Discover Downtown Milton

SHOPPING | DINING | EVENTS | MAPS



DOWNTOWNMILTON.COM

Welcome

What's Inside



After an uncertain winter, spring is in the air and we can't wait to welcome you to Downtown Milton. We have over 200 shops, restaurants and services that are ready to serve you. Check out the <u>directory</u> on our website for a full list of businesses.

How will you mark the start of spring and the further lifting of public health restrictions? If you plan to meet up with friends and want

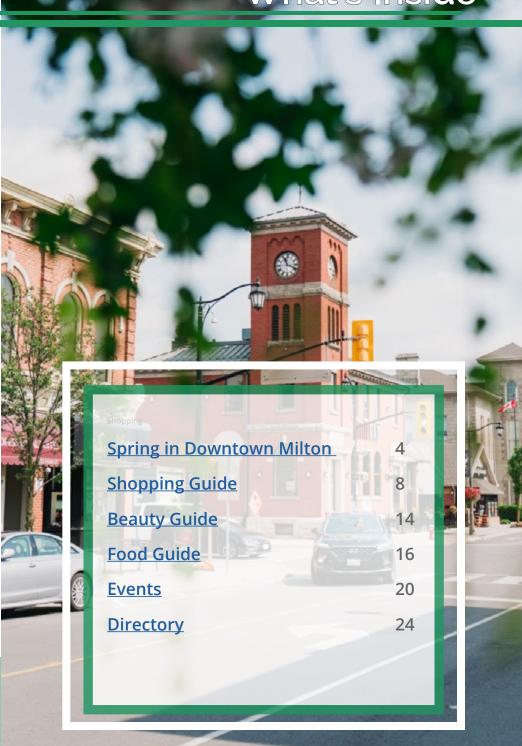
delicious, locally sourced food and exceptional service, check out one of our many restaurants and cafes. How about a shopping day to get a couple new pieces for your wardrobe or some new accessories for your home? Find a wide range of shops and boutiques offering a great selection of items. Perhaps you want to get pampered or refresh your look. Downtown Milton has many spas, salons and barbers ready to help you look and feel your best.

This spring, we are thrilled to be able to offer fun activities for you to enjoy with friends and family. The <u>Downtown Flashback Tour</u> is a self-guided tour showcasing the past and present of our community. It is presented in partnership with the Milton Historical Society and the Milton Chamber of Commerce. The <u>Snap into Spring</u> photo contest is a great way to have fun, explore downtown and win prizes from local businesses. Also, mark your calendars for <u>Downtown Milton SummerFest</u>, happening on Saturday, June 18 along Main Street East. Check our <u>Events Calendar</u> regularly for events, workshops and activities happening downtown.

Thank you for your continued support for local businesses. We look forward to seeing you soon in Downtown Milton.

Sincerely, Fric Chabot Connect with us





Spring in Downtown Milton



There is lots to do in Downtown Milton this spring. From shopping and dining to events and activities, there are many ways to enjoy the warmer weather and visit Downtown Milton.

Snap into Spring! Participate in this photo scavenger hunt from March 21 to April 24. We want you to snap and share as you shop, eat, and explore downtown. Play and post for a chance to win one

of our gift baskets full of goodies from Downtown Milton businesses.

The <u>Downtown Flashback Tour</u>, highlights the past and present of downtown buildings. It is offered in partnership with the Milton Chamber of Commerce and the Milton Historical Society. The tour is available online, or you can come downtown and get the 'immersive experience'. Visit downtown and look for QR codes in the garden





beds along Main Street East. Enjoy the sun, pick up a snack, and explore the historical beauty and great businesses downtown!

Looking for a perfect place to shop, dine or get pampered this spring? Downtown Milton has everything you are looking for. Shop for gifts at a wide range of downtown boutiques, ready to serve you through in-person shopping and curbside pickup. Choose from our many restaurants, cafes, and eateries for great food and drinks and dine in, take out or get delivery. Need a fresh new look or a

relaxing spa treatment? Check out our salons to look and feel your best.

