



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

MARCH 2023



Accredited by
Canadian Centre
for Accreditation



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



MARCH 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 Walking Group 2:00PM-3:00PM Milton	2 Early Risers 10-1030AM <i>Laughter Yoga</i> <i>cancelled</i> Productivity Group 2:00-3:30PM	3 Connections with Sharon 1:00-2:00PM	4
5	6 Art with S&J 1:00-3:00PM Milton Office	7 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Technology Group 2:30-3:30PM NEW	8 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	9 Early Risers 10-1030am Vision Boards 11:00AM-12:30PM Milton Office Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	10 Crafts with L&L 11:00AM-12:30PM Milton Office Connections with Sharon 1:00-2:00PM	11
12	13 Lunch & Learn 11AM-12:00PM Men's Group 2:00-3:00PM	14 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Group 145-330PM The HUB Burlington NEW	15 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM WRITING Group 2:00PM-3:00PM Milton Office NEW	16 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	17 Music Makers 1:00PM - 3:00PM Milton Office Connections with Sharon <i>cancelled</i>	18
19	20 Art with S&J 1:00-3:00PM Milton Office	21 Early Risers 10-1030am Beginners Drawing 12:30-1:30PM Technology Group 2:30-3:30PM NEW	22 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	23 Early Risers 10-1030AM Lunch & Learn (Milton) 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	24 Crafts with L&L 11:00-12:30PM Milton Office Connections with Sharon <i>Cancelled</i>	25
26	27 Crochet Class 1:00-2:30PM The HUB Burlington Men's Group 2:00-3:00PM	28 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Group 145-330PM The HUB Burlington NEW	29 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM WRITING Group 2:00PM-3:00PM Milton Office NEW	30 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	31 Connections with Sharon 1:00-2:00PM	

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 Vision
boards with Selah &
Julia on Thursday,
March 9th at 11AM
at the Milton Office



Discuss Loneliness
with Lola on
Monday, March
13th at 11am on
Zoom



Exercise And Mental
Health with Janet &
Felicia
Thursday, March
23rd at 12PM at the
Milton Office

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 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.



LET YOUR ART FLOW WITH JON & SHERRY

MONDAY, MARCH 6TH & 20TH
FROM 1-3PM

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

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



JOIN DEAN IN THE
TECHNOLOGY
G R O U P
ON ZOOM
TUESDAY MARCH

7TH & 21ST

FROM 2:30 PM - 3:30 PM

For more information:

MTHOMSON@SUMMIT-HOUSING.CA



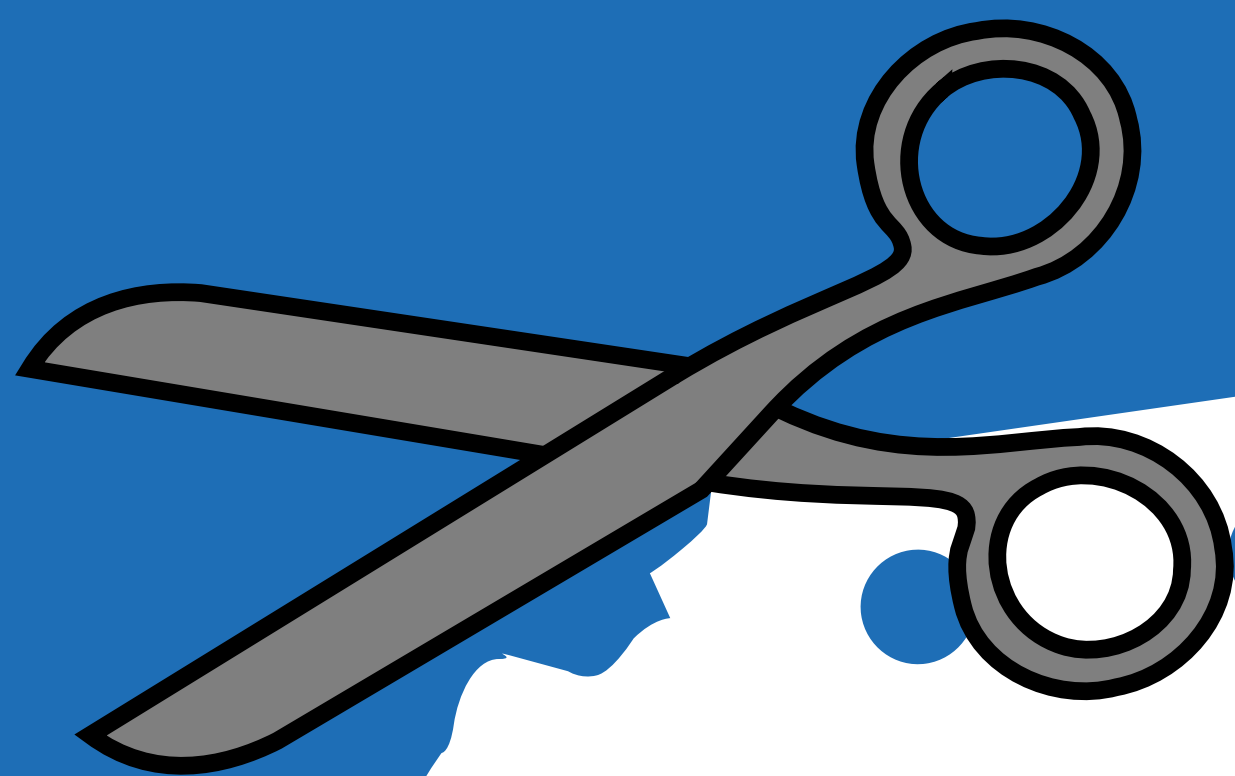
Join the Zoom Meetings:

