



SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
40 YEARS

# THE SUMMIT MONTHLY

## NOVEMBER 2022



Accredited by  
Canadian Centre  
for Accreditation



Summit Housing & Outreach Programs would like to thank our funders:





# SUMMIT HOUSING & OUTREACH PROGRAMS

## Statement from Health Service Providers in Ontario's Central Region:

### **We Stand Together to Support Respect and Safety for Ontario's Workers Who Provide Care**

We, as leaders in Ontario's health-care system, recognize every person has been impacted by the pandemic. We thank them for the sacrifices made over the past two years to protect our health-care system and its lifeline, health-care workers.

The pandemic, however, is not over for Ontario's workers who provide care.

We appreciate the public's support over the last two years and we are trying to hold strong. We still need that support. Our health-care workforce is depleted and tired. We need to protect this precious resource for the good of all Ontarians to ensure the health-care system is there when the public needs it most – in recovery and rejuvenation.

As the pandemic has evolved, our workforce maintained its commitment to using the best scientific evidence and guidance to keep themselves safe and healthy, so they could continue to provide care for those in need. Hospitals, institutions, doctor's offices, homes, or wherever health care is provided, must always be places where the best public health guidance is followed.

We all have responsibility to ensure our health-care workers are safe and respected, whether at work, home, or in your local community. As some restrictions are lifted, we recognize that vaccination and masking policies will be necessary in health-care settings to protect us all.

We ask for kindness and to be respectful of each other, and our health-care workers, as we move forward together safely.

Signed:

*Summit Housing & Outreach Programs*



# NOVEMBER 2022

SUMMIT HOUSING & OUTREACH PROGRAMS  
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
		1 <b>Early Risers Cancelled</b> Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	2 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM	3 <b>Early Risers Cancelled</b> Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	4	5
6	7 Mens' Group 2:00-3:00PM	8 <b>Early Risers Cancelled</b> Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	9 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (Burlington/Oakville) 2:00PM-3:00PM</b>	10 <b>Lunch N Learn 1145AM-1245PM</b> Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	11	12
13	14 <b>Monday Mixer 12:00-1:00PM</b>	15 <b>Early Risers Cancelled</b> Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	16 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (Milton) 2:00PM-3:00PM</b>	17 <b>Early Risers Cancelled</b> Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	18	19
20	21 Mens' Group 2:00-3:00PM	22 <b>Early Risers Cancelled</b> Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	23 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (Burlington/Oakville) 2:00PM-3:00PM</b>	24 <b>Early Risers Cancelled</b> Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	25	26
27	28 <b>Monday Mixer 12:00-1:00PM</b>	29 <b>Early Risers Cancelled</b> Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	30 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (Milton) 2:00PM-3:00PM</b>			

\*Please note program adjustments in red\*

**Lunch  
&  
Learns**



**WHAT IS ANGER?  
LUNCH N LEARN**

Thursday, November 10th 1145am-1245pm

INTERESTED IN JOINING AN ONLINE PROGRAM?  
SIGN UP VIA EMAIL: [MTHOMSON@SUMMIT-HOUSING.CA](mailto:MTHOMSON@SUMMIT-HOUSING.CA)





**Summit ACTT Wellness Group presents a  
Lunch 'N Learn:**

# What is Anger?



Continuously being in a state of anger can increase the risk of having a stroke and heart disease. Chronic anger drains a lot of mental energy, so it can also lead to unhappiness and stress.

But what is it exactly? Is all anger a bad thing? Can there be an upside to anger? Join us as we dive into this often misconceived emotion.



**Join Sandra and Baljit on:**

**Thursday, November 10th from 1145am-1245pm**

For more information or to register please contact  
Melissa at [mthomson@summit-housing.ca](mailto:mthomson@summit-housing.ca)





# WEDNESDAY WALKING GROUP



EVERY WEDNESDAY STARTING IN  
NOVEMBER!