As we look a little further ahead to June, be sure to mark your calendars for <u>Downtown Milton SummerFest</u> happening on Saturday, June 18 from 12:00 p.m. to 8:00 p.m. Plus, our garden beds will be blooming thanks to our <u>garden sponsorship program</u>. Want to become a garden sponsor? Check the DMBIA website for details.

Shop. Dine. Explore. See what Downtown Milton has to offer this spring.



Who We Are:

Elpizo is a counselling centre that has been serving the Milton community for 13 years, and worldwide for 22 years.

What We Do Best:

We provide compassionate, culturally sensitive, and trauma-informed mental health care to individuals, couples, and families for challenges such as anxiety, depression, PTSD, trauma, grief and loss, and relationship issues etc.

CONTACT US

+1 877-335-7496

admin@elpizocounselling.com

https://elpizocounselling.com/

Call for a free consultation

How We Do It:

Our services are both in-person and online.

Why We Do It:

Our mission is to ensure that everyone that needs counselling, gets it regardless of their financial status.

Counselling is a necessity, not a privilege.

We are honoured to be contributing to re-building the Halton Region after the pandemic.

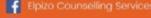
6941 Derry Rd W, Milton, ON schedule your free consultation by visiting docbraces.com or call us at **(905) 878-0806**

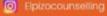
Occordes creating beautiful smiles with braces & Invisalign



Formerly Berco & Deluca Orthodontics Same team. Same doctors. New look! New name!

CONNECT WITH US ONLINE







Spring 2022

LIVESIMPLE



223 Main St. E Aiden N Co is a retail fashion store carrying a wide selection of clothing brands for ladies and men.

BERGSMA'S PAINT & DECOR 194 Main St. E They offer the finest paints, furniture, lighting, window treatments, and home accents.

102-13 Charles St. They carry a wide array of beautiful plants, planters, and accessories to meet all your planting needs.

KING OF GLASS FINE CIGARS & MORE 150 Main St. E.

> They carry a variety of brand-name quality products including Cuban, Dominican, and other cigars along with a wide range of tools and accessories.



Gratitude

104-13 Charles St.

They offer handmade soaps, candles, household essentials, unique gifts and other household items.

MUSE STUDIO AND MARKET

207 Main St. E Their Market offers a wide selection of gifts, jewelry, home decor items, DIY kids and supplies.

NATURE'S SPIRIT

218 Main St. E.

They carry healing stones and crystals, incense, candles, natural room/body sprays, salt lamps, jewelry and much more.

YOU'RE MY PERSON



221 Main St. E They offer a wide selection of fabrics, patterns and sewing supplies, gifts, DIY kits, accessories and more.

PEGGY'S 184 Main St. E They offer distinctive ladies fashion. 24 Martin St. They offer customized clothing, home décor, and items from local retailers in the community.

158 Main St. E Shop for items handmade by local artisans, women's apparel, paint kits to go, fusion mineral paint and lots more.

THE KIND MATTER COMPANY 15 Martin St. The Kind Matter Company is your eco-friendly, no waste and low-waste

Earth Love Bath and Body Lip Balm Kit

boutique.





155 Main St. E., Milton (647) 535-5070 @COMFORTBRAS www.mostcomfortablebras.com



THE MILTON HISTORICAL SOCIETY BOOKSHOP

GREAT GIFTS OF LOCAL HISTORY FOR ANY OCCASION!







Whether it's a birthday, an anniversary, Christmas, Mother's Day, Father's Day or an "I love you" gift, the Milton Historical Society Bookshop has single copies or interesting book bundles to suit any occasion.

Payment is simple and delivery is even easier.

- · Credit card online
- · Cash or cheque
- · Free local delivery
- · Curbside pick-up
- · Ship via Canada Post

Get the most authoritative historical perspectives about Milton written and published by one of the most prolific chroniclers of local history in Canada - the Milton Historical Society.

Visit the MHS Bookshop at miltonhistoricalsociety.ca



Beauty Guide

Spring 2022

LOVE/hoir amonth

down WalCliffell

ritual salvation

300 m0/50.5 ft, ea.()

evo

ring conditione ration de climatie your hoir is like a lever, more it and it will run off

LOVE/conditioner

chastes 250ml C 8.45 flor, U.S.

