

## March 2026

**EMPLOYMENT HALTON OFFICE & RESOURCE CENTRE:** 1151 Bronte Road, Oakville, L6M3L1  
**CONTACT:** 905.825.6000 ext. 2777 / [ieservices@halton.ca](mailto:ieservices@halton.ca) / [www.haltonjobs.ca](http://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	<b>Wellness Series:</b> <b>Session 1:</b> <b>Getting to Know ADHD:</b> <b>Accepting the Diagnosis</b> <b>and Committing to</b> <b>Self-Improvement</b> 2:00 - 3:00	<b>Walk-In Career Support:</b> <b>Employment Resource</b> <b>Centre</b> 8:30 - 4:30	5	6
9	<b>Wellness Series:</b> <b>Session 2:</b> <b>Time Management</b> 2:00 - 3:00	<b>Walk-In Career Support:</b> <b>Employment Resource</b> <b>Centre</b> 8:30 - 4:30	12	13
16	<b>Considering College</b> 12:00 - 1:00  <b>Wellness Series:</b> <b>Session 3:</b> <b>Organizing Your Life</b> 2:00 - 3:00	<b>Walk-In Career Support:</b> <b>Employment Resource</b> <b>Centre</b> 8:30 - 4:30	19	20
23	<b>Wellness Series:</b> <b>Session 4: Engage in a</b> <b>Mini - Initiative</b> 2:00 - 3:00	<b>Walk-In Career Support:</b> <b>Employment Resource</b> <b>Centre</b> 8:30 - 12:30	26	27
30	<b>Power of Possible (POP)</b> <b>Information Session</b> 10:00 - 11:00			

Workshop	Description	Date
<b>Stress Management Webinar Series: Building Resilience through Self-Care</b>	<b>Session 1: Getting to Know ADHD:</b> Accepting the Diagnosis and Committing to Self-Improvement. This session will dive into what it means to have ADHD, how it affects everyday life, and tips for making progress. Click <a href="#">here</a> to register.	March 3 2:00 - 3:00pm
	<b>Session 2: Time Management</b> Find out how to make tasks easier and prioritize them. Let's create a to-do list, tackle any emotional blocks, and figure out how to get motivated and take action. Click <a href="#">here</a> to register.	March 10 2:00 - 3:00pm
	<b>Session 3: Organizing Your Life</b> Strategies for establishing, managing, and maintaining an effective organizational system. Click <a href="#">here</a> to register.	March 17 2:00 - 3:00pm
	<b>Session 4: Engage in a Mini-initiative</b> Pick a task, set a goal, and practice completing it using organization and time management skills. Click <a href="#">here</a> to register.	March 24 2:00 - 3:00pm
<b>Considering College</b>	<b>Join us for a FREE information session with advisors from Mohawk College, where you can:</b> <ul style="list-style-type: none"> <li>• Explore a wide range of programs and learn how to prepare for college success</li> <li>• Discover valuable resources and services and get guidance on upgrading and academic options</li> </ul> Ready to get started? Click <a href="#">here</a> to register.	March 17 12:00 - 1:00
<b>Power of Possible (POP) Information Session</b>	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 <a href="#">here</a> to register and join us virtually.  <b>Next POP Session will run from April 13th-24th from 9:30 - 12:30.</b>	March 31 10:00 - 11:00
<b>Walk-In Career Support</b>	<b>Unlock Your Potential—Get the Support You Need to Land Your Next Job!</b> Looking for work? We're here to help! Our <b>Walk-In Career Support</b> provide <b>free, personalized support</b> to help you take the next step in your career.  <b>EMPLOYMENT HALTON: 1151 Bronte Road, Oakville, L6M 3L1</b> 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 <a href="#">Oakville Transit</a> , <a href="#">Burlington Transit</a> & <a href="#">Milton Transit</a> .	Every Wednesday of the month 8:30 - 4:30