Each week we will be meeting in Milton,  
Oakville or Burlington, check the schedule  
for locations each week



2:00PM-3:00PM

fresh air  
connection  
tranquility



EMAIL [MTHOMSON@SUMMIT-HOUSING.CA](mailto:MTHOMSON@SUMMIT-HOUSING.CA)  
FOR REGISTRATION



*Thank you for coming!*

Thanks to all of the staff and volunteers  
that helped make our first Hot  
Chocolate Social a super fun event!  
We hope everyone had a great time!

## *KELSO CONSERVATION AREA*

What a beautiful spot to gather and enjoy an afternoon with  
friends, games, lunch, treats and prizes!





# Volunteers Needed

We are currently looking for people  
who would like to help with many  
of our wellness programs

## Opportunities Include:

- Friendly Phone Visitors
- Group Leaders - to help facilitate online or in-person groups
- FoodHub Assistance - helping unpack and sort food donations
- Drivers for helping pick up clients and other volunteers
- Other support - including administration, planning, events etc



**JOIN US!!**

We strive to foster an equitable environment that reflects the diversity of the community we serve, and welcome all qualified candidates including racialized individuals, members of the 2SLGBTQ+ communities, people with disabilities and people with culturally diverse backgrounds. Accommodations are available on request.

**FOR MORE INFORMATION CONTACT MELISSA THOMSON:**



**289-208-4051**



**MTHOMSON@SUMMIT-HOUSING.CA**

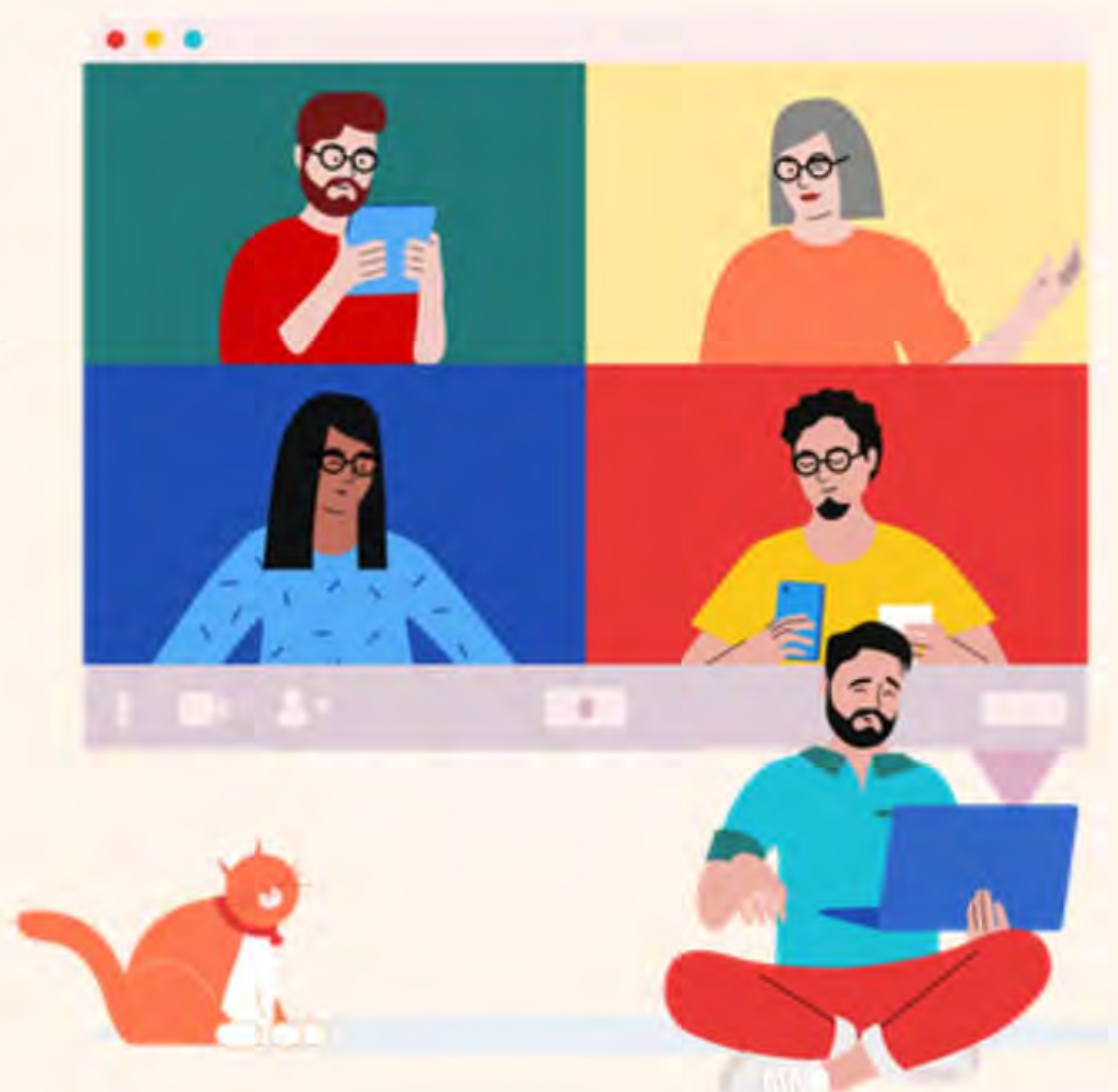


## MONDAY MIXER

**This is a new Group starting October 31st, 2022**

Join us for an hour of social time where YOU get to choose the next week's topic/theme. Each week will be different and geared towards what you want!

