

May 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
4	5	6 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30	7	8
11	12 The Power of Volunteering: Volunteer Halton 11:00 - 12:00	13 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30 Power of Possible (POP) Information Session 10:00 - 11:00	14	15
18	19 Considering College 11:00 - 12:00	20 Walk-In Career Support: Employment Resource Centre 8:30 - 4:30	21	22
25	26 Wellness Series: The Role of Stress and the Impact on our Lives 1:00 - 2:00	27 Walk-In Career Support: Employment Resource Centre 8:30 - 12:30	28	29

Workshop	Description	Date
<p><i>Looking to change your perspective on negative thinking patterns?</i></p> <p><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>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.</p> <p>Join us in person at Halton Region-1151 Bronte Road, Oakville or click here to register.</p>	<p>May 26 1:00 - 2:00pm</p>
	<p>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.</p> <p>Join us in person at Halton Region-1151 Bronte Road, Oakville or click here to register.</p>	<p>June 2 1:00 - 2:00pm</p>
<p><i>The Power of Volunteering: Volunteer Halton</i></p>	<p>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.</p>	<p>May 12 11:00am - 12:00pm</p>
<p><i>Power of Possible (POP) Information Session</i></p>	<p>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.</p> <p>Next POP Session will run from May 25th—June 5th from 9:30 - 12:30.</p>	<p>May 13 10:00 - 11:00</p>
<p><i>Considering College</i></p>	<p>Join us for a FREE information session with advisors from Mohawk College, where you can:</p> <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 <p>Ready to get started? Click here to register.</p>	<p>May 19 11:00am - 12:00pm</p>
<p><i>Walk-In Career Support</i></p>	<p>Unlock Your Potential—Get the Support You Need to Land Your Next Job!</p> <p>Looking for work? We're here to help!</p> <p>Our Walk-In Career Support provide free, personalized support to help you take the next step in your career.</p> <p><u>EMPLOYMENT HALTON: 1151 Bronte Road, Oakville, L6M 3L1</u></p> <p>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>Every Wednesday of the month 8:30 - 4:30</p>