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INSIDE

- 4 Career Exploration and Planning**
By Sarah Hopkins, MEd, CCC, RCT-C, Registered Counselling Therapist (Cand)
- 6 What Do I Do Now? Advocating for Your Child in the School System**
By Anita Sablone, M.A., R. Psych.
- 8-11 Fun Places To Go!**
- 12-17 Health & Wellness**
- 12 Prepare For School Year**
By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists
- 12 Straight teeth without conventional braces? A clear reason to smile!**
By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group
- 13 Compression socks - a Fashion Revolution! Get your legs in shape!** By Jen Estabrooks, Co-owner, General Manager, Soles in Motion
- 14-15 Putting the Fun in Fitness One Person at a Time** By Tara MacDonald Fit Club
- 18-21 Fall Registration**
- 23-25 Education**
- 26 Craft Corner - The Art of Dyeing**
By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts

Parent-Child GUIDE

94 Bayview Rd., Halifax, N.S. B3M 1N9
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The Parent-Child Guide newspaper is published by Rockwell Publishing Incorporated, Halifax
We are Metro's Oldest Free Family Newspaper established in 1995.

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NEXT PARENT-CHILD GUIDE

Will Be Our FALL EDITION!

Printing on October 14

Advertising Deadline September 30

ROBERT ROCKWELL Owner/ Publisher
Cell 902-209-4461

Jennifer Park, General Manager 902-209-4461
Cynthia MacIver, Art Director

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Career Exploration and Planning

By Sarah Hopkins, MEd, CCC, RCT-C, Registered Counselling Therapist (Cand)

What is career development?

Career development is a lifelong process that should begin in elementary school and continue through retirement. Career development involves self-awareness about interests, aptitudes (work related skills and abilities), values and life experiences in order to make career decisions. Career development allows an individual to explore various occupations and post-secondary options to make informed career decisions.

What role do parents play in career development?

Parents play a vital role in a child's career development. Children often first learn about the world of work through a parent's occupation. It is important to have conversations with your child or teen about career options and future goals. Parents can play a pivotal role in helping their child identify his or her strengths, abilities and talents. Exposing children to a wide variety of activities allows a child to discover his or her interests. Participation in sports, school activities, volunteering and employment are important steps along the path of an individual's career development.

What is a vocational assessment?

Vocational assessments help an individual discover their aptitudes and interests related to employment. Various measures and sources of information are

used to identify an individual's aptitudes (e.g., verbal, mathematical, perceptual) and interests. The goal of a vocational assessment is to provide an individual with a career plan in relation to their strengths, skills and interests.

Who should have a vocational assessment?

Vocational assessments are beneficial for high school students, post-secondary students and adults. A vocational assessment can help an individual make decisions about course selection, post-secondary education, career options, career transition and re-entering the workforce after being off of work for a prolonged period of time.

What does a vocational assessment involve?

A vocational assessment typically consists of two or three sessions: an interview, a full day of one-on-one testing with a psychologist or registered counselling therapist and a feedback session. A written report is provided that includes information on a client's aptitudes, interests, post-secondary options, career options and recommendations for further career development.

What are the benefits of a vocational assessment?

A vocational assessment assists individuals in identifying their strengths, skills, and values in relation to employment.

People are often unsure of their strengths and aptitudes; identifying strengths is often one of the first steps in an individual's career journey.

A vocational assessment provides exposure to potential career options that people may not be aware of. An individual's career journey is not linear, but filled with many experiences (some planned and unplanned). A vocational assessment can help individuals develop the knowledge and tools necessary to adapt to a rapidly changing labour force. With advances in technology, some occupations will not exist in the future; however, many new careers will be created. Acquiring transferable skills (e.g., communication, teamwork, time management) is important in order to remain competitive in a chosen career field. These skills are developed through experience, whether it's part-time employment, volunteering or participating in extracurricular activities. A vocational assessment includes recommendations for gaining experience

relevant to career goals and interests.

How do I book a vocational assessment?

To book an assessment, please contact the Intake Coordinator at Erica Baker Psychological Services by calling 902-445-3851. For more information, please visit our website: www.ericabaker.ca


Career Development Resources

Books:

- What Colour is your Parachute? by Richard N. Bolles
- The Decade after High School - A Parent's Guide by Cathy Campbell, Michael Ungar & Peggy Dutton

Websites:

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What Do I Do Now? Advocating for Your Child in the School System

By Anita Sablone, M.A., R. Psych.

We are still in the midst of enjoying the hazy, lazy of summer... September feels miles away. But, before long, late August will come and with it, your concerns about how the next school year will be experienced by your child.

For some parents, supports may already be in place from the past year, and even classroom placement may already be known. Indeed, planning meeting may have been held in June, in anticipation of the coming year. These steps can decrease many worries for a parent of a child with needs, and provides confidence in a "good start-up".

But what happens when you are the only person (you think) to suspect your child is having significant challenges? The process of advocating for your child's needs is often extremely daunting to a parent. Confidence in approaching even the classroom teacher is often affected by the parent's past school experiences as a student themselves, their level of

knowledge in the area of challenge (e.g., reading, social skills, attention) and perceived control of the process they are undertaking.

After many years working in the school systems, I have come to realize that parents often have a limited idea of the power and knowledge they hold in determining the presence and severity of an issue affecting their child. This lack of confidence crosses all areas, including academic, behavioral, social, and attentional concerns, among others.

When your child experience challenges at school, it is important to take a few seemingly simple but extremely powerful first steps.

Recognize That You Know Your Child Best

While a teacher may know your child for a few months, a school year or perhaps two, you are the expert, when it comes to your child's temperament, personality, skills and difficulties. You have more observations and information than anyone - it

is invaluable to anyone involved in supporting your child.

Connect Early with Your Child's Teacher

Although many parents may traditionally approach the school principal, it is the classroom teacher with 'working', daily knowledge of your child. Here is where everyday experience with your child coupled with solid educational knowledge/skills will shine through.

Engage in Q & A

Ask as many questions as you need to of your child's teacher - this enables them to understand your perspective, clarify concerns and gather accurate data. Maintain an ongoing communication with the teacher via phone, email or meeting and keep your own log of the conversation content or outcome.

Establish A Baseline of Your Child's Challenge

With the help of your child's teacher, agree upon a way to establish a baseline measure for the area of concern. For example, for reading challenges, a teacher may suggest s/he conduct a running record to pinpoint a beginning reading level. If the concern is more social or attentional, a simple frequency chart may be used to pinpoint the types of activities, time of day, task, etc. that are most problematic.

This simple data tracking is also quite

valuable to a school psychologist, should it be necessary to involve their support.