**Mondays**  
**12:00pm -**  
**1:00pm**  
**Biweekly**



For more information or to register contact Melissa  
mthomson@summit-housing.ca or 289-208-4051

## Early Risers

Summit Housing & Outreach Programs



TUESDAY | WEDNESDAY | THURSDAY  
AT 10:00-10:30AM

Please contact Melissa for more info at  
mthomson@summit-housing.ca



## MEN'S GROUP

**BI-WEEKLY ON**  
**MONDAY'S 2-3PM**

CONTACT MELISSA - MTHOMSON@SUMMIT-HOUSING.CA



WE ARE AN INCLUSIVE ORGANIZATION AND  
WELCOME ALL GENDER EXPRESSIONS.

## SUMMIT HOUSING & OUTREACH PROGRAMS

## Beginners Drawing Group



Interested in art but not sure where to start with  
drawing skills?  
Look no further!

**UPDATE**

**Tuesday's from**  
**12:30PM-1:30PM**



SUMMIT HOUSING & OUTREACH PROGRAMS

# Social Hour!

VIRTUAL CHECK-IN



**Tuesday's**  
**4:30PM-5:30PM**

COME JOIN SOCIAL  
TIME WITH PEERS.  
SEE YOU ALL THERE!

Please contact Melissa for more  
information at [mthomson@summit-housing.ca](mailto:mthomson@summit-housing.ca)



# YOGA AT HOME

WITH LISA

**11:30AM-12:30PM**  
**EVERY WEDNESDAY**

**JOIN THE ZOOM  
MEETING**

**MEETING ID:**  
**289 795 5847**



FOR MORE INFORMATION AND TO REGISTER  
PLEASE EMAIL MELISSA AT:  
[MTHOMSON@SUMMIT-HOUSING.CA](mailto:MTHOMSON@SUMMIT-HOUSING.CA)

## Summit Housing & Outreach Programs



**Thursdays at 1PM**

Please contact Mike Forester to sign up & for  
more info at [mforester@summit-housing.ca](mailto:mforester@summit-housing.ca)  
Or Melissa at [mthomson@summit-housing.ca](mailto:mthomson@summit-housing.ca)

