



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

JANUARY 2023



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

Accredited by
Canadian Centre
for Accreditation



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



JANUARY 2023

SUMMIT HOUSING & OUTREACH PROGRAMS
PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
1 Happy New Year	2 SORRY WE'RE CLOSED	3 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Evening Social 4:30-5:30PM	4 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group (Milton) 2:00PM-3:00PM	5 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	6 Connections with Sharon 1:00-2:00PM	7
8	9 GRAND OPENING Coffee & Tea Time 12:30-2:30PM Milton Office	10 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Crafts - Burlington 145-330PM Evening Social 4:30-5:30PM	11 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group (South) 2:00PM-3:00PM	12 Early Risers 10-1030am Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	13 Connections with Sharon 1:00-2:00PM	14
15	16 Lunch & Learn 12:00-1:00pm Mens' Group 2:00-3:00PM	17 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Music - Burlington 145-330PM Evening Social 4:30-5:30PM	18 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group (Georgetown) 2:00PM-3:00PM	19 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	20 Connections with Sharon 1:00-2:00PM	21
22	23 Cooking Class 1-3PM Milton Office	24 Early Risers 10-1030am Beginners Drawing 12:30-1:30PM Art Hub - Burlington 145-330PM Evening Social 4:30-5:30PM	25 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group (South) 2:00PM-3:00PM	26 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	27 Lunch & Learn 11:30-12:30PM Connections with Sharon 1:00-2:00PM	28
29	30 Lunch & Learn 12:00-1:00PM Mens' Group 2:00-3:00PM	31 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Social - Burlington 2-3PM Evening Social 4:30-5:30PM				

NEW!

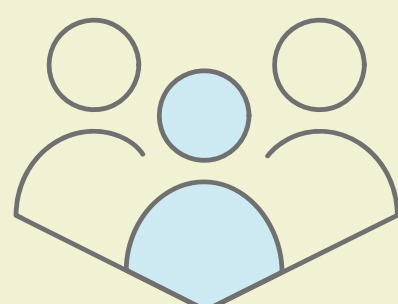
IN-PERSON Groups are in RED
HYBRID are in BLUE (In person & Zoom)
Online Zoom Groups are in BLACK

Burlington In-person Location:
Wellington Terrace - 410 John Street, Burlington
Milton In-person Location:
917 Nipissing Rd, Unit 2, Milton

Lunch & Learns



Stretching for Back
Pain Relief with Mei
January 16th at
noon on Zoom



Compassionate
communication
with Jim
January 27th at
1130AM on Zoom



Anti-psychotic meds
& side/adverse
effects with Abiola
January 30th at
noon on Zoom

INTERESTED IN JOINING A PROGRAM?
SIGN UP VIA EMAIL: MTHOMSON@SUMMIT-HOUSING.CA



GRAND OPENING

OF THE SUMMIT HOUSING MILTON OFFICE

JOIN US AS WE CELEBRATE WITH
COFFEE, TEA AND TREATS

**MONDAY, JANUARY
9TH, 2023**

**DROP IN
FROM 1230-230PM**



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

FOR MORE INFORMATION CONTACT MELISSA AT
MTTHOMSON@SUMMIT-HOUSING.CA OR 289-208-4051



Craft Group

**Let's explore
everyone's creativity!!**

**When: Tuesday January 10th
From 145-330pm**

**Where: Wellington Terrace -
410 John Street, Burlington**

For more information, please contact Melissa at
mthomson@summit-housing.ca or at 289-208-4051





MUSIC MAKERS

WITH JIM

Tuesday, January 17th

410 John Street, Burlington

Come enjoy some music, and if you
want you can even sing along!

Contact Melissa at
mthomson@summit-housing.ca
or by phone 289-208-4051





SUMMIT HOUSING &
OUTREACH PROGRAMS
CELEBRATING
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ART GROUP WITH OAKVILLE OASIS DRAWING BEE

