



SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
40 YEARS

# THE SUMMIT MONTHLY

## FEBRUARY 2023

LET'S CELEBRATE

BLACK

HISTORY

MONTH



Accredited by  
Canadian Centre  
for Accreditation



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



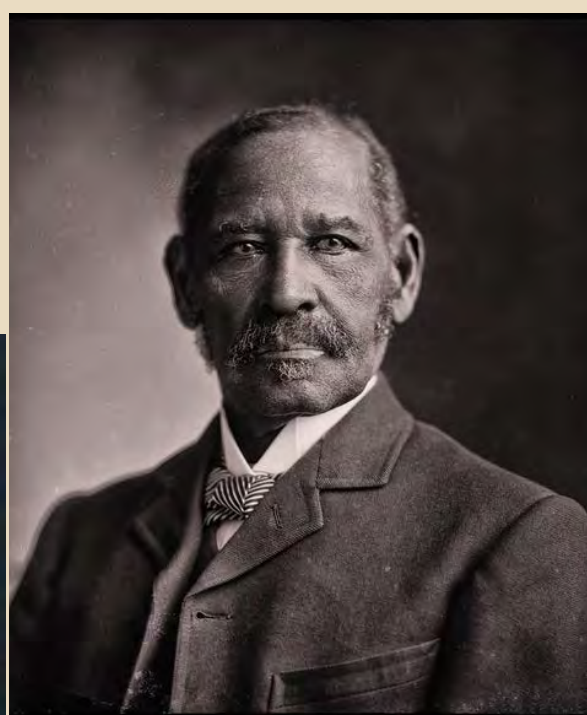




# Black history in Canada

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

Black History Month is about honouring the enormous contributions that Black people have made, and continue to make, in all sectors of society. It is about celebrating resilience, innovation, and determination to work towards a more inclusive and diverse Canada—a Canada in which everyone has every opportunity to flourish.





# Black History Month Art Exhibit Opening

Sunday, January 29  
2:00-4:00 pm  
QEPCCC, Oakville  
In the Gallery

Curator  
Joan Butterfield

**Join us as we open a month-long  
celebration of Afrocentric Art and  
Artifacts.**

**Artists will be available for Q&A.  
Caribbean-inspired finger foods to be  
served by Chef Romaine, Access Gourmet.**

**Event is free; registration requested.  
[ccah.ca/bhm2023](http://ccah.ca/bhm2023)**



Queen Elizabeth Park Community and Cultural Centre,  
2302 Bridge Rd, Oakville



# HELP US CHOOSE A NEW HEALTH & WELLNESS LOGO!



#1 - Swirl



#2 - House



#3 - Tree

**Choose the logo you like best by February 28th, 2023 and  
be entered into a draw to win a Tim Horton's gift card!**

Link can be found here:

<https://www.surveymonkey.com/r/5JTQ2SF>

Or you can email your vote to [info@summit-housing.ca](mailto:info@summit-housing.ca)





# FEBRUARY 2023

SUMMIT HOUSING & OUTREACH PROGRAMS  
PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (Milton)</b> 2:00PM-3:00PM	2 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	3 Connections with Sharon 1:00-2:00PM	4
5	6 <b>Crafts with L&amp;L</b> 1:00-2:30PM Milton Office	7 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM <b>Crochet - Burlington</b> 145-330PM Evening Social Cancelled	8 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (South)</b> 2:00PM-3:00PM	9 Early Risers 10-1030am Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	10 Connections with Sharon 1:00-2:00PM	11
12	13 <b>Art with S&amp;J</b> 1:00-2:30PM Milton Office Men's Group 2:00-3:00PM	14 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM <b>Music - Burlington</b> 145-330PM Evening Social Cancelled	15 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (Georgetown)</b> 2:00PM-3:00PM	16 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	17 Connections with Sharon 1:00-2:00PM	18
19	20 <b>HAPPY family DAY</b>	21 Early Risers 10-1030am Beginners Drawing 12:30-1:30PM Evening Social Cancelled	22 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <b>Walking Group (South)</b> 2:00PM-3:00PM	23 Early Risers 10-1030AM <b>Vision Boards - Milton</b> 11:00AM - 12:30PM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	24 Lunch & Learn 11:00AM-12:00PM Connections with Sharon 1:00-2:00PM	25
26	27 Lunch & Learn 11:00AM-12:00PM <b>Art with S&amp;J</b> 1:00-2:30PM Milton Office Men's Group 2:00-3:00PM	28 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM <b>Art - Burlington</b> 145-330PM Evening Social Cancelled				

NEW!