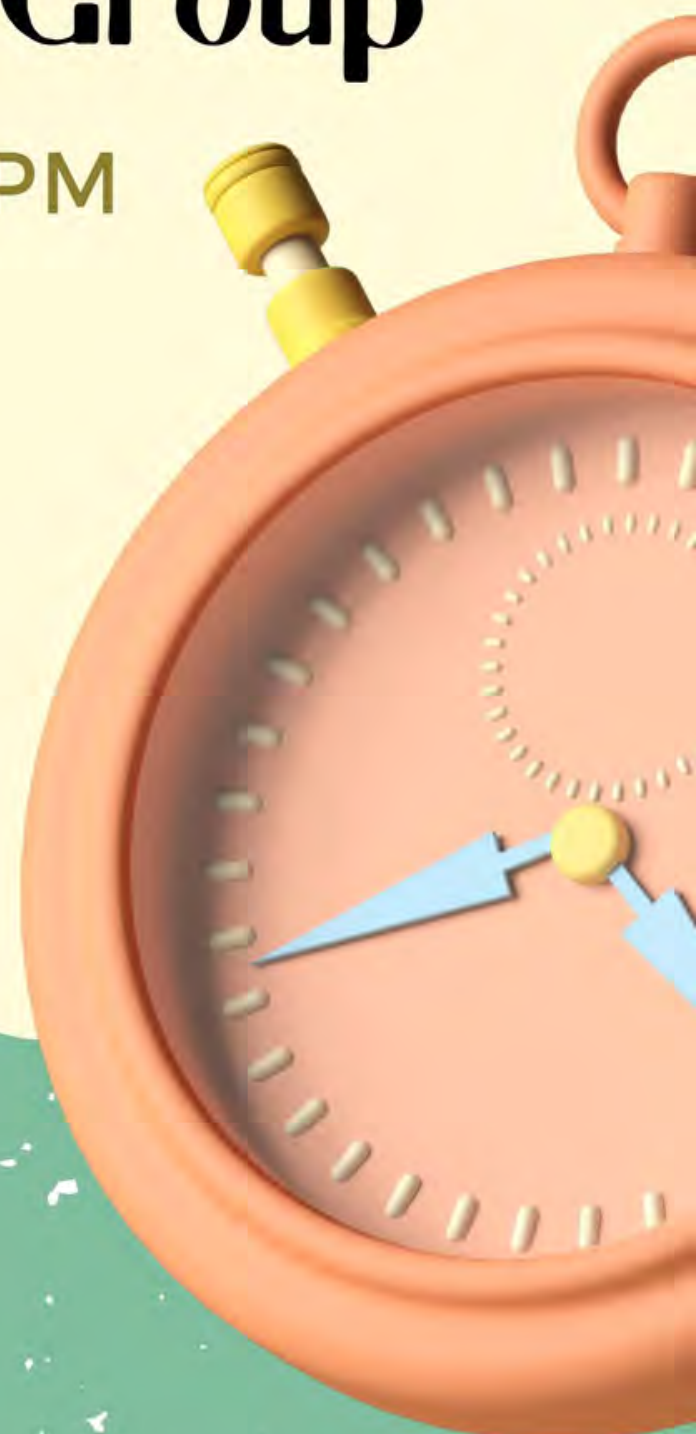


Summit Housing & Outreach  
Programs presents:

## Productivity Group


**Thursdays at 2:30 PM**

- 1 Make SMART goals
- 2 Set intentions for the week
- 3 Make and take time for the things you want to get done



FOR MORE INFORMATION AND TO  
REGISTER PLEASE EMAIL MELISSA AT:  
[MTHOMSON@SUMMIT-HOUSING.CA](mailto:MTHOMSON@SUMMIT-HOUSING.CA)





*You're invited*

TO SUMMIT HOUSING & OUTREACH PROGRAM'S

# CLIENT HOLIDAY PARTY

Join us for a fun evening filled with games, gifts,  
a traditional holiday meal and social time.

**TUESDAY, DECEMBER 13TH, 2022**

Time: 530pm – 830pm

Where: Country Heritage Park, 8560 Tremaine Rd, Milton

\*Transportation will be provided

RSVP by November 26th, 2022

[mthangaraja@summit-housing.ca](mailto:mthangaraja@summit-housing.ca)

289-971-5727



# MENTAL HEALTH & SUBSTANCE USE WEBINARS

## JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK INS

For workshop description & more info visit

[www.stride.on.ca](http://www.stride.on.ca)

16+

### Check-N'-Chat

Sun November 6th  
7:00 - 8:30 p.m.