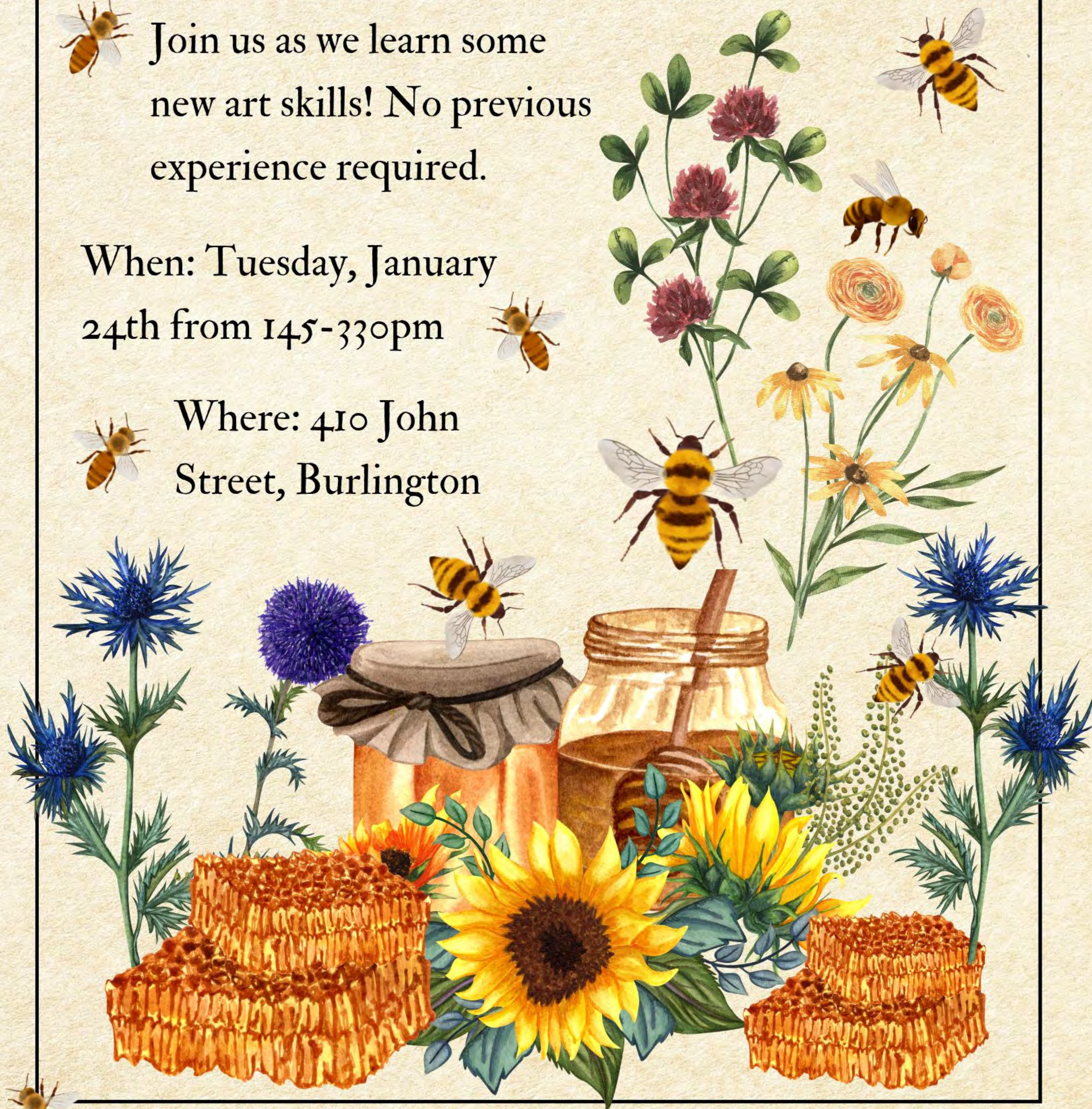


Join us as we learn some
new art skills! No previous
experience required.

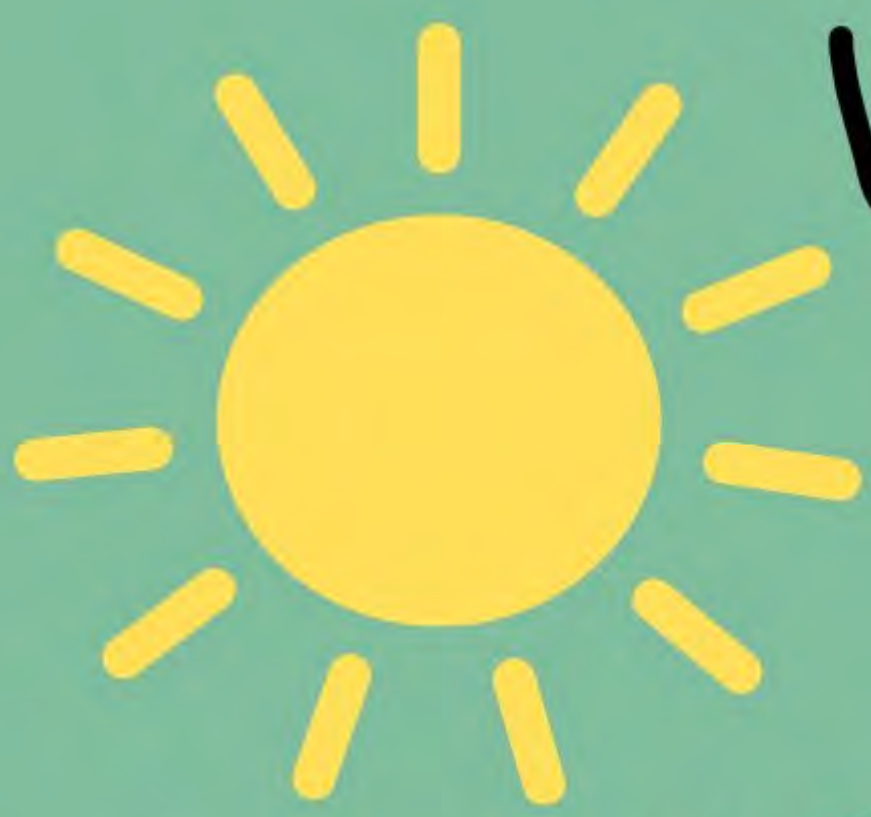
When: Tuesday, January
24th from 145-330pm



