

April 2026

EMPLOYMENT HALTON OFFICE & RESOURCE CENTRE: 1151 Bronte Road, Oakville, L6M3L1
CONTACT: 905.825.6000 ext. 2777 / ieservices@halton.ca / www.haltonjobs.ca
OFFICE HOURS: Monday to Friday from 8:30 a.m. - 4:30 p.m.
TRANSIT OPTIONS: Oakville Transit, Burlington Transit & Milton Transit



Do you want to watch select Employment Halton workshops 24x7? Click [here](#) to watch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30	2	3
6	7 Considering College 6:00 - 7:00	8 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30	9	10
13	14 <u>Wellness Series:</u> The Role of Stress and the Impact on our Lives 1:00 - 2:00	15 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30	16	17
20	21 <u>Wellness Series</u> 8 Dimensions of Wellness 1:00 - 2:00	22 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30	23	24
27	28	29 Walk-In Career Support: Employment Resource Centre 8:30 - 12:30	30	

Workshop	Description	Date
<p data-bbox="19 128 311 222"><i>Looking to change your perspective on negative thinking patterns?</i></p> <p data-bbox="19 260 311 625"><i>Join our Mindful Approach to Stress Management group which can help you gain perspective, learn coping skills and strategies to better control your thinking, maintain a sense of control and better regulate your mood.</i></p>	<p data-bbox="334 92 1273 260">The Role of Stress and its Impact in our Lives: Stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can help you manage them. Join us in person at Halton Region-1151 Bronte Road, Oakville or click here to register and join us virtually.</p> <p data-bbox="334 359 1312 499">8 Dimensions of Wellness: Learn about the Eight Dimensions of Wellness. Each dimension is interconnected and is equally vital in the pursuit of optimum health. Join us in person at Halton Region-1151 Bronte Road, Oakville or click here to register and join us virtually.</p>	<p data-bbox="1406 149 1557 212">April 14 1:00 - 2:00pm</p> <p data-bbox="1406 428 1557 491">April 21 1:00 - 2:00pm</p>
<p data-bbox="45 772 285 804"><i>Considering College</i></p>	<p data-bbox="334 674 1325 737">Join us for a FREE information session with advisors from Mohawk College, where you can:</p> <ul data-bbox="334 741 1295 835" style="list-style-type: none"> • Explore a wide range of programs and learn how to prepare for college success • Discover valuable resources and services and get guidance on upgrading and academic options <p data-bbox="334 873 854 905">Ready to get started? Click here to register.</p>	<p data-bbox="1398 751 1565 814">April 7 6:00 - 7:00pm</p>
<p data-bbox="19 1094 311 1125"><i>Walk-In Career Support</i></p>	<p data-bbox="334 953 1227 984">Unlock Your Potential—Get the Support You Need to Land Your Next Job!</p> <p data-bbox="334 989 789 1020">Looking for work? We're here to help!</p> <p data-bbox="334 1024 1292 1087">Our Walk-In Career Support provide free, personalized support to help you take the next step in your career.</p> <p data-bbox="334 1131 1078 1163"><u>EMPLOYMENT HALTON: 1151 Bronte Road, Oakville, L6M 3L1</u></p> <p data-bbox="334 1167 1308 1262">Please check in at the East wing reception, where you'll be directed to the Employment Resource Centre. There's plenty of visitor parking, and the location is accessible via Oakville Transit, Burlington Transit & Milton Transit.</p>	<p data-bbox="1360 1041 1604 1136">Every Wednesday of the month 8:30 - 4:30</p>