Agree on how frequently the data will be collected (e.g., daily, weekly) and how it will be communicated to you (e.g., email, summary note). Establish a follow-up plan to look at your child's progress (e.g., two weeks, one month, etc.). This can be done either via phone call or an in-person meeting.

Become a Member of a Larger Team for Your Child

If after collecting preliminary data about the area of challenge, your child's teacher may feel that additional input or ideas would be valuable, or that other support personnel need to be involved. S/he may wish to make a referral to the School Planning Team (SPT), a team comprised of school administration and staff.

Every school has an active SPT and its purpose is to support students with need through a collaborative, solution-focused process. Your child's teacher, with your support and permission, would present concerns about your child at

an SPT meeting. Recommendations for further supports, involvement of specialists and an appropriate timeline for implementation would be a possible outcome of this first SPT meeting.

This is where many parents feel conflicted. The timeline given by the SPT, depending on the wait lists of various support personnel, may be longer than you as a parent expect. Many parents often opt to engage private supports (e.g., a school psychologist in private practice, such as myself) to support their child and teacher in the interim. Often, this type of outside support can result in active collaboration with the school's on-site psychologist when available. And, in the meantime, your child and the teacher are being provided with supports and information they need to move forward with the area of challenge. **It's a win-win situation, in favor of your child's movement toward success.**

Educate Yourself About Process

Part of advocating for your child is learning about the school or program planning process. There are many

helpful documents provided on the Halifax Regional School Board's website (www.hrsb.ca). The Department of Education has also produced handouts for parents regarding the program planning process ([www.studentservices.ednet.ns.ca/Policies, Guidelines and Support Documents](http://www.studentservices.ednet.ns.ca/Policies_Guidelines_and_Support_Documents/)).

So... now you have a plan! Remember, every staff member involved with your child at school is actively invested in their success. Reach out with confidence, be an active part of the process - and then watch the amazing results.

Anita Sablone is an experienced, fully-registered psychologist from Carleen Hall Psychological Services, Inc. She specializes in supporting children, teen, young adults and their families through assessment, counseling and consultation (e.g., working with a child's teacher or school) services.


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Together we are ONE-not just a motto

By MLA Tony Ince, Cole Harbour-Portland Valley

Since February, we've been busy folks-working on the new Youth Engagement Initiative I announced on July 25th. During a great night at the Boys and Girls Club-Cole Harbour, I had the privilege of presenting awards to 6 exceptional young people. Our MLA Community Youth Citizenship Certificates acknowledged: *Volunteerism-Nikolas Harris, Community Service-Bryony Jollimore, Advocacy for Youth-Ryan Rutledge, and, Integrity & Perseverance-Ashley McLean.* I also presented Jordan Ortiz and Caleb Ortiz with the Duke of Edinburgh's International Award-Bronze Standard. Well done!

Cole Harbour-Portland Valley is proud of these aspiring community leaders. I greatly value their efforts and opinions so, I nominated them to become lead members of my MLA Youth Advisory Committee. The nomination process is open to all young people ages 12-26 who reside in our constituency and we are accepting nominations until September 30, 2016.

As we approach "the most... wonderful time.. of the year", let's talk about our new constituency office motto: Together we are ONE-its' become our mission statement and we want it to be yours too! Let's get creative and inspired by our hometown pride, and come up with exciting ideas that will develop citizenship and build community spirit. In 2017, we'll be commemorating Canada's 150th and I would love to see this community unite for an event that celebrates not only our nation's birthday but also this community's diversity, its people and places. Share your ideas for Canada 150 with me. Let's show Canada why *Cole Harbour-Portland Valley: Together we are ONE...isn't just a motto!*



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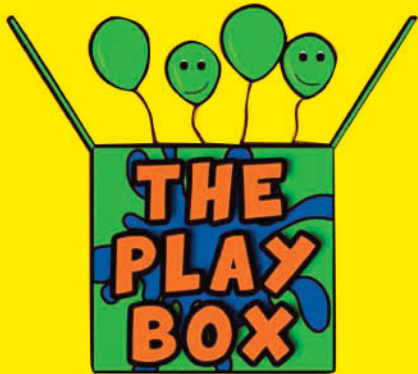
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ANIMALS AT NIGHT
JUNE 1 – OCT 9, 2016

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NATURAL
HISTORY

FUN

Places To Go!

"Play is the work of children" J. Piaget

hop! skip! jump! Indoor Play Space understands the importance of play for the overall wellbeing of children. Play provides children the ability to be active, use their imagination, socialize with other children and simply have fun while supporting their physical and emotional needs. At hop! skip! jump! all the needed measures are taken to ensure that the children can play comfortably in a fun and safe environment.

hop! skip! jump! features a 3,500 square foot, three levels, multi-colour play structure that includes ball blaster arena, spider climbing tower, wave slides, soft climbing wall, and a ball pool along with a toddler section dedicated for little ones, featuring a spinning palm tree, space spinner, trampoline, and animal merry-go-round providing children with ample of opportunities to engage in different activities that satisfy their need for active fun.

It is perfect for all family members where parents and caregivers can join in the active fun with their children or sit and relax at the lounge area and grab a snack and coffee from the onsite cafe while watching their children play. hop! skip! jump! features three cheerful party rooms perfect for birthdays, group visits, and corporate parties. After all it is *where kids come to play!*

Located at 10-100 Susie Lake Crescent in Bayers Lake, the hours of operation are Sunday - Thursday from 9:30 a.m. to 6 p.m. and Friday - Saturday from 9:30 a.m. to 7 p.m. There is parking in front and back of the facility.

For more information on hop! skip! jump! Indoor Play Space, visit: hopskipjump.ca, like on Facebook: [/hopskipjump_hfx](https://www.facebook.com/hopskipjump_hfx), follow on Twitter: [/hopskipjump_HFX](https://twitter.com/hopskipjump_HFX), and on Instagram: [hopskipjump_hfx](https://www.instagram.com/hopskipjump_hfx) or please call 902-406-4405.

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FUN

Places To Go!



Family Fun at Noggins Corner Farm!

Here's what's happening on the farm this fall

U-Pick Flowers and Herbs:
starting July 25th

Interactive Corn Maze:
opening August 24th

U-Pick Apples and Pumpkins:
starting September 17th

Red Cross Haunted House:
open Weekends in October

Haunted Halloween Weekends:
Haunted Corn Maze and Haunted House
October 21st/22nd 7-10pm
October 28th/29th 7-10pm

For more information please contact us:
902-542-5515 ext. 207
tours@nogginsfarm.ca

instagram: @nogginscornerfarm
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Health & Wellness

Prepare For School Year

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists



Dr. Negin Ghiabi

* Dental trauma.....

