



halton.ca 311



## Halton Hills Christmas Day Household Waste Collection Notice

Please note collection day changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Areas A, B & C No change		Area D Collection moves	
Dec 20	21	22	23	24	Christmas Day 25	26

Please place your waste at the curb by 7 a.m. on your scheduled holiday collection day.

### Halton Waste Management Site

**Closed**  
Friday, December 25, 2020

**Regular Operating Hours**  
Monday to Saturday | 8 a.m. to 4:30 p.m.  
5400 Regional Road 25, Milton

### Reduce your holiday waste



#### Blue Box

- Aluminum foil and trays
- Brown packing paper
- Boxed beverage containers
- Plastic grocery bags



#### Green Cart

- Turkey, including bones
- Tissue paper
- Shredded paper
- Paper plates and cups



#### Garbage

- Masks and gloves
- Wrapping paper and bows
- Plastic and compostable cutlery



### Reminder: Masks and gloves go in the garbage

Bag and tie all garbage material before placing at the curb.

Learn more at [halton.ca/waste](https://halton.ca/waste).



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### The 2021 Halton Region Guide and Waste Collection Calendars are here

Check your mailbox—the 2021 Halton Region Guide and Waste Collection Calendars have been mailed to homes.

Thank you for your participation in our curbside collection programs! By taking simple steps, we can help reduce community waste. Here are some helpful tips:

- Properly sort your materials using our online Put Waste in its Place tool.
- Reduce food waste. Buy only what you need or freeze leftovers to enjoy later.
- Use recyclable paper, such as brown packing paper or newspapers, to wrap gifts.

To learn more or to access your waste collection schedule from your computer or smartphone, visit [halton.ca/waste](https://halton.ca/waste) or use the **OneHalton app**.



Gary Carr  
Regional Chair

#### Meetings at Halton Region

Regional Council meetings are taking place through web conferencing until further notice. Videos will be posted to [halton.ca](https://halton.ca).

Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

### OPINION

# DON'T LET YOUR MENTAL HEALTH TAKE A HOLIDAY

A LITTLE CREATIVITY AND SELF-CARE CAN GO A LONG WAY TO MAKING THIS YEAR'S FESTIVITIES ENJOYABLE, WRITES MELANIE MCGREGOR



MELANIE MCGREGOR  
Column

2020 has been anything but typical, and we can say the same thing about this year's holiday season.

Given the restrictions related to the pandemic, it will likely be very different than in years past. But it should most definitely include taking time to think about and care for our own mental health and wellness — and that of others.

#### FOLLOWING ARE A FEW IDEAS TO KEEP IN MIND:

- Experiment with some new traditions. For example, why not have a good old summer BBQ for your household's holiday meal? Burgers, hotdogs, potato salad, etc. Cooking a turkey isn't everyone's favourite way to spend a day, and some people may look forward to the novelty and getting away with something non-traditional that their extended family would never go for in any other year. If there's something you don't particularly enjoy doing for the holidays, take a break from it this year.

- Be creative with the traditions you do want to keep. No, you can't gather in groups for movie-watching or gift exchanges, but think about what you can do to stay connected and enjoy time together, even if it's virtually. Video calls and distanced visits outside can be as festive as you choose to make them.

- Prioritize self-care. While this season may not have the visiting, get-togethers and other kinds of activity that can tire you out, it doesn't mean that you can't give yourself the gift of wellness by taking care of yourself. Make sure you sleep enough, eat healthy, and build some down time into your days even with everything else you

may have on your to-do list. Even just 10 or 15 minutes, a day of "me-time" can have a big impact on your mood.

- Pay attention to what's happening with others. People often assume that everyone is cheery and happy during the holiday season, but that's not true in any year, yet alone one that has brought so much uncertainty and stress. Acknowledge that people may be feeling low, anxious, isolated and coping with stressors that don't go away just because it's the holidays. Be prepared to listen, accept their feelings, and support them to think about what might help. Letting them know that it's OK to not feel OK can go a long way.

Keep in mind that the Canadian Mental Health Association Halton Region Branch has a free call-in counselling service if you or someone in your life are looking for the support of a counsellor with no cost, waitlist, or referral. Call 289-291-5396 and you will be contacted by a counsellor within 24 hours from Monday to Friday.

*Melanie McGregor is the communications and advancement specialist at the Canadian Mental Health Association Halton Region Branch, which provides mental health/addiction community support and education. Visit [www.halton.cmha.ca](https://www.halton.cmha.ca) for more information and follow @cmhahalton on Twitter.*

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