### Coping With Loss

Wed November 16th  
1:30 - 3:30 p.m.

### Check-N'-Chat

Sun November 13th  
7:00 - 8:30 p.m.

### Check-N'-Chat

Sun November 20th  
7:00 - 8:30 p.m.

For questions & registration call, text or e-mail:

Stephanie | [spatterson@stride.on.ca](mailto:spatterson@stride.on.ca) | 905-691-9759

We'll respond to messages Monday-Friday.





# NOVEMBER 2022 WEBINARS

## JOIN US FOR OUR VIRTUAL EMPLOYMENT READINESS WORKSHOPS

1 hour informational session, 30 min discussion

For workshop descriptions & more info visit

[www.stride.on.ca](http://www.stride.on.ca)

16+

### Self-Care

Tues November 8th  
1:30 - 3:00 p.m.

### Returning to Work

Thurs November 17th  
1:30 - 3:00 p.m.

### Communication Skills

Thurs November 10th  
1:30 - 3:00 p.m.

### Imposter Syndrome

Tues November 22nd  
1:30 - 3:00 p.m.

### Workplace Wellness

Tues November 15th  
1:30 - 3:00 p.m.

### Customer Service Skills

Thurs November 24th  
1:30 - 3:00 p.m.

**For questions & registration call, text or e-mail:**

Stephanie | [spatterson@stride.on.ca](mailto:spatterson@stride.on.ca) | 905-691-9759

We'll respond to messages Monday-Friday.





# WE'VE MOVED!

## OUR NEW OAKVILLE OFFICE LOCATION

**2305 WYECROFT ROAD  
SUITE 200  
OAKVILLE, ONTARIO L6L 6R2  
PHONE: 905-847-3206  
FAX: 905-847-2959**

**MAILING ADDRESS:  
PO BOX 60024, RPO GLEN ABBEY  
OAKVILLE, ONTARIO L6M 3H2**



*Offices are open by appointment only.*

**MILTON OFFICE:**  
917 NIPISSING ROAD, UNIT 2  
MILTON, ONTARIO L9T 5E3

**BURLINGTON OFFICE:**  
WE ARE STILL SERVING THE BURLINGTON COMMUNITY,  
HOWEVER BRANT STREET LOCATION IS CLOSED



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# Food Bank Information

## MILTON

### **Salvation Army, Khi Community - Milton**

820 Nipissing Rd. Market & curbside appointments can be booked  
by calling 905-875-1022  
or visit <https://www.khicomunity.com/family-services>

### **No One Goes Hungry in Milton**

Milton Bible Church, 121 Chisholm Drive  
416-902-3983 or NOGHHaltonON@gmail.com  
Sun, 4 pm-6 pm, Drive Thru meal pick up

### **Milton Public Library, Beaty Branch**

945 Fourth Line, Milton \*Community Fridge, Food for Life Program  
GOOD food bags are available during Beaty Branch Open Hours  
Please email [information@beinspired.ca](mailto:information@beinspired.ca) call 905-875-2665 ext 3292  
<https://foodforlife.ca/neighbourhood-programs/>

### **Milton Bible Church**

121 Chisholm Drive, Milton 905-876-3586  
Food for Life Program Thu 12 noon-1 pm, drive-through program  
Community Fridge: Thu 11 am-4 pm, Sat 11 am-4 pm and Sun 2 pm-5 pm  
<https://foodforlife.ca/neighbourhood-programs/>

### **Syyidah Aysha Centre - Milton Halal Food Bank**

50 Steeles Ave E, Unit 23  
Mon-Thu, 1 pm-5 pm, Sat & Sun 10 am-6 pm  
Please call or message 647-470-3499 or 647-250-5512  
[www.miltonhalalfoodbank.com](http://www.miltonhalalfoodbank.com)

### **Optimist Club Outreach**

Milton Sports Centre, 605 Santa Maria Blvd (community park entrance)  
Wed, 4:30 pm-6 pm \*operating as a drive-thru program  
<https://foodforlife.ca/neighbourhood-programs/>