If a baby tooth is knocked out please contact your pediatric dentist as soon as possible. Quick action can lessen a child's discomfort and prevent infection. Rinse the mouth with water and apply cold compresses to reduce

swelling. Spend time to comforting the child rather than looking for the tooth. Remember the baby tooth should not be replanted because of potential damage to developing permanent teeth.

If a permanent tooth is knocked out find the tooth. Rinse it gently in cool water. Do not scrub it or use the soap. Replace the tooth in the socket and hold it there with clean gauze or a washcloth. If you can not put the tooth back in socket place the tooth in a clean container preferably with cold milk. If milk is not available put it in a container with the child's saliva but not in water. Take the child and the tooth to a dental office or emergency room.

If a tooth is chipped or broken contact your pediatric dentist immediately. Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment. Rinse the mouth with water and apply the cold compresses to reduce swelling. If a broken tooth fragment can be found take it to the dentist as well.

* Snacks.....

Fruit juice are convenient to pack however having a piece of fruit instead of that provide a sweet treat without added sugar and preservative.

Candy and sweets are ok in moderate however sticky caramel can coat the teeth and cause the

decay. Instead of that try a squire of dark chocolate which it contains the anti oxidants and does not stick to the teeth.

Instead of sport drink try the tap water.

Potato chips can get stuck between teeth. Whole grain Crackers and pretzels provide the same salty crunch and less build up.

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and adolescents. We welcome new patients as young as 1 year old. For more information please call 902-407-7377.



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Did you know the first dental visit for a child begins at age 1?



Straight teeth without conventional braces? A clear reason to smile!

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group

position. Small, tooth-colored attachments are sometimes temporarily bonded to teeth that have especially difficult movements. These discrete attachments aid the aligner in distributing forces to the teeth so that the proper movements are achieved.

If at your initial consultation your Orthodontist recommends Invisalign, the next step is to obtain a 3-D virtual model of your teeth. Although traditional molds of your teeth can be made, digital scanners offer a more accurate method for capturing your bite that avoids any impressions. Before your custom-made clear aligners are manufactured, your Orthodontist must use software to manipulate your bite in virtual reality until the perfect result is achieved. This step is the most important one as your Orthodontist's knowledge and expertise of this technology is paramount to the quality of your result.

Historically, Invisalign treatment was limited to simple crowding and minor bite issues. Orthodontists now have the opportunity to do further training on advanced Invisalign techniques, which means many challenging bite problems can now be treated with Invisalign. Many patients that have

previously been told they are "not an Invisalign candidate" are now finding that they in fact are! Check with your Orthodontist as to their experience with Invisalign. The Invisalign website has a doctor locator that lists doctors with a high degree of expertise using this technology.

In addition, Invisalign is also available in an Invisalign teen product for younger patients. If you or your child are looking for an alternative to conventional braces, ask your Orthodontist if Invisalign or Invisalign teen is right for you.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in

Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.

You probably know someone who has "them" or have at least overheard two people discussing that there is a new alternative to conventional braces when it comes to straightening teeth! Invisalign has become a household name for magazines, tv shows and among the many adults and teens who sport them. But although many people can tell you they are familiar with the term; few people understand exactly what Invisalign is and how it works.

Invisalign is a brand name for a clear aligner product that aligns teeth. Although the technology has been around since 1999, recent years have shown major advances in improving the product resulting in widespread use of Invisalign as an alternative treatment modality for patients seeking to improve their smile.

Invisalign works by having the patient wear a series of clear aligners, in sequence, that gradually guide teeth to their ideal



[So have him seen by a Specialist.]

The Canadian Orthodontists Association recommends all children have an orthodontic screening by age 7.





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orthodontists
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Dartmouth, B2W 2M5
www.stuardavidson.com

Health & Wellness

Compression socks - a Fashion Revolution! Get your legs in shape!

Submitted by Jen Estabrooks, Co-owner, General Manager, Soles in Motion

Compression socks or sports calf sleeves - What you need to know! Medical grade compression can be very helpful for people with existing conditions and symptoms such as heavy and tired feeling legs, edema (swelling) from the accumulation of fluids, varicose veins and lymphedema. As well compression may be highly beneficial as a preventative measure to preserve still healthy legs and boost the return blood circulation in your legs to the heart and lungs.

The main job of the veins in your legs is to return blood to your heart. The calf muscle in your lower leg is the main pump that keeps the blood in the veins flowing in the right direction. When we walk, the contraction and relaxation of the calf muscle helps the veins move the blood up the leg. There are one-way valves in the veins that only allow the blood to flow in one direction, if they are not doing their job then blood is able to flow back down the leg causing the veins to swell. These can be seen on your legs as spider veins or varicose veins. When compressing the dilated veins the compression applied by the socks must be "graduated", and it is important that they are made by a medical company following medical standards. If you ignore a vein problem, the condition can worsen over time and lead to permanent vein damage or serious vein diseases such as leg ulcers and blood clots. Compression socks now come in many different styles, materials, colors and levels of compression that are designed for everyday wear by everyone.

In addition to socks for everyday use, there are also athletic performance and training compression socks and calf sleeves that reduces tiring muscle vibrations, help to counter-balance the stress exerted during sporting activities and promote lactic acid flush out for faster recovery. Muscles are better supported over extended distances, continue to perform for longer and the positive impact on circulation protects the vein system under persistent stress, which in turn promotes a quicker recovery. Calf sleeves should not be worn if you have any edema or swelling in the ankles, instead the full athletic performance or training socks are a better option.

Your physician can prescribe the level of compression and length of compression stocking that is right for your legs. A certified fitter will take several measurements of your legs to ensure that you get the proper size. You do not need a prescription for the compression socks that have a low level of compression.

Submitted by Jen Estabrooks, Co-owner, General Manager, Soles in Motion, 121 Ilsley Avenue, Burnside Park, Dartmouth 902-468-7911 (solesinmotion.ca)

