

CLASSTIME

• "Living Better with CHF" is the topic of education sessions held every Monday from 11 a.m. to noon at PGRH. Call coordinator Marvin Barg at 565-7432 for more info.

• The Family Y is now accepting registration for the September Tiny Y Preschool classes. Call 562-9341 for details.

• Sunday School for all ages offered at the Bible Missionary Church on Northwood Pulp Mill Road. For more info call 962-2748.

• Talking Circle & Toastmasters hold monthly meetings to learn public speaking skills. Call 562-6325 for info.

• The Family YMCA is offering mid-level yoga classes July 3 to August 30 on Tuesdays and Thursdays from 5:30 to 7 p.m. To sign up for the full session or a session punch card call the YMCA at 562-9341.

• Lessons for those suffering from congestive heart failure are available from the Heart Function Clinic at PGRH. Education sessions run every Wednesday from 11 a.m. to 12 p.m. at PGRH. Call Marvin Barg at 565-7432 to register.

HELPINGHAND

• The Autism support group meets regularly on the second Wednesday of each month from 7 to 9 p.m., room 105 of PGRH.

• La Leche League PG offers mom-to-mom support and information about breastfeeding. League meets the second Thursday of each month, 7 p.m. at the Northern Interior Health Unit. For more info call 563-6234.

• Anyone suffering from Obsessive Compulsive Disorder is invited to the OCD Support Group's weekly meetings, every Thursday, 7 p.m. at 555 George Street. For more info, call 564-8644 or 561-8033.

• Al Anon meets Thursdays, 7:30 p.m. downstairs at St. Michael's, 1505 Fifth Avenue.

• Al Ateen meetings held Wednesdays at 6:30 p.m. at First Baptist Church.

• Heartbeat — Survivor's Road 2

Healing — is a support group for those who have lost a loved one by suicide. The group meets the last Monday of each month at 555 George Street at 7 p.m. For more info, call 964-2207 or check out the website at www.road2healing.com.

• BRIDGES — a self-help course to help people find acceptance, support and friendship



SUMMER ARTS FUN



Face painting and more are on the list of artistic endeavours this summer.

Become a superhero, run away with the circus, explore the world, dig up dinosaurs or make a movie — all in one place.

The PG Arts Council is once again offering their Summer Day Camp of the Arts at Studio 2880. Each week participants will tackle a different theme, take art classes and

expand their artistic horizons.

Camps are already underway. Next week's theme is "Up, up and away", followed by "Superhuman and Secret Agents."

For more information or to sign up a child between 6 and 12 years old for the camps (cost is \$105 per week), call the Arts Council at 562-4526.

for those recovering from mental illness. For more information, call Kathryn at 564-0375.

• The Muscular Dystrophy Association of Canada's northern chapter meets the third Wednesday of each month but the location has changed. Call Susan at 964-9680 for the latest location or to be a volunteer.

• Canadian Blood Services is looking for groups, associations, companies, or anyone who wants to donate blood for life. Call Laura-Ann at 563-2560 for more information.

• The Prince George Brain Tumor Support Group meets the third Thursday of every month in Room 105 at PGRH. For more information, call Karen at 962-2850.

• Therapeutic Support and Relaxation Group, for people with cancer and their support person, meets every Thursday night in Room 103 of PGRH. Sessions run from 7 p.m. to 8:30 p.m. For more information, call Lynda at 561-1460.

• The Prince George Lupus Support Group meets on the fourth Monday of each month at 7 p.m. at the Salvation Army Citadel on

Ospika. For more information, call Ralph at 962-7282 or Penny at 564-9426.

• There will be a Hepatitis C support group meeting at the Northern Interior Health Unit at 7 p.m. on the second Tuesday of each month. Everyone who is interested in Hepatitis C is welcome. For more info, call Sandra at 962-9630 or Gina at 963-9756.

• The Prince George Ostomy Association meets the second Monday of each month at 8 p.m. in room 102 at PGRH. Anyone interested call Dina at 964-2596 or Joyce at 563-7382.

• CHAMPS is a non-profit weight-loss support group that meets weekly. Open to men and ladies. For more info call Elaine at 250-832-7671 or Jan at 250-392-5474.

GETTOGETHER

• The PG Chapter of the Adoptive Families Association is hosting an adoption family picnic, July 22 at Fort George Park. Meet at the picnic shelter near the spray park from 1 to 4 p.m. Phone Nikki at 564-9156 for more info.

• Christian singles 40+ is an inter-denominational group sponsored by the First Baptist

Church. Potluck held on the second and fourth Saturday of each month. Call Marilyn at 614-9095, Cathy at 561-2078 or Lorna at 967-2400 for details.

• Hart Pioneer Centre is open Monday to Friday for seniors who are over 50 years of age. Membership to the senior's group is \$15 for the year. Phone 962-6712 for more information.

• Caledonia Ramblers Hiking Club is holding a moderate difficulty hike to the Vineyards July 22. Meet behind City Hall at 7:00 a.m. to depart. Proper hiking boots required. For info call John at 563-5621.

ETCETERA

• Camp the summer away! UNBC Child-care is offering a weekly preschool summer camp program for three to five-year-olds. Enroll for exciting themes like dinosaur week or underwater life week. Registration for July camps is closed, but you can still register by July 25 for August camps. Call 960-5720 for info.

• July 21 and 22 are Steam Days at the PG Railway and Forestry Museum on River Road beside Cottonwood Island Park. Enjoy watching Canada's only operating steam crane and listen to the singing conductor. Family admission is \$13. Phone 563-7351 for details.

• Support PG's Blind Curling team July 21 by buying a delicious hamburger at the corner of Eighth and Ahbau from 11 a.m. to 4 p.m. Proceeds go towards the purchase of curling equipment and registration fees for the visually impaired curlers in our community.

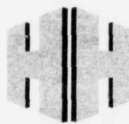
• The Huble Homestead hosts a number of events during the summer, including: a quilt fair on July 29; B.C. Day Family Extravaganza on August 5 and 6; a Children's Festival on September 1; a Heritage Hike and barbecue on the Giscome Portage Trail September 2; and a Summer Harvest September 3. The Huble Homestead is open from 10 a.m. to 5 p.m. seven days a week throughout the summer.

• The Immigrant and Multicultural Society is presenting a play about intergenerational and intercultural differences between mothers and daughters, July 28 at CNC room 1-306 at 8 p.m. Admission is free to the general public. For more info contact Sharon Pannu at 562-2900.



Terrence P. Matte, Trial Lawyer—a member of our team.

CIVIL LITIGATION · INSURANCE LAW · CONTRACT DISPUTES · CONSTRUCTION LAW · PERSONAL INJURY CLAIMS · COLLECTION OF DEBTS



HOPE HEINRICH
BARRISTERS & SOLICITORS

An all-star legal team for over 35 years.

1598 SIXTH AVENUE, PRINCE GEORGE, BC, V2L 5G7 · (250) 563-0681 · (FAX) 562-3761 · 1-800-663-8230