**IN-PERSON Groups are in RED**

**Online Zoom Groups are in BLACK**

Burlington In-Person Location:

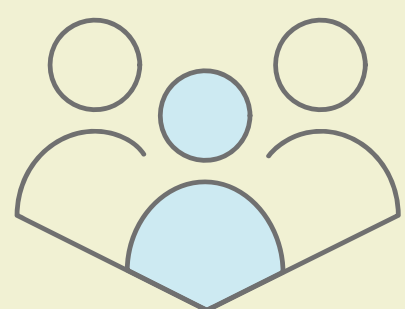
The HUB at Burlington Mall, 777 Guelph Line

Milton In-Person Location:

917 Nipissing Rd, Unit 2, Milton

## Lunch & Learns

Create a Vision Board with Selah and Julia  
February 23rd at 11AM at the Milton Office



Compassionate communication with Jim  
February 24th at 11am on Zoom



Discuss Loneliness with Lola  
February 27th at 11am on Zoom

INTERESTED IN JOINING A PROGRAM?

SIGN UP VIA EMAIL: MTHOMSON@SUMMIT-HOUSING.CA





# Call for Clients

## CLIENT ADVISORY COMMITTEE




WE ARE LOOKING FOR SOME NEW MEMBERS TO JOIN OUR CLIENT ADVISORY COMMITTEE!



THIS IS AN OPPORTUNITY TO:

1. PROVIDE FEEDBACK TO OUR PROGRAMS
2. CELEBRATE IMPROVEMENTS AND GOALS ACHIEVED WITHIN THE MENTAL HEALTH FIELD



TIME COMMITMENT: 90-MINUTE MEETING QUARTERLY (JANUARY, APRIL, JULY, OCTOBER) FOR 1 YEAR (VIRTUAL AND IN-PERSON), PLUS ADDITIONAL MEETINGS, AS NEEDED.



IF INTERESTED, PLEASE REACH OUT TO LAURA VELENO TO APPLY:

VIA EMAIL [CLIENTADVISORY@SUMMIT-HOUSING.CA](mailto:CLIENTADVISORY@SUMMIT-HOUSING.CA) OR BY PHONE (905) 874-3206 EXT. 109



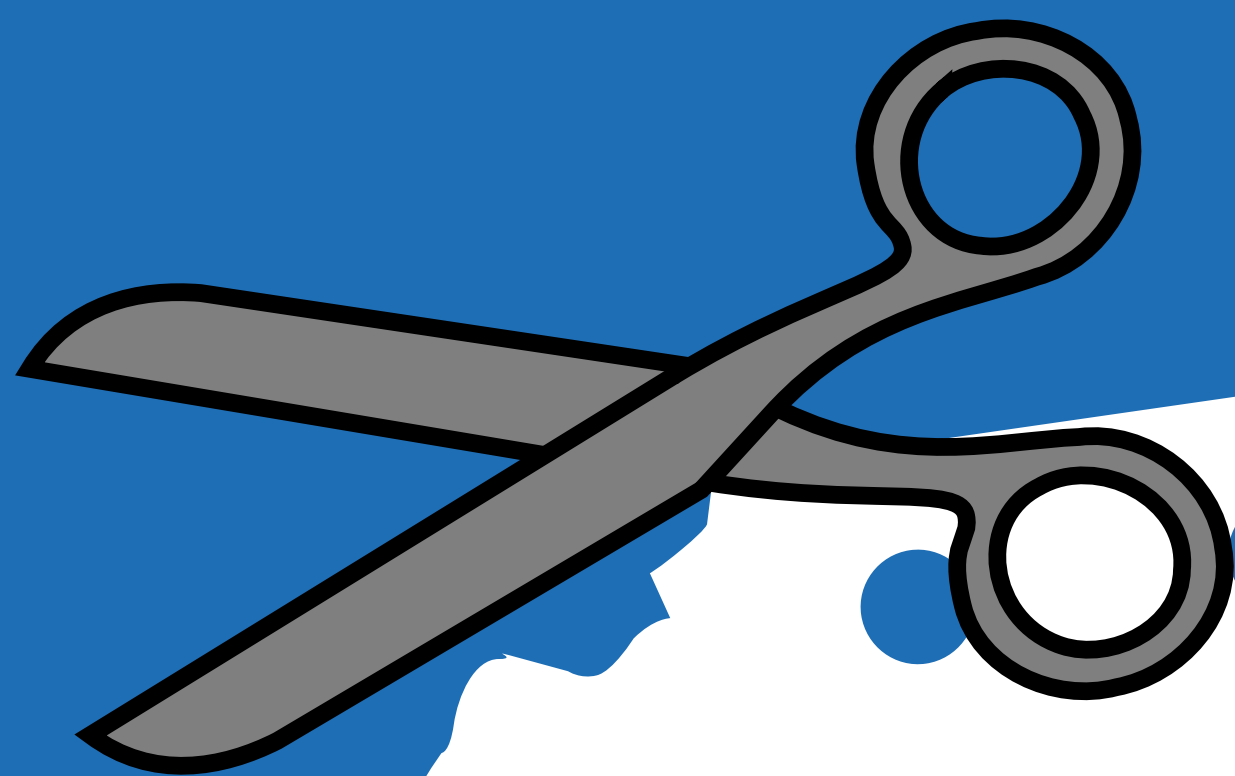
COMMITTEE MEMBERS WILL BE GIVEN A GIFT CARD FOR THEIR TIME AT EACH MEETING.