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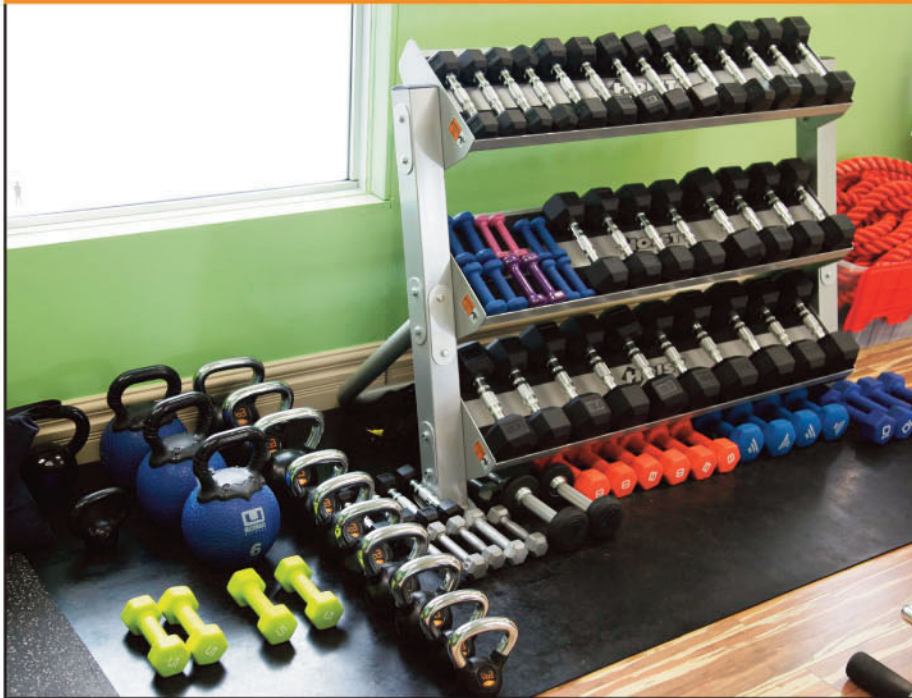
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Tara leads the new Walk15 low impact aerobic program at her studio where she works with a staff that provides excellent customer service. Also a CPCC coach, Tara knows that there's more to fitness success than exercise alone. There's the comfort level each person must find along with the belief in themselves that they can lose fat tissue without injuring themselves. Everyone can be

healthier and happier at Tara MacDonald Fit Club.

Group fitness classes are a great way to do this on a budget. There's also a community of new friends waiting for you in one of these classes. Previous classes at the studio include Healthy Bones, Bootcamp, Walk 15, Bootie Camp Yoga, NIA, and Circuit Training. For those new to exercise joining our free Nordic Pole Walking

sessions is a great way to start out. Feeling confident after a few weeks of walking in your ability to move and build muscle to provide strength is the main reason why we offer it for free. We provide use of poles to those who pre-register and for under \$100 you can enjoy Nordic Pole Walking year round (not recommended for unsafe weather). With the help of Nordic Pole Walking Nova

Scotia you can also become a certified Nordixx Instructor and provide an income as you enjoy fitness.

While we are mainly a personal training studio we believe that each person needs to set goals, discuss challenges and celebrate successes in a journey to health. Call today to set up an appointment to see where to start or walk in to say "hi!"

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Contact Us!

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Health & Wellness

ENIGMA Physical, Emotional & Mental Health Studio, NOW OPEN *It truly is an Enigma*



I'm very excited these days. Sometimes, I feel confused and perplexed as I wade through the many steps of setting up a business. Sometimes, I feel overwhelmed by it all, but, never discouraged, for everyday I walk a step closer to my dream.

My company name is Enigma: Physical, Emotional and Mental Health Studio. I Love the name; Enigma (meaning a very complex almost unsolvable puzzle). For me it reflects the complexity and paradoxical nature of life and people.

I started my adult life as a nurse, then a fitness expert and for the past 16 years I've worked as a psychologist. My dream, to provide a safe, calm and soothing environment for people to heal and grow is being realized in my decision to open my own private

practice. My growing team of associates includes psychologists and other professionals who provide support services including yoga (6 - adult/beginner - advanced), reflexology, nutritional counseling, and reiki. I am offering psychological counseling and movement and meditation sessions.

Workshop space is available (up to 30 people). Associates of Enigma

will be offering a variety of workshops. I welcome old and new clients and invite all of you to call or drop by and check us out.

For more information go to www.carolshirley.ca or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301

Carol M. Shirley
Principle / Registered Psychologist
info@carolshirley.ca
www.carolshirley.ca

301-255 Lacewood Drive
Halifax NS B3M 4G2
p: (902) 495-3181
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Lisa's Holistic Rehab - Occupational Therapy Services

Wouldn't it be great if you could treat the root cause of your or your child's learning disability and not just focus on the symptoms?

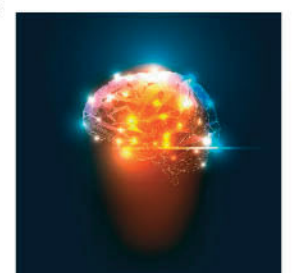
When dealing with a disability or injury it is important to follow a logical approach to treatment in the following order:

- 1) Rehabilitate, 2) Find an alternative way, 3) Compensate, 4) Substitute

Often when dealing with children or adults with learning disabilities or brain injury the tendency is that the client receives a compensatory approach. Although this approach is crucial to being able to cope on a daily basis it is always important to incorporate rehabilitative interventions for real long lasting change to occur. It is possible to find ways to improve neuroplasticity (form new connections) of the brain.

We are dedicated to providing cutting-edge rehabilitation of traumatic brain injuries and concussions, Post-Traumatic Stress Disorder (PTSD), Attention Deficit Disorder (ADHD), Fetal Alcohol Spectrum Disorders (FASD), Dyslexia, Developmental Coordination Disorder (DCD), Learning Disabilities, Auditory Processing Disorder, Sensory Processing Disorder, Mental Illness, Asperger's and Autism.

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Fall Registration



Back to School 2016!

La Rentrée! The English speaking world doesn't quite have an equivalent for this unique French expression. It is the energy that comes in September as students head back to school, but also daily life moves from the slow pace of summer to the cooler more productive days of fall.

Parents often contact us at this time of year asking: "What can I do to support and enrich my child's French over the the school year?" There are lots of activities and resources to be found through CPF Nova Scotia partners such as the Centre Communautaire du Grand Havre, Alliance Francaise, and Radio Halifax Métro.

French for Parents Classes

Feeling overwhelmed that your French skills need a serious reboot. Not to worry! CPF Nova Scotia will be running two French for Parents courses in HRM this October. Registration form is on our website. There are also French classes offered at Alliance Francaise, Université Sainte-Anne, the Military Family Resource Centre and the Nova Scotia Community College. If you are outside the HRM, contact your local chapter and ask about setting up a French for Parents class. ns.cpf.ca

FrancoFest, October - November 2016

Do you want to take your child to family friendly Francophone events? The Francofest takes place each year in October

to November. There are many events from a Salon de Livre (French Book Fair), gastronomic dinner, workshops and concerts! The FrancoFest concert line up will be announced in September. www.FrancoFest.ca

Atlantic Film Festival, September 15-22

Each year, the Atlantic Film Festival offers international and Canadian movies in French. Check out this year's listings, www.atlanticfilm.com/festivals/atlantic-film-festival

Alliance Française in the Hydrostone

Become a member! Alliance Francaise offers many courses for all ages, but they have many other resources and events. As a member, you will be able to borrow all the resources of the Mondiatèque and access to their online library for free. The library includes more than seven thousand documents - books, magazines, CD's and DVDs - for all ages. This is a perfect way to practice your French, discover new cultures and have some fun!