Where: 410 John
Street, Burlington



For more information, please contact Melissa at
mthomson@summit-housing.ca or at 289-208-4051



WEDNESDAY'S SOUTH WALKING GROUP

2-3PM



The South Walking Group will be meeting
biweekly at:



Bronte Heritage Park

(2340 Ontario St, Oakville - parking lot is at the foot of
Nelson Street)



OR in the case of bad weather:

Oakville Trafalgar Community Centre

(325 Reynolds St, Oakville - Parking on site)

fresh air
connection
tranquility



FOR REGISTRATION, EMAIL MELISSA AT
MTHOMSON@SUMMIT-HOUSING.CA



WEDNESDAY'S NORTH WALKING GROUP

2-3PM



The North Walking Group will alternate
biweekly between locations in Milton and
Georgetown.



CHECK THE WEEKLY FLYER FOR MORE
DETAILS EACH WEEK.



fresh air

connection

tranquility



FOR REGISTRATION, EMAIL MELISSA AT
MTHOMSON@SUMMIT-HOUSING.CA

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



MEN'S GROUP

BI-WEEKLY ON
MONDAY'S 2-3PM

CONTACT MELISSA- [MTHOMSON@SUMMIT-HOUSING.CA](mailto: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!

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

PLEASE CONTACT MELISSA AT
[MTHOMSON@SUMMIT-HOUSING.CA](mailto:mthomson@summit-housing.ca) IF
YOU ARE INTERESTED!



Early Risers

Summit Housing & Outreach Programs

Join us in the morning for
some light, seated
exercise, breathing
techniques, self-care &
mindfulness meditations.

Note: Starting Jan 10th
this will be a hybrid
model on TUESDAYS with
an in-person option at:
410 John St, Burlington



TUESDAY* | WEDNESDAY | THURSDAY
FROM 10:00-10:30AM

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

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

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

Summit Housing & Outreach Programs



Thursdays at 1PM

Please contact Mike Forester to sign up & for
more info at mforester@summit-housing.ca
Or Melissa at mthomson@summit-housing.ca