NATURALTECH" CALMING SHAMPOO OTHER SHARP OF FOR SONSTRAY SOUR MANPOOLINE TWO PER OUTS SONSELL SHAMPOONIS APRISANT MOUR OVEY OUT SENSIELS

250 ml @ 8.45 fl.oz. U.S.

eduvinos











Rejud Care



No.7



BOUTIQUE

adults.

238 Main St. E.

Offer hair care products for kids and



SG HAIR DESIGN 140 Main St. E.

Their hair care products from biolage can help repair, style, hydrate, smooth and volumize your hair.

Living proof.

#BIOLAG

evo

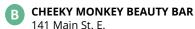
THE CUTTING EDGE 15 Martin St.

Their shop offers jewelry, home decor, Davines and Evo hair care products, hot tools and more.



BEARD WASH

Their shop offers aromatherapy, bath and body, candles, household products, jewelry and accessories.



They offer their line of cheeky products which include body care and hair care products.





Spring 2022



- A BRYDEN'S PUB & RESTAURANT 270 Main St. E
- B CASA AMERICO ITALIAN BISTRO & RESTAURANT
 144 Main St. E
- GRILL DADDY 136 Main St. E.
- HALIFAX ORIGINAL DONAIR 295 Main St. E., Unit 7

- PASQUALINO FINE FOOD. FINE WINE. 248 Main St. E
- PRETTY RAD 243 Main St. E.
- G THAI HOUSE 181 Main St. E.

- THE WORKS CRAFT BURGERS & BEER 190 Martin St. E.
- WAGIH'S STEAKHOUSE HOOD & GRILL 260 Main St. E.



The Downtown Flashback Tour is a self-guided tour of the Downtown Milton community that showcases the history of specific downtown buildings and the businesses and organizations operating out of them.



Immersive Experience:

Find the Downtown Flashback Tour signs in garden beds throughout the community and scan the QR



Online Experience:

Go to www.downtownmilton.com/ flasback-tour Click on the addresses in the codes with your mobile device. menu to learn about locations downtown.











DOWNTOWNTMILTON.COM



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What's Happening in Downtown Milton



Snap into Spring! March 21 - April 24

SummerFest Saturday, June 18 12 p.m. - 8 p.m.

Shop, dine and

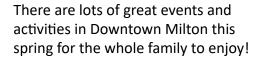
this Mother's Day!



Pato seaon is coming soon.



Milton Historical Society Blacksmith Course.



Many businesses in the area also host a variety of workshops and special events. You can make something beautiful at a creative workshop, make your own spa and bath items, or simply take your kids for a stroll and a treat in our historic downtown.

There's always something to do in Downtown Milton!









Visit downtownmilton.com/events for more events happening in Downtown Milton





Saturday, June 18 | 12 - 8 p.m.





SNAP & SHARE:

Simply upload your photo submissions to the Facebook Event Page or tag us in the images on Instagram (if your profile is private, please DM us the photos). Play and post for a chance to win a gift baskets full of goodies from Downtown Milton businesses.





Shops in Downtown Milton



- West End Smoke Shoppe 137 Main St. E.
- Comfort Bras by Pauline 155 Main St. E. mostcomfortablebras.com
- 3 King of Glass Fine Cigars & More 150 Main St. E. kingofglasscigars.ca
- The Barn Door Studio 156 Main St. E. thebarndoorstudio.ca
- 5 Mill Street Paint Benjamin Moore 158 Mill St. millstreetpaint.ca
- 6 Sargent Farms 181 Mill St. sargentfarms.ca
- **Vapemeet** 181 Main St. E., Unit 5 vapemeet.ca
- Peggy's of Milton Ltd. 184 Main St. E. peggysfashions.ca