Membership advantages even go further. Alliance Française Halifax organizes cultural events throughout the year, such as film and documentary screenings, traditional French celebrations (galettes des rois, crêpes bretonnes) and special must-see events. www.afhalifax.ca

French resources at your local library

Many local libraries carry books and movies in French. You can use your library card to order French resources and have them delivered to your local branch. There is also a French community library in the Centre Communautaire du Grand-Havre. It is open Monday and Thursday, 4-6 pm and Sunday from 10 to noon.

Centre Communautaire du Grand-Havre

The community centre in Dartmouth is open to all HRM Francophones and Francophiles. 2016-2017 programming will be announced on September 16. Many activities for parents and kids, such as badminton nights, bowling league, concerts and holiday events; all in French! www.ccg.h.ca

Oui 98.50 Halifax

We have a French radio station in HRM! They have programming to suit all tastes in Francophone music. There are many options for listening to French radio in your car, at home and on the internet! You can find radio stations from all over the Francophoné on the internet. Check it out! www.oui98.ca



BASIC FRENCH CLASSES FOR PARENTS/ADULTS

Join us for an opportunity to improve your French with other adults

This course is suited to beginner and intermediate students who want to be more comfortable using French, and have a better grasp on the basic rules of the language.

BEDFORD: Tuesday, October 11 - November 29, 2016
7:30-9:00 pm | Bedford-Hammonds Plains Community Centre

DARTMOUTH: Wednesday, October 12 - November 30, 2016
7:30-9:00 pm | Dartmouth High School

\$180 + tax | Canadian Parents for French membership is required

For more information on our courses, visit ns.cpf.ca

To register, contact Canadian Parents for French Nova Scotia
Phone: 902-453-2048 | E-mail: cpfprograms@ns.sympatico.ca

Classes are capped to 12 students, register early to avoid disappointment.

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FALL FAIR
September 17th
11 am - 2 pm



Birch Hills Academy
The Power of Effective Learning

Birch Hills Academy Fall Fair Finding You Soon!

By Monica Mackendrick,
Birch Hills Learning Institute Intern

Birch Hills Academy is delighted to host the First Annual Fall Fair & Social, a family filled event inspired by the community. The invitation is open to everyone and will be hosted at 109 White Hills Run, Hammonds Plains on September 17, 2016, 11:00am - 2:00pm.

Lighting up the afternoon with smiles and laughter our guests will have access to acres of open space to enjoy. Exploring the

booths, games, and vendors you will find something for everyone. Our hard working volunteers and committee have ensured the safety and entertainment to be superb.

Energized by the beginning of the new school year we invite you to celebration and socialize with us. Grab a friend and come join us at Birch Hills Academy for hours of Fall fun! For more information, phone 902-832-6700

Fall Registration



Eminflow Music Studio

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Cost:

30 min lesson: \$20 per lesson
 45 min lesson: \$30 per lesson
 60 min lesson: \$40 per lesson
 New students receive the first lesson FREE!

Eminflow Youth Singers

We are a community youth choir in the heart of Lawrencetown, NS between the ages of 8-17.

Rehearsals are on Thursday evenings from 6:30-8 PM at Good Shepherd Congregational Church, 3621 Lawrencetown Road.

The cost: only \$25 per month!

Contact Emily Bolhuis by email eminflow@gmail.com to register.

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In addition to weekly 45-minute music and movement classes, families receive a new CD each semester, an illustrated songbook that's filled with music-making ideas for spontaneous music play at home as well as access to the Family Fun Zone at www.musictogether.com where you can access MP3s, videos, activities and more!

FREE Creative Learning Programming for Youth!

The MacPhee Centre for Creative Learning (MCCL) provides a safe, positive, and inclusive space for disengaged youth 12-19 to gain confidence and discover the value of education through creative learning.

Visual Art, Ukulele, Music Production, Vocals, Theatre, Photography, and more!

For more information or to register visit macpheecentre.ca or call (902) 469-2851

After School Programs begin September 19th!



MacPhee Centre for Creative Learning

Eminflow Music Studio

Voice and Piano lessons
 Eminflow Youth Singers



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FALL 2016

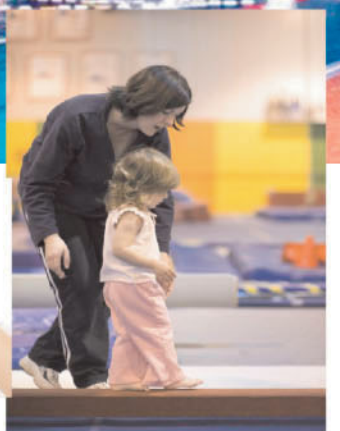


Fall Programs begin Sept. 23, 2016
 Registration begins August 22, 2016



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Fall Registration

"MAKE ART this Fall!

Make ART this fall at NSCAD University. Develop your technical art-making skills through access to NSCAD's professional equipment and quality materials. Our talented instructors provide creative and engaging activities for youth of all skill levels in a FUN, inclusive and encouraging environment. We offer Saturday art classes for ages 5-14 where you can immerse yourself in the foundations of drawing, painting, printmaking and sculpture. NEW this fall, students ages 14 and up can learn the art of zine making with local artist Kyle C. Bridgett. Zines are a unique medium for self-

expression with endless possibilities. In this course you will explore cartooning, graphic novels and manga techniques. Students in this class will also have the opportunity to submit Copies of these zines to the local zine archive as well as to a review publication by mail, all skill levels and styles of drawing are welcome!

For questions, more information or to register please call us at 902.494.8185 or visit nscad.ca. Registration for the Fall 2016 term will open on Tuesday August 23, 2016."

FALL 2016

MAKE CONNECTIONS



Register for Fall Art courses at NSCAD
www.nscad.ca | 902.494.8185



Fall FUN!



There's so much to do at the Sackville Sports Stadium and with the new expansion of programs there's even more!!

Fall Registration Starts Monday, August 29th at 7:00am! Phone In registration will be available on this day only from 7:00am - 2:00pm. Outside of this date, walk in registration remains in effect.