<https://us02web.zoom.us/my/healthwellness>

Meeting ID: 289 795 5847



CRAFTS WITH LOIS



WHEN:
FRIDAY, MARCH 10TH & 24TH
FROM: 11-12:30PM

LET'S GET CREATIVE!



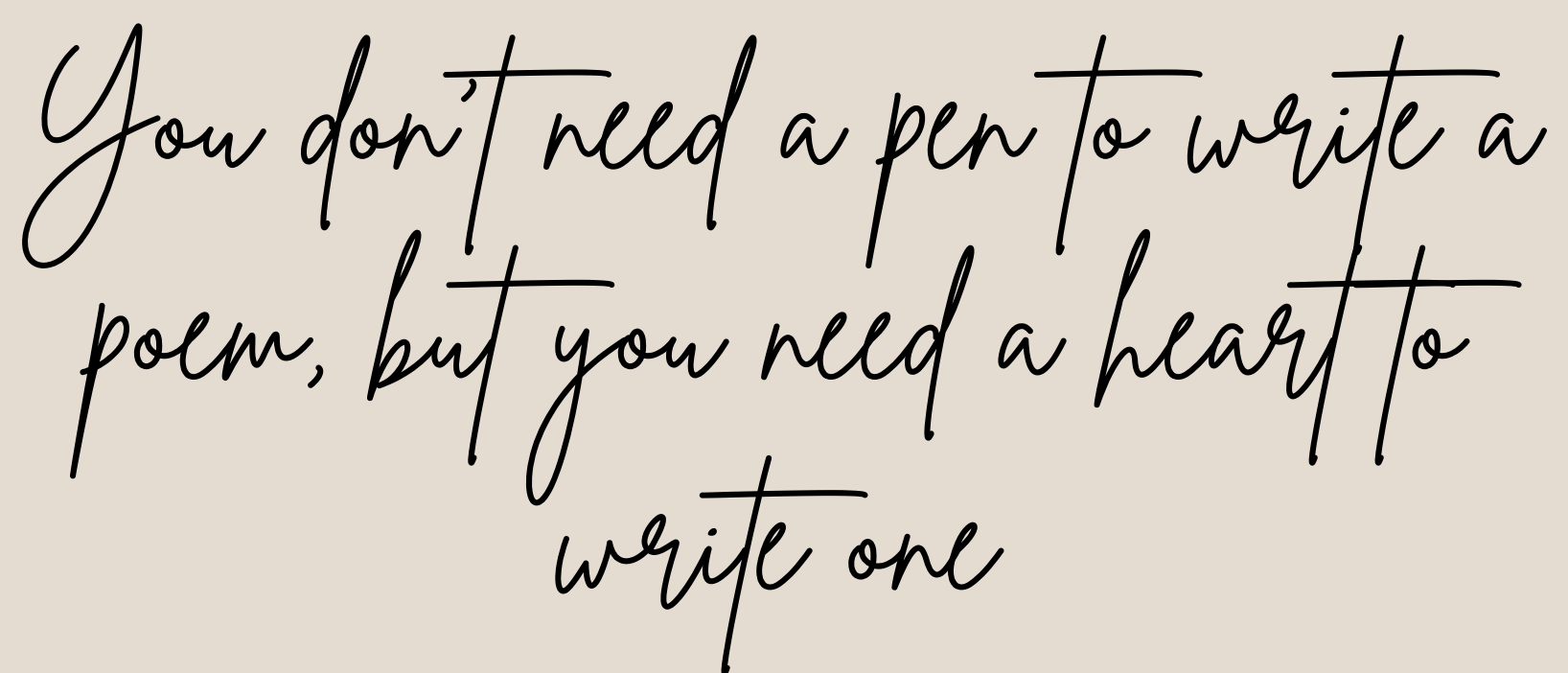
WHERE: MILTON OFFICE
917 NIPISSING RD, UNIT 2,
MILTON