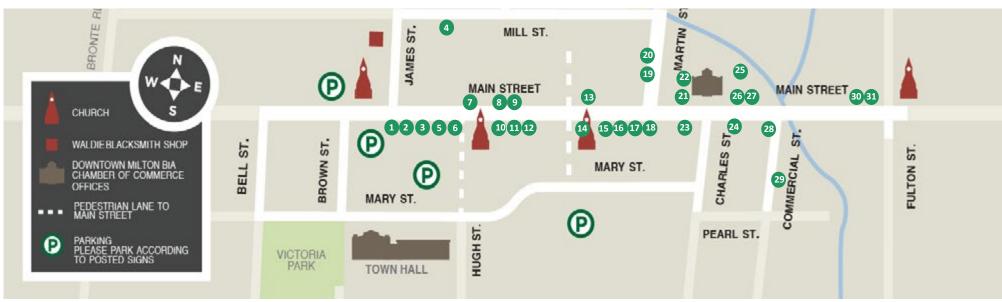
- 9 Bergsma's Paint and Decor 194 Main St. E. bergsmaspaint.com
- Muse Studio & Market 207 Main St. E. museworkshops.ca
- Mill Town Cycle 212 Main St. E. milltowncycle.ca
- Nature's Spirit 218 Main St. E. naturesspirit.ca
- Milton Health Foods
 224 Main St. E., First Floor
- The Sleep Factory
 238 Main St. E.,
 sleepfactory.com
- Oh Look, Fabric! 221 Main St. E. ohlookfabric.com
- Aiden N Co 223 Main St. E. aidennco.com

- The Vault Fine Jewellery and Repair 227 Main St. E., thevaultmilton.com
- Restyled Redesigned + Maker's Consortium
 24 Martin St.
 restyledredesigned.ca
- Gold Dollar Exchange 245 Main St. E., Unit C-2 golddollars.ca
- The Kind Matter Company
 15 Martin St., Unit 6
 thekindmattercompany.com
- Freedom Mobile
 15 Martin St., Unit 10
 freedommobile.ca
- Camp Cannabis 249 Mary St. camp-cannabis.ca
- Gro For It
 13 Charles St., Suite 102
 groforit.life

- Soccer World
 13 Charles St., Suite 103
 soccerworldcentral.com
- LaLa Soap Company
 13 Charles St., Suite 104
 lalasoap.com
- Shoppers Drug Mart 265 Main St. E., Unit 104 shoppersdrugmart.ca
- Bauhound Haus Inc. 276 Main St. E. bauhoundhaus.ca
- Milton Lighting
 295 Main St. E., Unit 6
 miltonlighting.com
- Halifax Donair Retail Store 295 Main St. E., Unit 8 halifaxoriginaldonair.com/home
- Wet Pets Aquariums 295 Main St. E., Unit 4 FB: Wet Pets Aquarium
- Bud's Cannabis Store 300 Main St. E. budscannabisstore.com

DOWNTOWNMILTON.COM

Restaurants in Downtown Milton



- 1 Grill Daddy 136 Main St. E. grilldaddy.ca
- 2 Casa Americo 144 Main St. E. casaamerico.com
- 3 Jay's Ice Cream & Sunshine's Gelato 146 Main St. E. sunshinegelato.com
- 4 Pizza 360° 150 Mill St. pizza360.ca
- 5 The Barn Door Café 154 Main St. E. thebarndoorstudio.ca
- 6 The Bistro on Main 164 Main St. E. thebistroonmain.com
- **7 La Toscana Ristorante** 165 Main St. E. <u>lastoscana.ca</u>
- 8 Locanda 175 Main St. E., lalocandaitaliana.com