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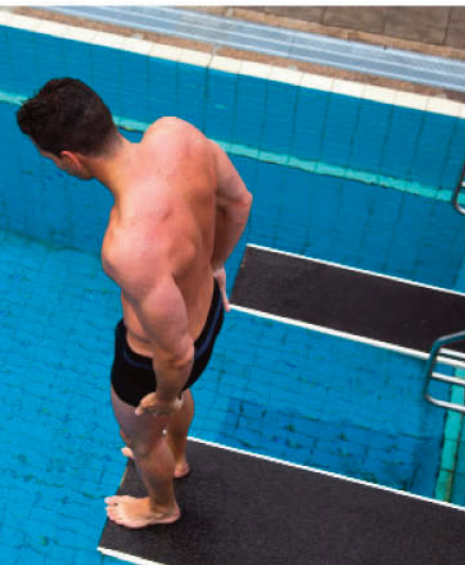
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Laser Therapy in Veterinary Medicine

Courtesy of Carnegy Animal Hospital

Conventional Laser therapy has been in use for more than 25 years. More than 3,000 scientific publications test its effectiveness and the validity of this approach. It has been demonstrated that it is not toxic and it has no side effects. Today, it is used as a monotherapy or as a complementary therapy.

Low-level laser therapy can be, and often is, combined with other types of veterinary medicine. Because low-level laser decreases pain and enhances circulation, your veterinarian may choose to use the cold laser in conjunction with other forms of therapy to enhance the benefits of those therapies. In general, low-level laser therapy integrates well into a treatment plan that utilizes either traditional or alternative forms of veterinary medicine. If your companion animal is receiving low-level laser therapy from a practitioner other than your regular veterinarian, it is imperative that both individuals are kept updated about the ongoing treatment in order to provide coordinated care of your pet, to allow proper evaluation of treatment and to minimize any avoidable interactions or interferences.

Also known as soft laser, low-level laser therapy is a form of phototherapy used to stimulate tissue repair and provide pain management. The laser uses focused red and infrared light to stimulate tissue at and below the surface of your pet's skin. The biochemical effect of the low-level laser increases the production of cellular energy and thus promotes cellular regeneration, production of collagen for tissue repair, and vascular dilation and synthesis for better circulation. Light from the low-level laser also encourages production of the body's natural pain-relievers.

Low-level laser therapy is very safe when done properly. To ensure that laser therapy is done only in cases where it is appropriate, an exam is first done by a veterinarian. The veterinarian will then provide the specifics for the application of the cold laser. Although the term "laser" may conjure up images of the high-powered version sometimes used in surgical settings, the low-level laser causes no temperature change to the patient during or after the treatment and there is no risk of burning. Protective eye wear is required during application of the low-level laser and one should not look directly at the laser light. Laser therapy should not be used in certain patients with that are pregnant or that have cancer, as it stimulates cell growth and does not differentiate between healthy and cancerous cells. If your pet has sustained an injury, undergone orthopedic surgery, or suffers from arthritis or other painful conditions, they may be a candidate for low-level laser therapy. The low-level laser not only speeds the healing process but affects the overall quality of the repaired tissue. Muscle, tendon and ligament injuries require increased collagen production for successful healing and the low-level laser stimulates this function. The light also increases vascular growth and dilation for improved circulation in pets that may have limited movement. Pets experiencing pain from their condition may find relief from cold laser treatments. The biochemical effect of the low-level laser boosts the body's production of endorphins. Low-level laser therapy is another great way to treat the source of the pain, thereby making it less likely that your pet will need additional pain reducing medication.

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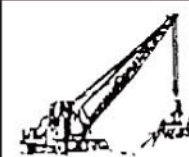
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Education

Back to School is a Lot Like Team Tryouts

Submitted by Oxford Learning

Starting a new grade is like trying out for a sports team. That's because in order to be really ready to perform at their best, students need to prepare beforehand.

To make the team, kids know that they need to put in the time to practice their skills, to train their muscles to get into top shape, and to work with somebody else — a parent, a coach, or a friend — who will give them feedback and encouragement. Without these, the chances of making the team decrease.

Heading back to school is no different than trying out for a team. Just like hamstrings, biceps, and abs, the brain

is a muscle. It needs practice and fine-tuning in order to function at the top of its game. And, just like hamstrings, biceps, and abs, the brain can get out of shape after a period of neglect. The brain needs a good workout before school starts so it can get back into shape and be ready for the year ahead. It needs to run the drills, take a few practice shots, and feel confident that it's up for the challenge.

So before heading back to class for a new school year, warm up the brain! Here's how:

Start a few weeks beforehand and set aside time every day for kids to...

- Review last year's schoolwork.
- Try a few math problems.
- Re-read an old essay or book report.
- Write a paragraph.
- Watch a science video on the Internet.

You can also get their brains back into academic habits by re-establishing school-year routines such as bedtimes and wake-up times.

To kick the school year off right...

1. **Review last year's final report card.** This will give your family an academic refresher and a little reminder of the highs and lows of last year.

2. **Set some academic goals.** Now that you've reviewed the outcomes of last year, start considering what academic achievements could be reached THIS year. Both parents and children can identify changes that they'd like to make this school year.


3. **Overhaul your routine.** A new school year is an opportunity to deal with any and all bad habits that can get in the way of learning. These include morning and evening routines, eating habits, after-school routines, and homework and study habits. Fine-tune your family's routine from the first day of class and settle into a school year with better habits.

4. **Use an agenda for more than just school.** Agendas are more than just a place to write down homework, they are great for keeping track of to-do lists, questions to ask teachers, chores. Students can also use agendas to prioritize workflow, keep track of work hours, extracurricular activities, and countdown until tests and exams.

5. **Consider getting extra support right off the bat.** School may not even be in session yet, (or it may have just begun) but it's not too soon to enlist in some extra support. Why wait to find out what will happen with grades this year? Get on top of any potential issues BEFORE they become a problem. Take the bull by the horns. Show this grade who's boss!

Of course, the best athletes know that there is no such thing as an off-season. Anyone who really wants to stay at the top of his/her game never stops training.

Oxford Learning offers programs for children from 3 years old through university. We teach students the skills they need to be successful in school and in life. Oxford Learning has locations in Halifax and Bedford. For more information about our programs and services or to learn how to make this back-to-school season a success contact Lorelei Burgess at 423-4484 or halifax@oxfordlearning.com. Visit us at www.oxfordlearning.com



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Education



Hank Middleton devient le président de l'ACSNE

Hank Middleton, membre du Conseil scolaire acadien provincial (CSAP) depuis 2008, est devenu le nouveau président de l'Association des conseils scolaires de la Nouvelle-Écosse le vendredi 3 juin. L'Assemblée générale annuelle a eu lieu au Old Orchard Inn à Greenwich. Le thème de l'AGA portait sur le Monde en changement.

Après une carrière de 33 ans dans l'enseignement à la Rive-Sud, Hank Middleton est demeuré très actif dans sa communauté, surtout auprès de l'Habitat pour l'humanité, du Musée Fort Point, de la Société Saint-Vincent-de-Paul et du Centre culturel de la Rive-Sud.

