



The Women's Centre of Halton:

August 2026 Programs Guide

August 2026 Social's

Monday 10, 17 & 24 from 6pm to 7:30pm

Thursday 6, 13, 20 & 27 from 6pm to 7:30pm

We Also Have:

- ✓ Peer Support Line
- ✓ Counselling
- ✓ Legal Clinic
- ✓ Employment Coaching
- ✓ Financial Advising
- ✓ Oakville Coffee & Conversation every Monday 10am to 11am & Thursday 1pm to 2pm
- ✓ Technology & Resource

Registration

If you are interested in any of the services above, please email hello@womenscentrehalton.com or call (905) 847-9104.

If you are interested in the programs listed on the right, sign up directly on our website or Eventbrite page.

Our Hours of Operation:

Mon 10am-8pm (in person Oakville)
Tues 10am-8pm (in person Oakville)
Wed 10am-8pm (in person Oakville)
Thurs 10am-8pm (in person Oakville)
Fri 10am-8pm (Remote Peer Support)

Our Information:

- ☎ (905) 847 – 9104 (admin)
- ☎ (905) 847 – 5520 (peer support)
- ✉ hello@womenscentrehalton.com
- 🌐 thewomenscentrefhalton.com
- 📍 1515 Rebecca St., #229, Oakville

Peer Support Daily Drop-in Daily (See Hours of Operation) | Phone and in-person active listening support | Oakville

Join us for daily drop-in emotional active listening support with our Peer Support Volunteers.

Legal Workshops

Making Plans in Advance Wills and Power of Attorney for Women August 27 | 2:30 PM – 3:30 PM | Virtual (Teams)

Join Halton Community Legal Services for a free virtual workshop to learn how wills and powers of attorney can help protect your wishes and give you peace of mind. Topics include:

- Why having a will is important
- The different types of Powers of Attorney
- Who can make decisions for you if you are unable to
- What happens to your property when you pass away
- How planning ahead can protect you and your loved ones

This workshop is designed to provide women with practical legal information to help them plan for the future with confidence.

Self-Development Workshops

Mind Over Circumstance: Healing, Strength, and Self-Worth August 6 & 11 | 12:00 PM – 1:00 PM | Oakville

A supportive and empowering workshop focused on the connection between mindset, healing, resilience, and self-worth. Through reflection and open discussion, women will be encouraged to reconnect with their inner strength and explore ways to move forward through life's challenges with greater confidence and self-awareness.



Social Assistance & Public Benefits

August 18 | 2:30 PM – 4:00 PM | Virtual (Teams)

Join Halton Community Legal Services for a free virtual workshop to learn about income support programs, public benefits, and your legal rights. Topics include: -

- Income support programs and benefits you may qualify for
- Eligibility and how to apply
- What to do if your application is denied
- Where to access free legal support

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Self-Care Workshops

Mindful Women's Walking Group

August 4, 5, 11 & 12 | 1:30 PM – 2:30 PM |

Take a break and join us for a 45-minute guided walk designed to help you slow down, connect with nature, and enjoy the benefits of spending time outdoors. We'll meet at The Women's Centre of Halton before walking together to Hopedale Park. Along the way, we will practice mindfulness by noticing the trees, feeling the sunshine, listening to nature, and taking time to be present in the moment. After our walk, we will return to the Centre for coffee, tea, and conversation. Come enjoy fresh air, meaningful connection, and a welcoming space for women.

Navigating Menopause

August 12 | 7:00 PM – 8:00 PM | Virtual (Tams)

Menopause is a natural stage of life, but many women feel unprepared for the physical, emotional, and hormonal changes it can bring. Join us for an informative session exploring the science of menopause, common symptoms, available treatment options, and practical strategies to support your overall health and well-being.