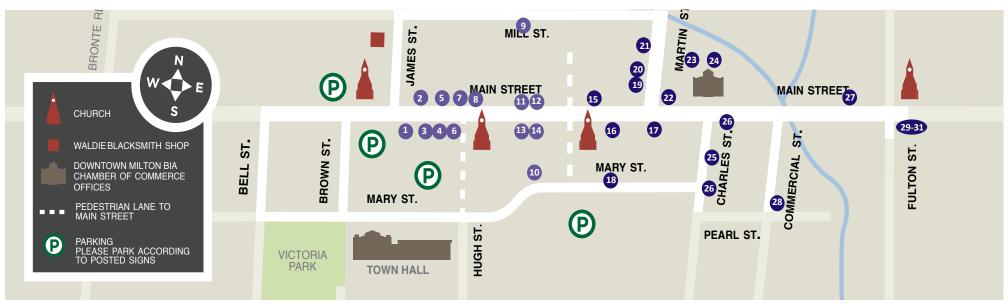
- 9 Thai House Cuisine 181 Main St. E., Suite 4 thaihousemilton.ca
- Chudleigh's Blossom Café 176 Main St. E. chudleighs.com/blossom-cafe/
- Pizzaiolo 182 Main St. E. pizzaiolo.ca
- 12 The WORKS Craft Burgers & Beer 190 Main St. E. worksburger.com
- 13 Ivy Arms 201 Main St. E. ivyarms.ca
- Rock Star Ice Cream 208 Main St. E. facebook.com/rockstaricecream
- Marquee Steak House & Piano Lounge
 204 Main St. E.
 marqueesteakhouse.com
- 16 Rosati Lounge 220 Main St. E.

- Naan Guys 222 Main St. E. naanguys.ca
- WingsUp! 228 Main St. E. wingsup.com
- Sushi-Ya Japan 8 Martin St. sushiyamilton.ca
- 20 The Green Eatery 20 Martin St. thegreeneatery.ca
- Pretty Rad 243 Main St. E. prettyradbar.com
- 1 heart Boba 245 Main St. E. iheartboba.ca
- Pasqualino- Fine Food. Fine Wine. 248 Main St. E. pasqualinofinefoodfinewine.com
- Waigh's Steak House Hood & Grill 260 Main St. E. FB: Hood and Grill

- 25 Super Deal Pizza & Wings
 15 Main St., Unit 11
 superdealpizzaandwings.business.
 site
- 26 Coffee Culture 265 Main St. E., Unit BM1 coffeeculturecafe.com
- Burger Factory 265 Main St. E., Unit BM2 myburgerfactory.com
- Bryden's Pub
 270 Main St. E., Unit 4
 brydenspub.biz
- 29 Luigi's Lasagna & Pizzeria 17 Commerical St. luigislasagna.com
- Troy's Diner 295 Main St. E. troysdiner.com
- Halifax Original Donair 295 Main St. E., Unit 7 halifaxoriginaldonair.com

DOWNTOWNMILTON.COM

Personal & Family Services in Downtown Milton



- 1 SG Hair Design 140 Main St. E. sghairdesign.com
- Cheeky Monkey Beauty Bar and Spa
 141 Main St. E. cheekybeautybar.ca
- Joseph & Mike Barber Shop 148 Main St. E.
- The Studio Hair Design 150 Main St. E.
- Square Co-Work Space- Home of Mike, Lesley, and Nicole Photographers
 157 Main St. E. squarecowork.com
- 6 Hair Associates 162 Main St. E.
- **Bombshell Hair Studio** 159 Main St. E. FB: Bombshell Hair Studio
- 8 III Cosmos Tattoo Studio 167 Main St. E. illcosmos.com

- 9 One Path Academy 152 Mill St. onepathacademy.ca
- Pet Makeover 187 Mary St. petmakeover.ca
- Allegra Organic Spa & Boutique 181 Main St. E., Suite 6 allegraspas.com
- Nurse Yara 189 Main St. E. nurseyara.ca
- Illusion Hair Studio
 188 Main St. E.
 FB: Illusion Hair Studio Milton
- CT Nails and Spa 190 Main St. E., Unit A
- The Therapy Collective 205 Main St. E. thetherapycollective.ca
- 16 Tony's Barber Shop 206 Main St. E.