Depuis qu'il a été élu au CSAP, il a œuvré sur nombreux comités avant de s'impliquer également

auprès de l'ACSNE depuis 5 ans, ayant siégé là aussi sur nombreux comités.

Très impliqué dans les arts, il a rédigé six comédies musicales dans des écoles de trois différents conseils scolaires (South Shore, Strait Regional et CSAP) depuis 2006 et a lancé trois disques compacts de musique. Pour lui, les arts sont très importants dans les écoles.

What is the CSAP ?

The Conseil scolaire acadien provincial (CSAP) is Nova Scotia's French language school board created in 1996 at the reorganization of the province's school boards. CSAP had at that time 4 157 Francophone students of entitled parents. Today, CSAP manages 22 schools across the province with 4 851 students. It also offers a francization program for 4 year old children preparing for education in French.

CSAP schools are committed to excellence in education. The dedicated staff employs innovative teaching techniques that help students to gain an appreciation of the French language and the Acadian culture while studying

such subject areas as languages, mathematics, science, and history. In general, English classes offered at CSAP schools follow the same curriculum as used by the English regional school boards.

CSAP's mandate is to provide a French first-language education that is recognized for its excellence. French and English language universities are satisfied with the skill-set and knowledge demonstrated by students graduating from CSAP schools.

Mission : The Conseil scolaire acadien provincial offers the best quality French education while respecting its cultural mandate, in order to contribute to the

student's global development and to the identity building in the Acadian and Francophone context in Nova Scotia.

Vision : The Conseil scolaire acadien provincial works with its partners to ensure the academic and social development of each of its students, in order to develop proud and engaged citizens towards the French language, their culture and their community, with a sense of responsibility, competent in both official languages of the country and open to the world.

For information :
www.csap.ca or
1-888-533-2727

Qu'est-ce que le CSAP ?

Le Conseil scolaire acadien provincial (CSAP) est le conseil scolaire de langue française en Nouvelle-Écosse créé en 1996 lors de la réorganisation des conseils scolaires de la province. Le CSAP avait à l'époque 4 157 élèves.

Aujourd'hui, le CSAP gère 22 écoles partout dans la province avec 4 851 élèves. Il offre aussi un programme de francisation pour les enfants âgés de 4 ans en vue de préparer les enfants pour l'éducation en français.

Les écoles du CSAP visent l'excellence en éducation.

Le personnel prend son travail à cœur et utilise des techniques novatrices afin d'aider les élèves à apprécier la langue française et la culture acadienne tout en apprenant les matières de base telles que les langues, les mathématiques, les sciences et l'histoire. En ce qui concerne les cours d'anglais, les écoles du CSAP respectent le même programme d'enseignement que les écoles des conseils scolaires anglophones.

Le mandat du CSAP est d'offrir une éducation en français langue première reconnue pour son excellence. Les universités

francophones et anglophones reconnaissent le niveau de connaissances et de compétence des élèves qui sortent des écoles du CSAP.

La mission : Le CSAP offre une éducation en français de première qualité, en tenant compte de son mandat culturel, afin de contribuer au développement global et à la construction de l'identité des élèves dans le contexte acadien et francophone de la Nouvelle-Écosse.

La vision : Le CSAP travaille avec ses partenaires pour assurer le développement académique et social de chacun de ses élèves afin de former des citoyennes et citoyens fiers et engagés envers la langue française, leur culture et leur communauté, ayant le sens des responsabilités, compétents dans les deux langues officielles du pays et ouverts sur le monde.

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Education

Bridgeway Academy is a Specialized School

By Lisa Saunders, Director of Programs, Bridgeway Academy

Getting a diagnosis of any kind for your child can be a scary and unsettling event. Once the information has a chance to digest, a parent's attention turns to getting their child the help they need. The same is true when a child is diagnosed with a learning disability or ADHD.

It is no doubt the case that a child's struggles in the mainstream school system had been apparent up to the point of diagnosis. Usually, the difficulties a child has in their classroom is the reason a diagnosis is sought out. In a large, busy classroom where the teacher has multiple children's needs to attend to, it can be a

challenge for a child with a learning disability or ADHD to get the skills they need to be successful and happy at school. So, where do you go for the help your child needs?

Bridgeway Academy is a specialized school that strives to create an environment where children can recapture their self-esteem and feelings of being a successful learner. As well, Bridgeway puts tools in place designed to help children diagnosed with learning disabilities or ADHD; small class sizes, focused programming designed to meet each child's needs, specific classes teaching skills and a goal to return to the mainstream school system are just a few of the ways Bridgeway can help your child.

* Small Class Sizes - Each classroom that hosts a skill-based class has a limit of six children and one teacher.

* Individualized Program-ming and Skills-focused Classes - Upon acceptance into Bridgeway's program, an educational plan is put in place for each individual student; remedial and

academic goals are set and accomplished through an individualized schedule that starts with a majority of skill-based classes and gradually builds to a full academic program.

* Return to Mainstream Schooling - The overall goal of a child's program with Bridgeway is for remediation to take place, building of academic skills to see each child return to the mainstream schooling system.

Throughout a child's time with Bridgeway, we engage the child and their family in discovering the strengths and needs within their unique learning profile. Getting a diagnosis of a learning disability or ADHD can be a scary thing and part of our job is to educate the student to become their own advocate, while teaching the family about how to support their child's learning during and after their time at Bridgeway.

For more information about Bridgeway Academy and whether or not it may be right for your child, contact us as (902)-465-4800 or toll free at 1-888-435-3232.

Hi Ho, Hi Ho It's Off to School They Go!

By Jo-Anne Bayers –
Director, The Growing Place

This is a bitter sweet time for us here at daycare as our senior preschoolers have begun to leave us for big school. As early childhood teachers we have nurtured, supported, and taken pride in "our children's" many milestones along the way including this latest milestone as they transition to school.

Preparing children for school is so much more than teaching them to write their name, and go to the washroom independently. Fortunately, early childhood programs foster both school, and life readiness skills that support a child's transition to school. For some children transitioning to school is a natural extension of daycare, while for others it's a time fraught with anxiety as they are faced with leaving familiar people, and surroundings. Although the first few days of school may feel overwhelming, listed below are a few things you can do to help your child feel more confident as big school approaches.

- 1) Revisiting the school after the initial orientation day even if it's just to peak in the windows will help your child become familiar with the school, while using the school's playground can help further promote positive feelings about school, and build confidence on the equipment.
- 2) Reading books about school encourages literacy skills, and is a great way for your child to

become familiar with the concept of starting school.

3) The month before school is an ideal time to start an early to bed, early to rise routine, while preparing for morning by laying out clothes, packing school, and lunch bags will allow your child to practice getting ready for school.

