

## Talk to probe peer pressure

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Evelyn Marcon, a family and marriage therapist at Kitchener's Interfaith Pastoral Counselling Centre, speaks on Exploring Peer Pressure Among Adolescents on Monday at 7 p.m., at St. David Catholic Secondary School, 4 High St., Waterloo.

Marcon, who supervises the centre's training programs in marriage and family therapy, will talk to parents about the pressures on the family in today's culture -- from economic problems to the stress of single parenthood and blended families -- and help parents understand adolescent identity, "where and how it gets affirmed."

Young teens get messages and expectations from their own families, as well as messages and expectations from peers. "Sometimes they are the same. Many times they aren't," she said.

That's when parents need to identify issues, and use "common sense in deciding when to address the differences and when not to. It usually gets played out over a curfew," she said -- usually when an adolescent points out that friends have later curfews.

"It's really a tug of war. I think many of them want to listen to their parents, but at the same time, they are caught up with the expectations from fellow peers. For them to belong is essential."

Marcon's talk is free. Donations will be accepted at the door in lieu of an admission charge. For information, call Marcon at Interfaith at 743-6781.

### Having a Voice

The Depressive and Manic-Depressive Association for Waterloo Region, which holds support meetings on the third Wednesday of each month, starts the new year off with a talk called Having a Voice, presented by Kristine Sisson, co-ordinator of the Centre for Research and Education in Human Services.

The centre is a not-for-profit consulting and research group based in Kitchener.

Sisson's talk, about community involvement, disabilities and the value of every human being, is on Wednesday, Jan. 17, 7 p.m., at St. Marks Lutheran Church, 825 King St. W., Kitchener.

Mike Wolf, volunteer president of the DMD Association for Waterloo Region, said two Community and Social Service Ministry representatives, Kevin Fox, an income

maintenance officer, and Victor Herbert, who works in the ministry's vocational rehabilitation services, will also attend the meeting to answer questions about eligibility for disability pensions.

The Depressive and Manic-Depressive Association formed in 1989 and finally got an office last summer on the 11th floor of the Marsland Centre in Waterloo. It is run entirely by volunteers. And extra office volunteers are needed, Wolf said.

Wolf said the group's aim is to "support people who have been experiencing mental illness, and also family members who have been affected by it.

"A lot of bad memories (in a family) often go with manic depression, and we want people to somehow get to that healing bridge, to open up. It can take a long time. People have to be understanding with it. And timing is important." For information call 884-5455.

### Art of Ukraine

Area artist Natalie Korol shows slides and talks about icons, embroidery designs and other works of Art from Ukraine, from various regions, based on a recent visit to her homeland, on Tuesday 10 a.m., at the Kitchener-Waterloo Art Gallery, 101 Queen St. N.

Korol's talk is part of the gallery's Art Alive lecture series. There's no charge to attend. Call 579-5860.

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