 p.m.; and Fridays, 9 to 11:30 a.m. Call 905-522-9668. www.yootworks.info

Pathways to Peace offers self-help groups for anger management for chronic anger. Call



HAMILTON SPECTATOR FILE PHOTOS

It's time to go and fly a kite at the Kite Festival on July 9, from 11 a.m. to 4 p.m. at Burlington's Spencer Smith Park.

905-682-0349.

Dundas Sexual Health Clinic, 2 King St. W., 2nd floor, Dundas. Public health clinic for birth control, sexually transmitted disease and pregnancy testing, emergency contraception. Open Tuesdays, 12:30 to 4 p.m. Call during clinic hours at 905-628-3000 or the Sexual Health Information Line at 905-528-5894. See www.hamilton.ca/publichealth.

East End Sexual Health Clinic, 2255 Barton St. E., Unit 8 (Red Hill Creek Plaza), Hamilton. Public health clinic for birth control, sexually transmitted disease, anonymous HIV and pregnancy testing, emergency contraception. Open Mondays, 12:30 to 4 p.m.; and Thursdays, 3 to 6 p.m. Call during clinic hours at 905-546-3750 or the Sexual Health Information Line at 905-528-5894. See www.hamilton.ca/publichealth.

Mountain Sexual Health Clinic, 1447 Upper Ottawa, Hamilton. Public health clinic for birth control, sexually transmitted disease and pregnancy testing, emergency contraception. Open Mondays, 3 to 6 p.m.; and Wednesdays, 12:30 to 4 p.m. Call during clinic hours at 905-546-3274 or the Sexual Health Information Line at 905-528-5894. See www.hamilton.ca/publichealth.

Waterdown Sexual Health Clinic, 315 Dundas St. E., 2nd floor (Early Years Centre), Waterdown. Public health clinic for birth control, sexually transmitted disease and pregnancy testing, emergency contraception. Open Wednesdays, 3 to 6 p.m. Call the Sexual Health Information Line at 905-528-5894. See www.hamilton.ca/publichealth.

Well Women Clinics, 1447 Upper Ottawa, Unit 8; Hamilton, and 2255 Barton St. E., Unit 8, Hamilton. For women between the ages of 20 to 45 who do not have a family doctor. Public Health Clinics in partnership with the Department of Family Medicine, McMaster University



Lyla Miklos offers advice to women who want to be involved in politics on July 4.

provide birth control, sexually transmitted disease and pregnancy testing, emergency contraception, immunizations, Pap tests and IUD insertions and/or removals. Appointments are required at either site, call 905-546-2424 ext. 2011. See www.hamilton.ca/publichealth.
Centre for Skills Development and Training, Trades, pre-apprenticeship information session, 6 p.m. on July 4 at 860 Harrington Ct., Burlington. Call 905-335-3499, ext. 121, www.thecentre.on.ca.

* **Elect More Women**, a task force addressing underrepresentation of women in municipal politics in Hamilton, presents an election-training workshop for women on media relations and press-release writing, 7 to 9 p.m. July 4 at the YWCA, 75 MacNab St. S., Hamilton. Speaker Lyla Miklos. Topic: to empower and educate more women to proactively engage in the political process and mount successful campaigns. Admission free. Seating limited. Call 416-725-5704.

Cancer Assistance Program, 569 Concession St., Hamilton, peer support evening for cancer patients and their families, 7 to 9 p.m., July 5. Call 905-383-9797, www.cancerassist.ca.

Good Shepherd Centre, Martha House, 20 Emerald St. S., Hamilton, offers support and education on issues related to the abuse of women by their partners. Topic: Supporting our sisters, 5:30 to 7:30 p.m., July 5. Admission and child care are free. Call 905-523-8895.

Wellwood Resource Centre of Hamilton, 711 Concession St., Hamilton, support and discussion group for women with gynecological cancer, 10 to 11:30 a.m., July 5. Call 905-389-5884.

Wellwood Resource Centre of Hamilton, 711 Concession St., Hamilton, drop-in support program for individuals with breast cancer, from 1 to 2 p.m. July 6. Call 905-389-5884.

Wellwood Resource Centre of Hamilton, 711 Concession St., Hamilton, quilting group for individuals affected by cancer, 9:30 to 11:30 a.m., July 7. Call 905-389-5884.

Wellwood Resource Centre of Hamilton, 711 Concession St., Hamilton, tai chi classes for individuals affected by cancer, 12:15 to 1:15 p.m., July 10 at Sacred Heart Community Centre, Poplar Street. Call 905-389-5884.

