

February 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
2	<p>Wellness Series: Session 1: Self-Care in Times of Stress 2:00 - 3:00</p>	<p>Walk-In Career Support: Employment Resource Centre 8:30 - 4:30</p>	5	6
9	<p>The Power of Volunteering: Volunteer Halton 11:00 - 12:00</p> <p>Wellness Series: Session 2: Mindfulness-Based Stress Reduction 2:00 - 3:00</p>	<p>Walk-In Career Support: Employment Resource Centre 8:30 - 4:30</p>	<p>Considering College 6:00 - 7:00</p>	13
16	<p>Wellness Series: Session 3: How to Manage Day-to-Day Stress 2:00 - 3:00</p>	<p>Walk-In Career Support: Employment Resource Centre 8:30 - 4:30</p>	19	20
<p>Power of Possible (POP) Information Session 10:00 - 11:00</p>	<p>Wellness Series: Session 4: How Stress Impacts your Body 2:00 - 3:00</p>	<p>Walk-In Career Support: Employment Resource Centre 8:30 - 12:30</p>	26	27

Workshop	Description	Date
Stress Management Webinar Series: Building Resilience through Self-Care	Session 1 - Self-Care in Times of Stress - Managing stress begins with self-care and is part of the answer to how we can better cope with our daily stressors. Click here to register.	February 3 2:00 - 3:00pm
	Session 2 - Mindfulness-Based Stress Reduction: One way to cope with stress is through mindfulness-based stress reduction. It teaches how to use mindfulness in daily life and is a proven way to help deal with the stressors of daily life. Click here to register	February 10 2:00 - 3:00pm
	Session 3 - How to Manage Day-to-Day Stress: Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. Click here to register	February 17 2:00 - 3:00pm
	Session 4 - How Stress Impacts your Body: Stress can affect your body so it is important to pay attention to how you deal with minor and major stressors to keep yourself healthy. Click here to register.	February 24 2:00 - 3:00pm
The Power of Volunteering: Volunteer Halton	Join Volunteer Halton for a information session on volunteering and the endless benefits that it will provide to you including opportunities to develop new skills, expand your career options, develop new interests, make important networking contacts and build self-confidence. Click here to register.	February 10 11:00am - 12:00pm
Considering College	Join us for a FREE information session with advisors from Mohawk College, where you can: <ul 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 Ready to get started? Click here to register.	February 12 6:00 - 7:00pm
Power of Possible (POP) Information Session	The Power of Possible (POP) prepares jobseekers to become an asset in the workplace and to begin on a path of individual economic wellbeing. What is the Power of Possible? It is a dynamic and innovative program that includes skills for job seeking, self-management tools, and a structured, active job search curriculum. The 10-day training includes 30 hours of instruction and time management activities, ensuring jobseekers arrive at the workplace equipped to work effectively in whichever areas their employer requires. Join us to find out if this program is for you. Click here to register and join us virtually. Next POP Session will run from March 2nd - 13th from 9:30 - 12:30.	February 23 10:00 - 11:00
Walk-In Career Support	Unlock Your Potential—Get the Support You Need to Land Your Next Job! Looking for work? We're here to help! Our Walk-In Career Support provide free, personalized support to help you take the next step in your career. <u>EMPLOYMENT HALTON: 1151 Bronte Road, Oakville, L6M 3L1</u> 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.	Every Wednesday of the month 8:30 - 4:30 (February 25: 8:30– 12:30)