### **Milton Community Resource Centre**

410 Bronte Street \*Community Fridge, Food for Life Program  
Mon-Fri 8am - 4pm  
GOOD food bags available by calling 905-876-1244  
<https://foodforlife.ca/neighbourhood-programs/>

### **Viola Desmond / MCRC EarlyON Community Fridge**

1450 Leger Way  
Mon - Thurs 8:30am - 4:30pm, Fri - 8:30am - 12:30pm  
GOOD food bags available during operating hours



# Food Bank Information

## ACTON

### **St Alban's Anglican Church**

19 St. Alban's Drive, Acton 519-853-3583

Thursday – 10:00 am

<https://foodforlife.ca/neighbourhood-programs/>

### **Bethel Christian Reformed Church**

365 Queen St. E., Acton

Must call the church to be a part of this program 519-853-2121

Thursday morning bag delivery – based on availability of volunteers

<https://foodforlife.ca/neighbourhood-programs/>

### **Acton Public Library**

17 River Street, Acton (905) 873-2681

GOOD food bags available when the library is open.

<https://foodforlife.ca/neighbourhood-programs/>

### **Community Fridge and Food Pantry**

Links2Care Community Hub

McKenzie-Smith Bennett Public School, 19 Acton Blvd.

Monday - Friday - 9:30am - 3:00pm

GOOD food bags and non-perishable food items.

<https://foodforlife.ca/neighbourhood-programs/>

### **Acton FoodShare**

352 Queen St. Unit 6 (519) 853-0457

Tues 830am – 230pm

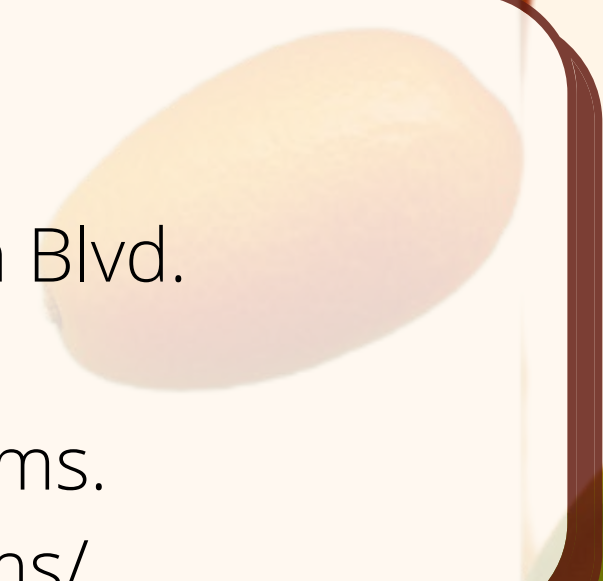
<https://actonfoodshare.com/>

### **Salvation Army Acton**

130 Mill St East (519) 853-1140 or (519) 853-5610

Monday – Friday 930am – 12pm

<https://halton.cioc.ca/record/ACT0756>







# Food Bank Information

## GEORGETOWN

### **St John's United Church**

11 Guelph Street (Guelph & Main) 905- 877-2531  
Tuesday – 9:00 am

### **St. Alban the Martyr Anglican Church**

537 Main Street, Glen Williams 905-877-8323  
Tuesday am bag delivery  
Please call to receive a bag – based on availability of volunteers

### **Community Fridge, Freezer and Food Pantry**

Links2Care Community Hub, 360 Guelph St. Unit 33  
Monday - Friday 8am - 4pm  
GOOD food bags, frozen meat and non-perishable food items

### **Georgetown Public Library**

9 Church Street, Georgetown, (905) 873-2681  
Monday - Friday 830am-430pm  
GOOD food bags available when the library is open.

### **Georgetown Bread Basket**

49B Mountainview Rd. North, Georgetown (905) 873-3368  
Tues 430-7pm, Weds & Sat 830am – 12pm

### **Salvation Army Georgetown**

271 Mountainview Rd South (905) 877-1374 ext 101  
Tues & Thurs 1-am-12pm By Appointment Only



# Food Bank Information

## OAKVILLE

### **Clearview Christian Reformed Church**

2300 Sheridan Garden Drive (Ford & Royal Windsor), 905-829-2242

Wednesday morning, Clients must call to receive a bag of food.