SUMMIT HOUSING & OUTREACH PROGRAMS STRIVES TO FOSTER AN EQUITABLE ENVIRONMENT THAT REFLECTS THE DIVERSITY OF THE COMMUNITY WE SERVE AND WELCOMES 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.

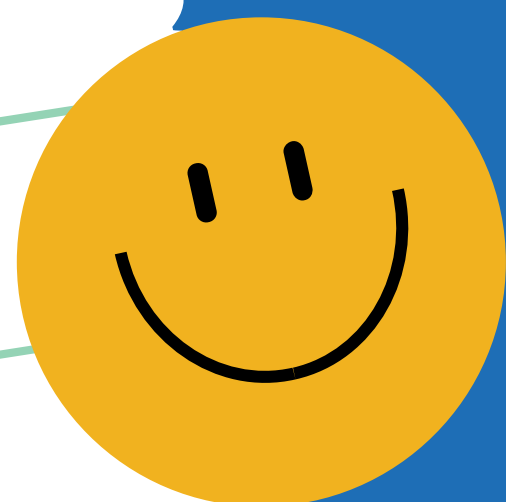


# CRAFTS WITH LOIS & LYNDIA



WHEN:  
MONDAY, FEBRUARY 6TH  
FROM: 1-230PM

LET'S GET CREATIVE!



WHERE: MILTON OFFICE  
917 NIPISSING RD, UNIT 2,  
MILTON

CONTACT: MELISSA AT  
MTHOMSON@SUMMIT-  
HOUSING.CA  
OR 289-208-4051





Come join us for:

# Crochet Class

*All skills are welcome!*

*From basic to advanced techniques*

**WHEN: TUESDAY,  
FEBRUARY 7TH  
FROM 1:45-3:30PM**

Where: The HUB at  
Burlington Centre

777 Guelph Line, Burlington

Contact: Melissa at  
[mthomson@summit-housing.ca](mailto:mthomson@summit-housing.ca)  
or by phone 289-208-4051





# LET YOUR ART FLOW WITH JON & SHERRY

MONDAY, FEBRUARY 13TH & 27TH  
FROM 1-230PM

WHERE: MILTON OFFICE  
917 NIPISSING RD, UNIT 2, MILTON

CONTACT: MELISSA AT  
[MTHOMSON@SUMMIT-HOUSING.CA](mailto:MTHOMSON@SUMMIT-HOUSING.CA)  
OR BY PHONE 289-208-4051







# MUSIC MAKERS

*WITH JIM*

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Tuesday, February 14th

From 145-330pm

The HUB at Burlington Centre  
777 Guelph Line, Burlington

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

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Contact Melissa at  
[mthomson@summit-housing.ca](mailto:mthomson@summit-housing.ca)  
or by phone 289-208-4051