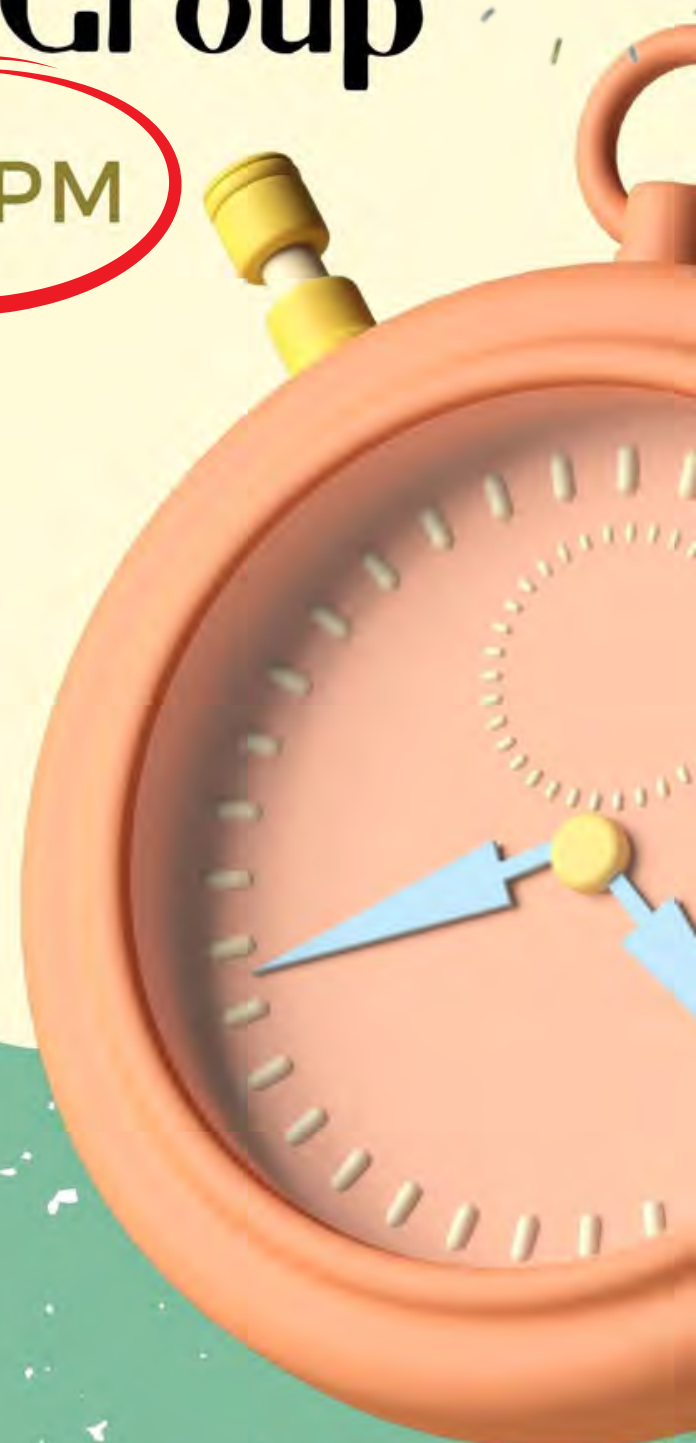
Summit Housing & Outreach
Programs presents:

NEW TIME

Productivity Group

Thursdays at **2:00 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



**SUMMIT HOUSING & OUTREACH
PROGRAMS PRESENTS:**

CONNECTIONS



Join Sharon on Zoom for
peer discussions on
various topics. Practice
your social skills, meet
new friends and learn
new tools for resiliency
and self-care.

Fridays 1-2PM

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



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YOGA AT HOME

WITH LISA

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

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**MEETING ID:
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Summit Housing & Outreach Programs



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Please contact Mike Forester to sign up & for
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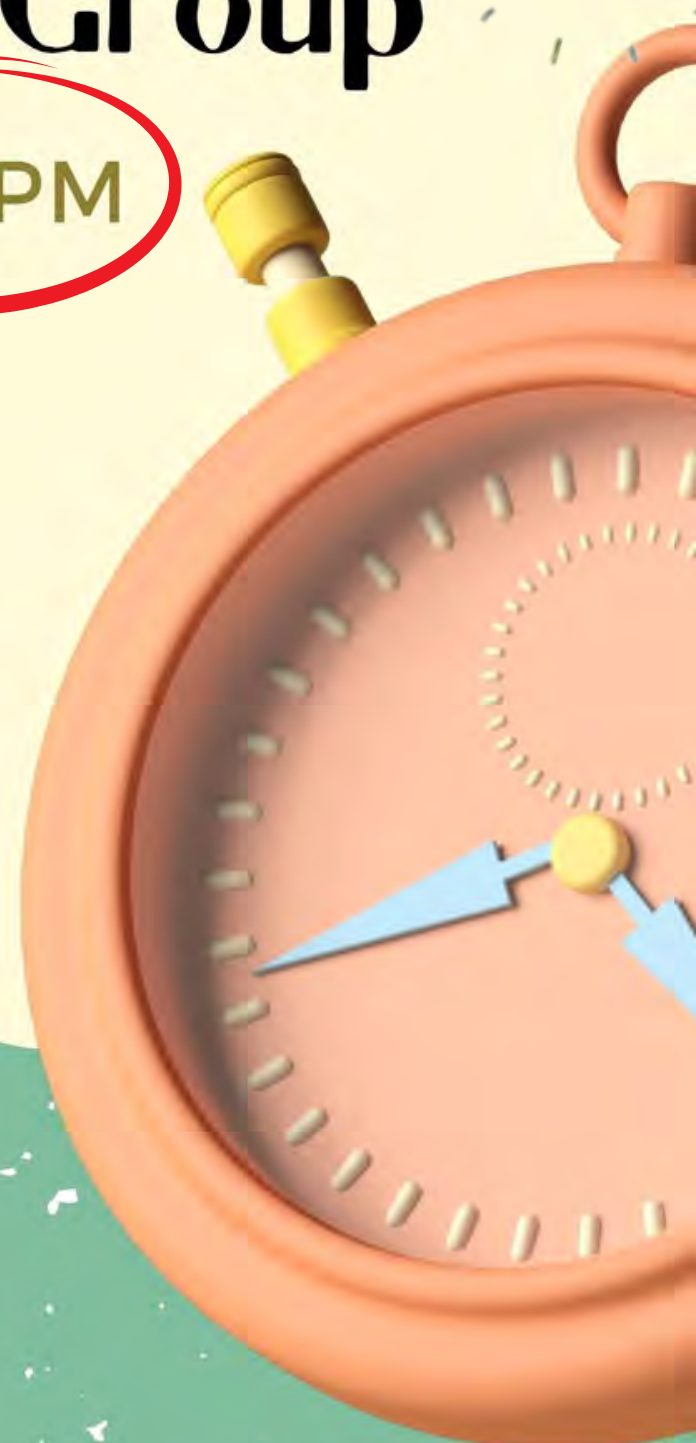
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JANUARY 2023 WEBINARS