Women for Sobriety (WFS), self-help program to help women overcome alcoholism and other addictions, 7 to 8:30 p.m., July 5 at the Olive Branch, 195 Rebecca St., Hamilton and 7 to 8 p.m., July 10 at Womankind, 431 Whitney Ave., Hamilton. Call 905-546-0130 or 905-545-9665.

Multiple Myeloma support group, Hamilton and area, 1 to 3:30 p.m., July 6 at Linden Park Church, 484 East 16th St., Hamilton. Speaker Pam Edwards from CCAC. Wheelchair accessible. Call 905-388-8945 or 905-561-7259.

Hamilton Brain Injury Association, survivors of brain injury, 10:30 a.m. to 1 p.m., July 10 at Chedoke Holbrook Building C189, Sanatorium Road, Hamilton. Call 905-521-2100, ext. 74632.

Peer support group for adult male survivors of childhood sexual abuse, 7 p.m., July 10 at 627 Main St. E., Suite 100, Hamilton. Call 905-527-8338.



The Ontario Regional Lily Society showcases its lilies at the RBG July 8 and 9.

Rotary Youth Centre, 560 Guelph Line, Burlington, Five Tibetan Yogas and Meditation with former Buddhist nun, 5:15 to 6 p.m., July 11. Cost: \$45. Call 905-901-9848.

Cards

Royal Canadian Legion, Mount Hamilton, Branch 163, 435 Limeridge Rd. E., Hamilton, open cribbage, 7:30 p.m., July 5. Cost is \$5. Call 905-387-4515.

Her Majesty's Army and Navy, Vine and MacNab streets, Hamilton, progressive euchre, 7 p.m., July 7. Call 905-527-1000.

Veteran's Service League, 1473 Main St. E., Hamilton, cards and euchre, 1 p.m., July 5. Admission is \$1. New members welcome. Refreshments provided. Call 905-547-8355.

Cottonwood Mansion, 740 Haldimand Rd. 53, Selkirk, card party, 7:30 p.m., July 8. Cost: \$3. Call 905-776-2538.

Community Meetings

Hamilton Video/Film Makers Club, 7 p.m. July 6 at the Royal Canadian Legion, 12 King St. E., Stoney Creek. Call 905-662-4406.

Ancaster Horticultural Society past-president's tea and garden tour to mark its 45th anniversary. Tea is 2:30 p.m., July 8 at Fieldcote Museum Garden, Sulphur Springs Road, Ancaster. Parking available at Ryerson United Church, Wilson Street. Tour begins at 12:30 p.m. Meet at the Old Town Hall, Wilson Street for car pooling. Admission free, but donations of sandwiches, baked goods and refreshments gladly accepted. Call 905-648-4588 or 905-648-5134.

BitNet, Business Information Technology Network, breakfast meeting, 8 a.m., July 11 at the Burlington Art Centre, Shoreline Room, 1333 Lakeshore Rd., Burlington. Guest speaker John

Breakey, CEO of Unis Lumin, on what makes a successful company. Members, \$15; nonmembers, \$25. Register online at www.bitnet.ca.

Parenting

Ontario Early Years Centre, 155 Queen St. N., Hamilton, nurse practitioner services, 1 to 3 p.m., July 4. For newcomers and their families who do not have a family doctor and have health questions, feel unwell or need a check-up. Call 905-521-0926 for an appointment.

Ontario Early Years Centre, 155 Queen St. N., Hamilton, Parent Link, 1 to 2:30 p.m., July 5. Topic: growth and development. Informal gathering with public health nurse for parents with young children (newborn to 18 months) to get health information and share concerns and ideas with other parents. Call 905-521-0926.

Ontario Early Years Centre, 155 Queen St. N., Hamilton, sun and street safety presentation, 10 to 11 a.m., July 6. For parents and caregivers to focus on how to protect children from the sun and keep them safe while playing outside. Register: 905-521-0926.

Pine School, 2121 Caroline St., Burlington, an elementary school for students with learning difficulties and social problems, will hold information and registration evenings, 7 p.m., July 6 and 11. Call 905-637-9285 to arrange a visit.

Ontario Early Years Centre, 155 Queen St. N., Hamilton, breastfeeding clinic, 9 a.m. to noon, July 7 and 1 to 4 p.m., July 10. A lactation consultant is available to discuss breastfeeding problems. Appointments: 905-546-3550.

Ontario Early Years Centre, 155 Queen St. N., Hamilton, Dad and Me, 9 to 11 a.m., July 8. Dads with children, newborn to six years, enjoy continental breakfast, meet other dads and interact with your children. Register: 905-521-0926.

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Toronto Brigantine will hold its Brigantine Challenge at the pier in Port Dover, July 9.