4) Your child will take their emotional cues from you so on the first day of school avoid lingering, give your child a quick kiss, and a hug, while reassuring them that you will be waiting to hear all about their day.

Lastly, remember as you anxiously watch your little one make this milestone, that it's just as much a milestone for you as a parent as it is for your child, enjoy the moment, and please bring them back to visit us, we love to see how "our children" continue to grow.

Jo-Anne is currently the Director at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca

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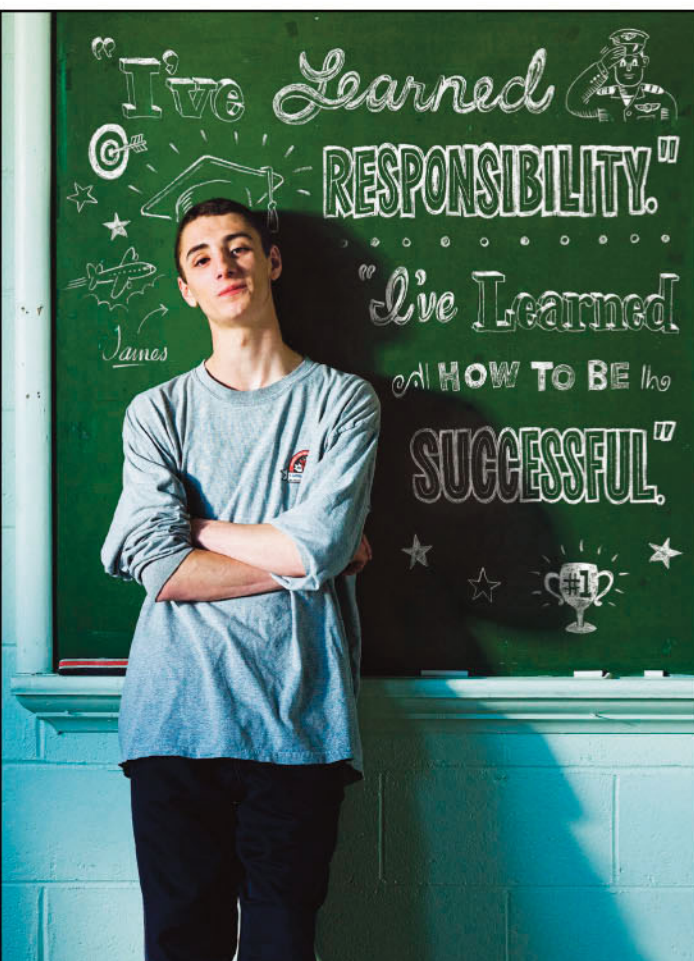
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CRAFT CORNER

The Art of Dyeing

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts



As an adult I find myself becoming more and more interested in science through the projects I am working on. Gardening is one, as I try to figure out why some plants are growing in ways I was not expecting. My love of gardening has also turned my interests towards a love for natural dyes, the more I dye the more I learn different ways to extract and obtain color from plants.

The art of dyeing is as old as our civilization. Dyed textile remnants have been found during archaeological excavations at different places all over the world, proving evidence to the practice of dyeing in ancient

civilizations. Natural dyes and pigments can teach you about history (ex, Middle ages) as well as chemistry, biology and culture (eg, Navaho).

Natural dyes can be used for dyeing almost all types of natural fibers. Apart from their application in textiles, natural dyes are also used in the coloration of food, medicines, toys, and leather processing. For thousands of years humans obtained dyes from plant and animal sources, which provide a gorgeous array of hues and have fewer negative effects on the environment.

Although plants exhibit a wide range of colors, not all of these pigments can be used as dyes. Some won't dissolve in water, some can't hang on to fibers; others will fade when washed or exposed to air or sunlight. It's not obvious from looking at a plant which colors will reward us with vibrant dyes—a fact that can lend shades of mystery and excitement to your dyeing explorations.

Investigating plant dyes can be as simple a project as simmering some onion skins or red cabbage, dipping in yarn, and observing to see what colors are revealed. Or it can be a more complicated project involving researching, gathering, and

experimenting with different types of plants, recipes, and dyeing techniques.

One thing I keep in mind when sourcing out a plant for the color extraction is to never pick a flower that seems to be in short supply in an area or that you know to be endangered.

I used cutch extract for my dye bath and ended up with a beautiful caramel color, I then took half of the yarn and rinsed it in a bucket with soda ash resulting in a dark brown/red.



You can achieve a rainbow of colours by extracting it from plants.

Please drop in to Maritime Hobbies & Crafts to see our craft corner, 1521 Grafton Street, Halifax, 423-8870, www.MaritimeHobbies.com

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*WITH THIS COUPON *EXPIRES AUG 31, 2016

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10% OFF

WHEEL ALIGNMENT
FREE WHEEL
ALIGNMENT CHECK

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WHEEL ALIGNMENT
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TOYOTA 2016
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THE BEST JUST GOT BETTER

The Beautifully Redesigned **2016 Rav4 LE**

Lease From
\$132 Bi-weekly
\$0 down



EARN UP TO 5500

AEROPLAN MILES

WITH EVERY
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* See dealership for details. Lease payment is pre-tax, Etch/Road Hazard. 5500 aeroplan miles calculated by the addition of 500 aeroplan miles for demo and 5000 for purchase



EMPLOYEE PRICING IS HERE

YOU PAY WHAT WE PAY*.

LEASE THE 2016
FOCUS SE

\$96[†] EVERY 2 WEEKS

0% APR

60 MONTHS

\$1,645 DOWN

INCLUDING
\$1,526 EMPLOYEE PRICE ADJUSTMENT

OFFER INCLUDES \$1,700 IN FREIGHT AND AIR TAX.

FEATURES:

- SYNC[®] ENHANCED VOICE RECOGNITION[†]
- AIR CONDITIONING
- REAR-VIEW CAMERA[†]
- AUTOMATIC TRANSMISSION
- CRUISE CONTROL[‡]

THAT'S LIKE
\$48**
A WEEK



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Human Resources

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*IT'S EASY TO
GET INTO A FORD*

* Based on 60 month lease, 16,000 kms/year, 1st pmt, Registration due on signing. OAC. This is based on National Ad spec vehicle. May require dealer trade.

Vehicle(s) may be shown with optional equipment. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre. Lease 2016 Focus SE with a value of \$ \$19,378 (after \$1,645 down payment or equivalent trade in and Employee Price Discount of \$1,526 deducted and including freight and air tax charges of \$1,700) at 0% APR for up to 60 months with an optional buyout of \$6,990, monthly payment is \$207 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of \$95.66), total lease obligation is \$14,065, interest cost of leasing is \$0 or 0% APR. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restriction of 80,000km for 60 months applies.

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