- Ohana Kids & Family Salon & Boutique
 - 136 Main St. E., Suite B ohanafamilysalon.com
- Modern Men Cut & Shave 212 Mary St. FB: Modern Men Cut & Shave
- The Studio Home of Julie Rock Photography
 6 Martin St. julierockphotography.ca
- Jameel De Stefano Salon & Spa 12 Martin St. jdhairsalonandspa.com
- The French Study
 24 Martin Street
 FB: https://www.facebook.com/
 TheFrenchStudy/
- Halton Medical Aesthetic 243 Main St. E. haltonmedicalaethetic.com
- 15 Martin St., Unit 3 icelynaesthetics.ca

- The Cutting Edge
 15 Martin St., Unit 7 & 8
 thecuttingedgemilton.com
- Blo Blow Dry Bar
 13 Charles St., Suite 101
 blomedry.com
- The Blue Room Spa and Wax Bar 13 Charles St., Suite 105 theblueroom.ca
- Total Skin & Body Spa 258 Main St. E. FB: Total Skin & Body Spa
- Hair Affair Studio
 25 Commerical St., Unit A
 hairaffairstudio.com
- The Loft Hair Studio 295 Main St. E., Unit 2
- Milton School of Jiu-Jitsu 310 Main St. E., Lower Level miltonjiu-jitsu.ca
- SB Electrolysis/Spa Bellissima 310 Main St. E., Studio 201 sbelectrolysis.com

Professional Services in Downtown Milton

A. Farber & Partners

225 Main St. E., Unit 1

afarber.com

A.M. Strategic Accountants Inc.

225 Main St. E., Suite 8

amsai.ca

ABC Driving School

18 Martin St. abcdrivingschool.ca

ABL Employment

192 Main St. E., Lower Level ablemployment.com

Allergen Control Group

15 Main St., Suite 202

Austen & Noble Insurance Brokers Ltd.

205 Main St. E., Suite 201

austeninsurancebrokers.com

BANG! creative

224 Main St. E., Second Floor creativitygoesbang.com

BDO Canada Limited

14 Martin St.

debtsolutions-milton.ca

CENTURY 21 Future Realty Inc., Brokerage

174 Mill St., Suite 101

century21.ca

CIE Property Management & Consulting

192 Main St. E., Unit 1

teamcie.ca

Edward Jones

310 Main St. E., Suite 103 edwardjones.ca

FIN Tactics

24 Martin St.

fintactics.com

First Training

158 Main St. E.

firsttraining.ca

Fitzgerald Insurance Division of Spriggs Insurance Brokerage Ltd.

216 Main St. E.

spriggs.ca

Focal Point Coaching Excellence

251 Main St. E., Suite 103 focalpointgetsresults.com

Forest Hill Real Estate Inc. Keystone

254 Main St. E.

fhkeystone.ca

GreenTree Wealth Management Ltd.

243 Main St. E., Suite 201

greentreewealth.ca

Haber & Associates

251 Main St. E., Suite 201

haber-lawyer.com

HCR Personnel Solutions

310 Main St. E., Suite 106

hcr.ca

Hebster Construction

251 Main St. E., Suite 203

hebsterconstruction.com

Hutchinson, Thompson, Henderson & Mott

264 Main St. E.

lawmilton.com

Kerr Realty Management Ltd., Brokerage

15 Main St., Suite 201

krmltd.com

Logan A Rathbone, Barrister, Solicitor & Notary Public

192 Main St. E., Suite 6

rathbonelaw.com

Lorne D. Greenwood, Barrister and Solicitor

Solicitoi

152 Main St. E.

Milton Chamber of Commerce

251 Main St. E., Suite 104

miltonchamber.ca

Miltowne Insurance Services Inc.

251 Main St. E., Suite 102

miltowneinsurance.com

Mortgage Architects

14 Martin St.

mortgagesbychriswalker.ca

Parallax Paralegal Services

192 Main St. E., Unit 7 parallaxparalegal.com

Passi and Patel Criminal Lawyers

24 Martin St.

passipatel.com

Pendleton Translations Limited

310 Main St. E., Suite 102B ptl.global

Presse Law

9 lames St.

presselaw.com

Prudent Law

251 Main St. E., Suite L01

prudentlaw.ca

Scotiabank

244 Main St. E.

scotiabank.ca

Tom Snow Realty Inc., Brokerage

243 Main St. E. Suite 204

tomsnow.ca

Turnbull & Thompson, C.A.