Focus is on the Clearview Neighbourhood

### **OakPark Neighbourhood Centre (FFL Partnering Agency)**

2200 Sawgrass Dr, 905-257-6029 (Call to register)

Wednesday 10:15 am – 11:15 pm – Fresh Food Bag Pick Up

### **St. Luke's Anglican Church Palermo**

3114 Dundas Street West, Book by calling 905-635-1106 x225

Thursday - 4-5:30 pm

### **Food for Life GOOD Food Fridge Oakville Public Library - Central Branch**

120 Navy Street, Oakville, (905) 815-2042

GOOD food bags available when the library is open

### **Salvation Army Oakville**

1225 Rebecca St, (905) 808-3406 tsaokvilleCFS@cogeco.net

Wed & Fri 930am – 12pm, then 1pm-3pm, call for appointment

### **Hope Bible Church**

500 Great Lakes Blvd (905) 827-4888 By Appointment Only

<https://hopeoakville.ca/market/>

### **Fare Share Food Bank Oakville Inc**

1240 Speers Road, 905-847-3988

Monday's 9:30 a.m. – 2:00 p.m. or Thursday's 2:00 p.m. – 6:45 p.m.

<https://oakvillefoodbank.com/contact/>

### **Kerr Street Mission**

485 Kerr Street, (905) 845-7485 (call to register)

Monday - Saturday - hours vary each day

<https://www.kerrstreet.com/receive-help/>

### **Dar Foundation**

485 Morden Rd, (416) 904-0195

Wednesdays from 10:00 am to 02:00 pm

<https://darfoundation.com/services/food-bank/>



# Food Bank Information

## BURLINGTON

### **Mountainside Market**

2258 Mountainside Drive, 905-635-1106, \*By appointment only  
Tuesdays, Wednesdays & Thursdays 10 am - 6 pm  
<https://foodforlife.ca/market/>

### **St. Luke's Anglican**

1382 Ontario St. (Brant and Lakeshore), 905-634-1826  
Tuesday – 10:15 am - 11:45am

### **Brant Hills Presbyterian – Operating in the parking lot**

2138 Brant St. (Brant & Upper Middle), 905-335-2640  
Wednesday – 1:30 pm - 2 pm

### **Grace United Church (Tansley) – Operating in the parking lot**

2111 Walkers Line (Walkers & Upper Middle)  
Book your curbside pickup time slot by calling 905-335-0090  
Friday – 9:30 - 10:30 am

### **Compassion Society**

484 Plains Rd E #14, Burlington, 905-592-3722  
Monday/Wednesday 12-2:00 pm

### **Burlington Public Library - Aldershot Branch**

550 Plains Rd E, Burlington, (905) 639-3611  
GOOD food bags available when the library is open

### **Salvation Army Burlington**

5040 Mainway Unit 9  
Call 289-230-2556 to make an appointment  
Mon (1PM – 3:30/4PM), Thurs (9AM – 12:00PM & 1PM-3:30/4 PM)  
<https://burlingtonsalvationarmy.ca/community-family-services/food-bank/>

### **Compass Point Food Market**

1500 Kerns Road, Burlington (905.336.0500)  
Food Market is open the 2nd and 4th Sat. of each month 9am – 10:30am  
<https://compasspointbc.com/food-market/>

### **Burlington Food Bank**

1A – 1254 Plains Road East, 905-637-2273  
Mon – Fri : 9:00 am – 11:45 am, Thursday evenings 5:00 pm – 7:00 pm  
<https://www.burlingtonfoodbank.ca/>

### **Wellington Square United Church, Community Meal Support**

2121 Caroline Street, Burlington (905) 634-1849 [llunski@wsquare.ca](mailto:llunski@wsquare.ca)  
Friday HUB (10am-3pm) with free hot lunch served between 12-2pm.  
<https://www.wsquare.ca/outreach/community-hub-and-lunch/>