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# ART GROUP WITH THE OAKVILLE OASIS DRAWING BEE

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

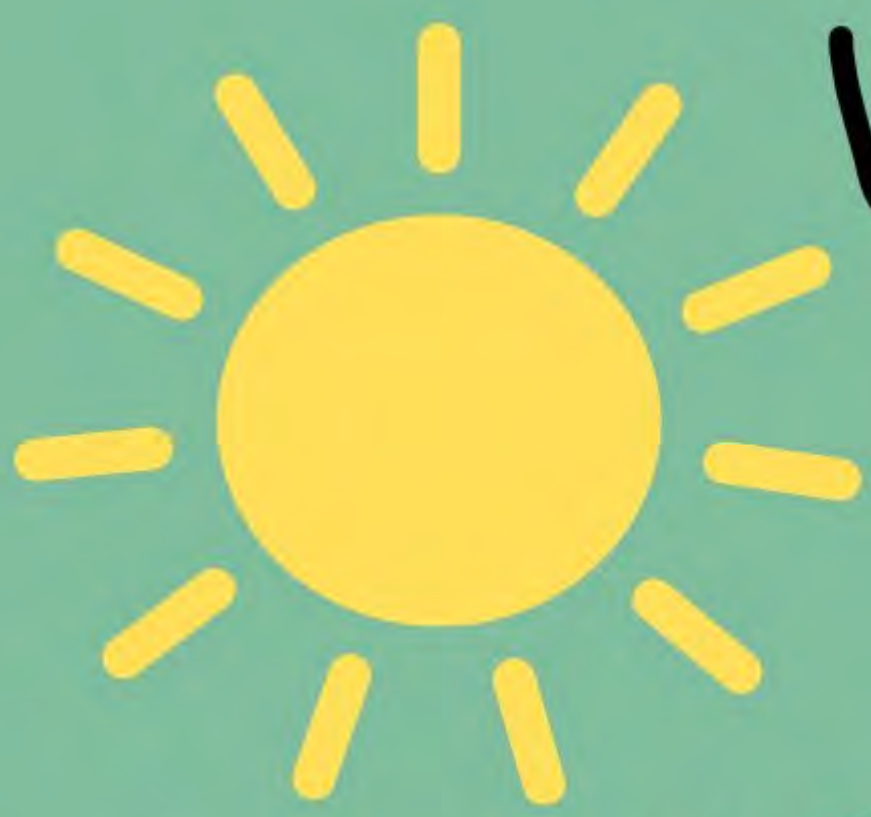
When: Tuesday, February  
28th from 145pm - 330pm

Where: **The HUB**  
at the Burlington Centre  
777 Guelph Line, Burlington



For more information, contact Melissa at  
[mthomson@summit-housing.ca](mailto:mthomson@summit-housing.ca) or by phone 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](mailto: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](mailto: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.



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

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

**POSTPONED**

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)