JOIN US FOR OUR VIRTUAL EMPLOYMENT READINESS WORKSHOPS & SOCIALS

1 hour informational session, 30 min discussion

For workshop descriptions & more info visit

www.stride.on.ca

16+

Building Assertiveness

Thurs Jan 5th

1:30 - 3:00 p.m.

Job Search

Tues Jan 10th

1:30 - 3:00 p.m.

Goal Setting

Thurs Jan 12th

1:30 - 3:00 p.m.

Employment Check-In

Tues Jan 17th

1:30 - 3:00 p.m.

Identifying Your Conflict Style

Thurs Jan 19th

1:30 - 3:00 p.m.

Time Management

Tues Jan 24th

1:30 - 3:00 p.m.

How To Spot A Scam

Thurs Jan 26th

1:30 - 3:00 p.m.

Assess Your Skills: E-Skills Assessments

Tues Jan 31st

1:30 - 3:00 p.m.

In-person, Milton Office, 55 Ontario St. S, Suite 26
Register online

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

Tanya | TSanabria@stride.on.ca | 905-749-2389

We'll respond to messages Monday-Friday.



@STRIDE4WORK



MENTAL HEALTH & SUBSTANCE USE WEBINARS

JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK INS

For workshop description & more info visit
www.stride.on.ca
16+

Check-N'-Chat
Sun Jan 8th
7:00 - 8:30 p.m.

Battling The Blues
Wed Jan 18th
1:30 - 3:30 p.m.

Check-N'-Chat
Sun Jan 15th
7:00 - 8:30 p.m.

Check-N'-Chat
Sun Jan 22nd
7:00 - 8:30 p.m.

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

Tanya | TSanabria@stride.on.ca | 905-749-2389

We'll respond to messages Monday-Friday.



@STRIDE4WORK



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

Country Heritage Park - FoodforLife Market

Admin Building, 8560 Tremaine Road, Milton
Wednesdays 1-6pm
<https://foodforlife.ca/neighbourhood-programs/>

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 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

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

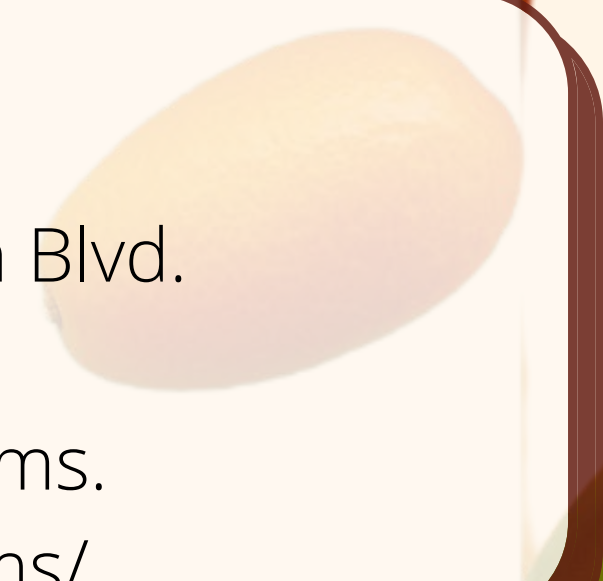
<https://actonfoodshare.com/>

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
Friday HUB (10am-3pm) with free hot lunch served between 12-2pm.
<https://www.wsquare.ca/outreach/community-hub-and-lunch/>