133 Main St. E.



Browse our full online
business directory at
DowntownMilton.com/directory

Medical & Community Services in Downtown

Medical Services

ACT Physiotherapy

143 Main St. E. actphysiotherapy.ca

Akal Optical

15 Matin St. , Unit 9 akaloptical.com

Better Living Home Health Care Inc.

25 Commercial St., Unit B betterlivinghomehealthcare.weebly.com

Carriage Square Chiropractic Health Centre

15 Martin St., Unit 2 carriagesquarechiropractic.com

Correactology Health Care Group

310 Main St. E., Suite 202

Dr. Hugo Stevenson, Registered Psychologist

310 Main St. E., Suite 204 drhugo.ca

Dr. Shelia A. Wong, Dentist

100 Main St. E. drsheilawong.com

Dr. Ted Karolidis. Dentist

15 Martin St., Unit 1 miltondentist.ca

Elpizo Counselling Services

192 Main St. E., Lower Level elpizocounselling.com

Fraser Counselling Services

310 Main St. E., Suite 205 frasercounsellingservices.com

Halton Psycologists

14 Main St., Unit A haltonpsychologists.ca

HearlingLife Canada

15 Martin St., Unit 5 <u>hearinglife.ca</u>

Heritage Dental Care

91 Main St. E. heritagedentalcare.ca

Hunter Medical

200 Mill St.

Incredible Family Chiropractic

24 Martin St. incrediblefamilychiropractic.ca

Lisa Puleo, RMT

225 Main St. E., Unit 6 miltonmassage.ca

Milton Denture Clinic

160 Mill St. miltondentureclinic.ca

Milton Orthodontics

85 Main St. E. miltonorthodontics.ca

Nicole Price-Thomas, M.A., C. Psych

192 Main St. E., Unit 8 seekinganswers.ca

OMNI Health & Rehab

310 St. E., Suite 108 omniclinic.ca

Stephanie Swayne, MSW, RSW

192 Main St. E., Unit 8 stephanieswayne.ca

The Massage Therapy Studio

13 Charles St., Suite 104 lalasoap.com

Community Services

Community Foundation of Halton North

251 Main St. E., Suite L02

cfhn.c Grace Anglican Church

317 Main St. E. gracechurchmilton.com

J. Scott Early Funeral Home 21 James St.

earlyfuneralhome.com

Jennifer Lynne Walker - Counting Butterflies Wellness Tribe

225 Main St. E., Unit 10 countingbutterfiles.com

John Howard Society of Peel, Halton and Dufferin

193 Main St. E. johnhoward.on.ca

Knox Presbyterian Church

170 Main St. E. knoxmilton.com

McKersie-Kocher Funeral Home

114 Main St. E. mckersie-kocher.ca

Milton Acclaim Health CCAC Clinic

310 Main St. E., Suite 104

acclaimhelath.ca

Milton Historical Society and Waldie Blacksmith Shop

16 James St. miltonhistoricalsociety.ca

North Halton Metal Health Clinic - Health @ 217

217 Main St. E. haltonhealthcare.on.ca

Southside Community Church

200 Main St. E. southsidemilton.org

St. Paul's United Church

123 Main St. E. stpaulsmilton.com

Stirling Montessori

123 Main St. stirlingmontessori.com

The Royal Canadian Legion

21 Charles St.

FB: Legion Branch 136

Other Businesses

Allegro Freight Service 225 Main St. E., Suite 12

allegrofreight.com

Art Engineering Inc.

310 Main St. E., Suite 203 artengineering.ca

Boralex

174 Mill St., Suite 201 boralex.com

Burt Lewis Canada Inc.

225 Main St. E., Unit 3 burtlewiscanada.ca

Mill Street Coin Laundry 182 Mill St.

Milton Machine Shop

203 Mill St. miltonmachinesop.ca

Milton Wash Works

15 Commerical St.

Newcon Electric

192 Main St. E., Unit 5

Private Motor Truck Council of Canada 225 Main St. E., Unit 5

pmtc.ca

Sargent Farms

189 Mill St.

sargentfarms.ca

Super Car Wash

295 Main St. E., Unit 9 supercarwash.ca

Browse our full online business directory at DowntownMilton.com/directory

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