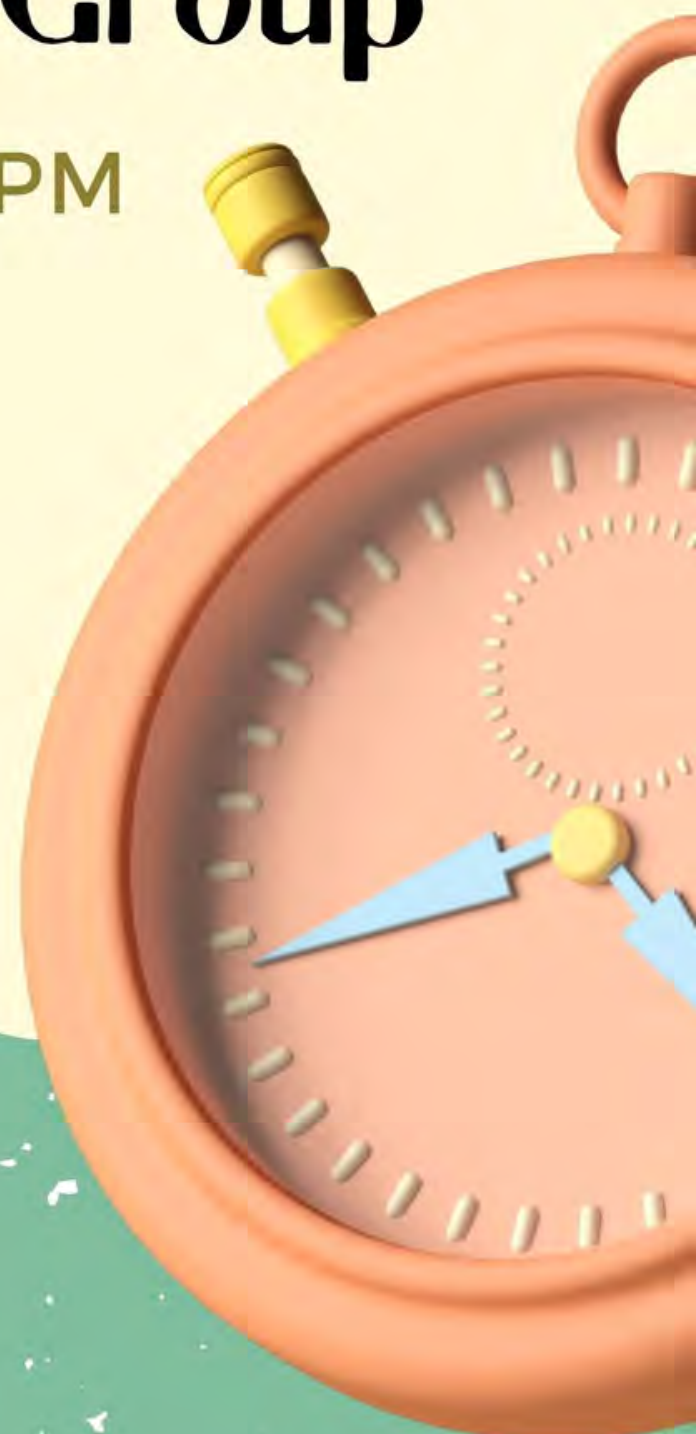


Summit Housing & Outreach  
Programs presents:

## Productivity Group

**Thursdays at 2:00 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](mailto: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](mailto:mthomson@summit-housing.ca) or 289-208-4051



WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.





# FEBRUARY 2023 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+

### Workplace Wellness

Tues Feb 7th

1:30 - 3:00 p.m.

### Building Assertiveness

Thurs Feb 9th

1:30 - 3:00 p.m.

### Interview Skills

Tues Feb 14th

1:30 - 3:00 p.m.

### Self-Care

Thurs Feb 16th

1:30 - 3:00 p.m.

### Budgeting

Tues Feb 21st

1:30 - 3:00 p.m.

### Resume Skills

Thurs Feb 23rd

1:30 - 3:00 p.m.

### LinkedIn

Tues Feb 28th

1:30 - 3:00 p.m.

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

Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389



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

16+

### Check-N'-Chat

Sun Feb 5th

7:00 - 8:30 p.m.

### PAL-entine's Social

Wed Feb 8th

1:30 - 3:00 p.m.

### Check-N'-Chat

Sun Feb 12th

7:00 - 8:30 p.m.

### Self-Compassion In Action

Wed Feb 22nd

1:30 - 3:00 p.m.

### Check-N'-Chat

Sun Feb 26th

7:00 - 8:30 p.m.

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

Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389



@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](mailto: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](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

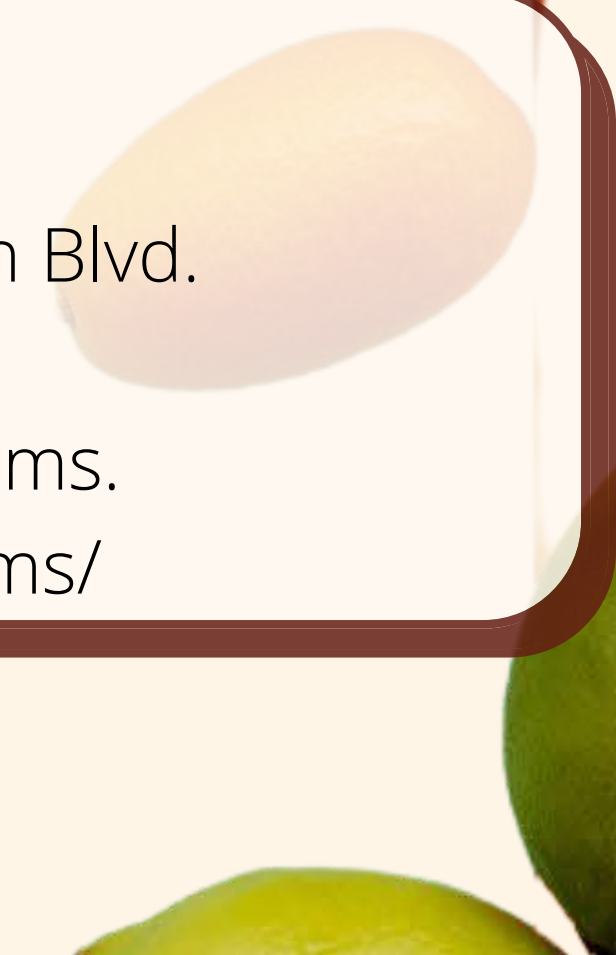
<https://actonfoodshare.com/>

### **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/>