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



Join Irmtraud & Sherral online or in Milton for the Writing Group

Wednesday March 15th & 29th
from 2-3pm



*You don't need a pen to write a
poem, but you need a heart to
write one*



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

Join the Zoom Meetings:
Meeting ID: 289 795 5847
<https://us02web.zoom.us/j/9172591725>
OR at the Milton Office
917 Nipissing Rd, Unit 2, Milton



ART GROUP WITH THE OAKVILLE OASIS DRAWING BEE



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

When:

Tuesday, March 14th & 28th

From 145pm - 330pm

Where: **The HUB**

at the Burlington Centre

777 Guelph Line, Burlington

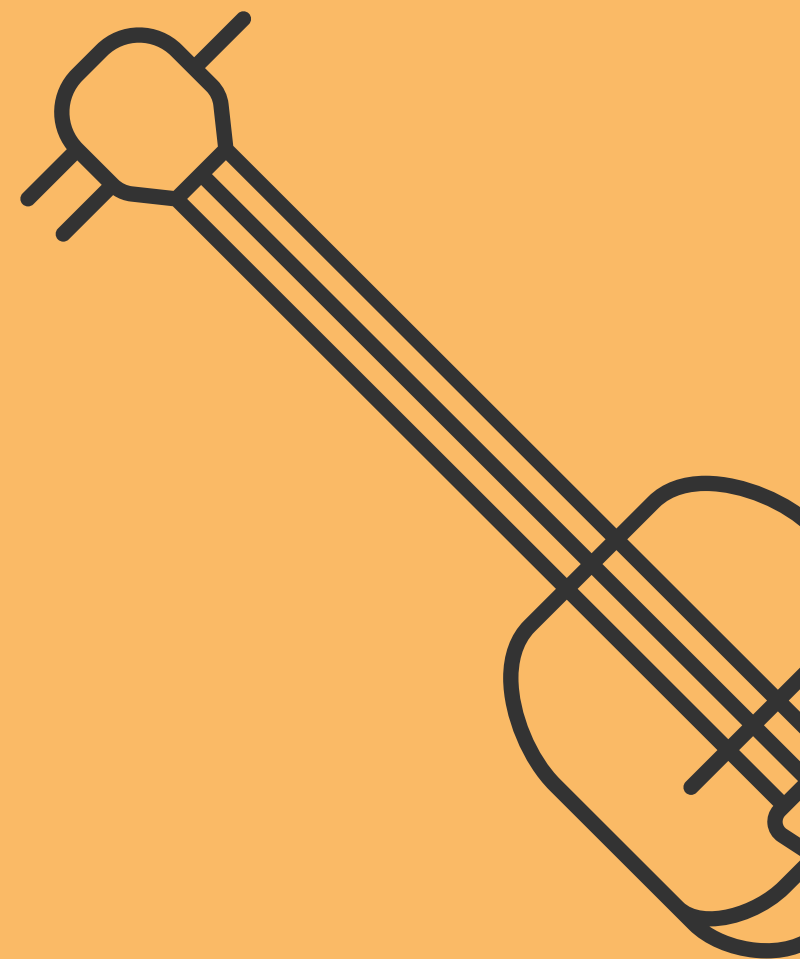
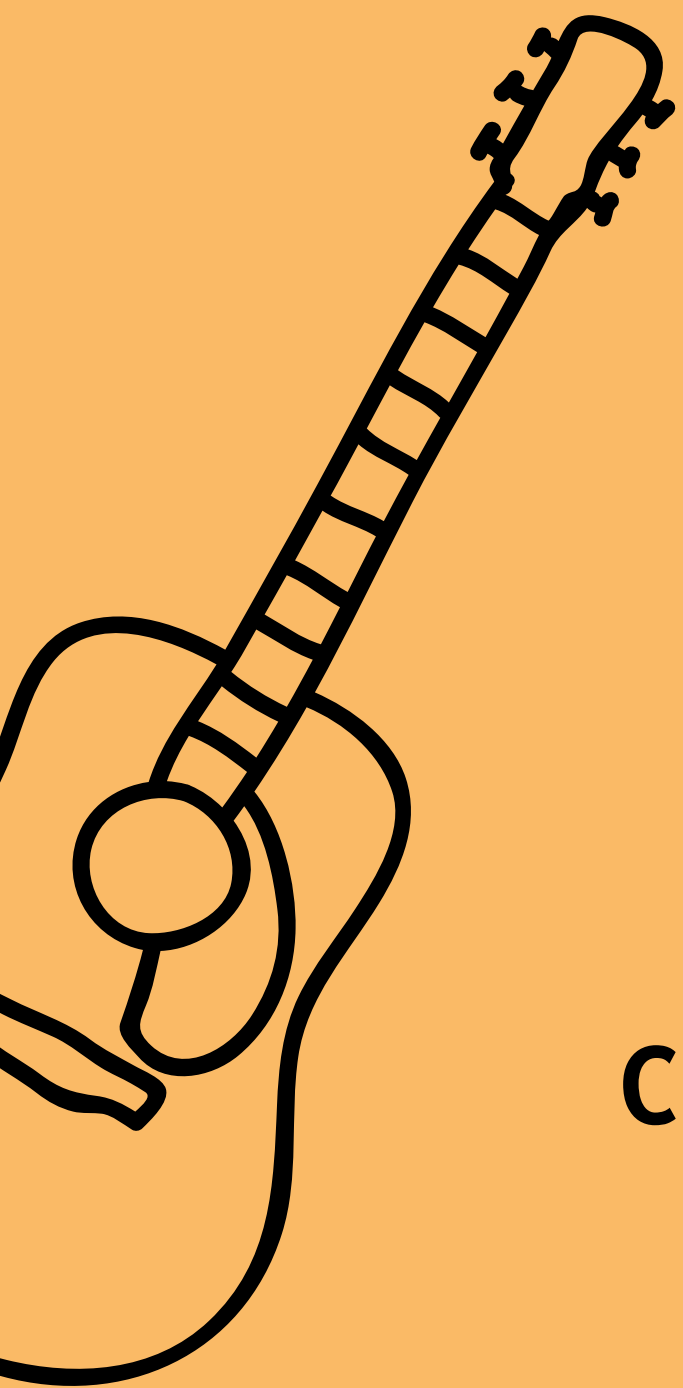
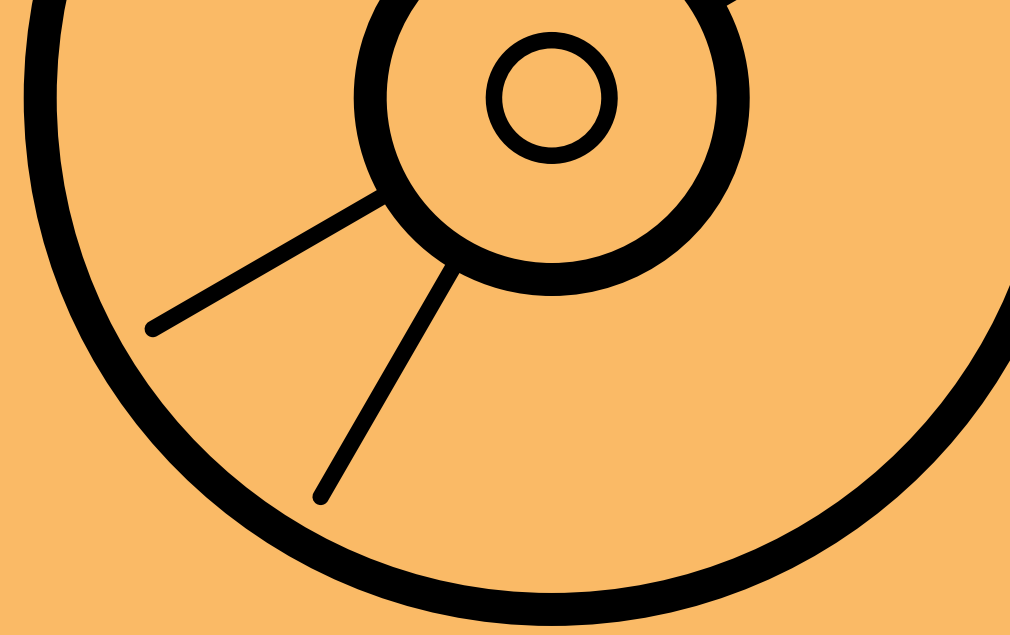


For more information, contact Melissa at
mthomson@summit-housing.ca or by phone 289-208-4051



MUSIC MAKERS

WITH JIM



**COME AND ENJOY SOME MUSIC OR
EVEN SING ALONG!**

Friday, March 17th

1:00 pm - 3:00 pm

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: MONDAY, MARCH
27TH**

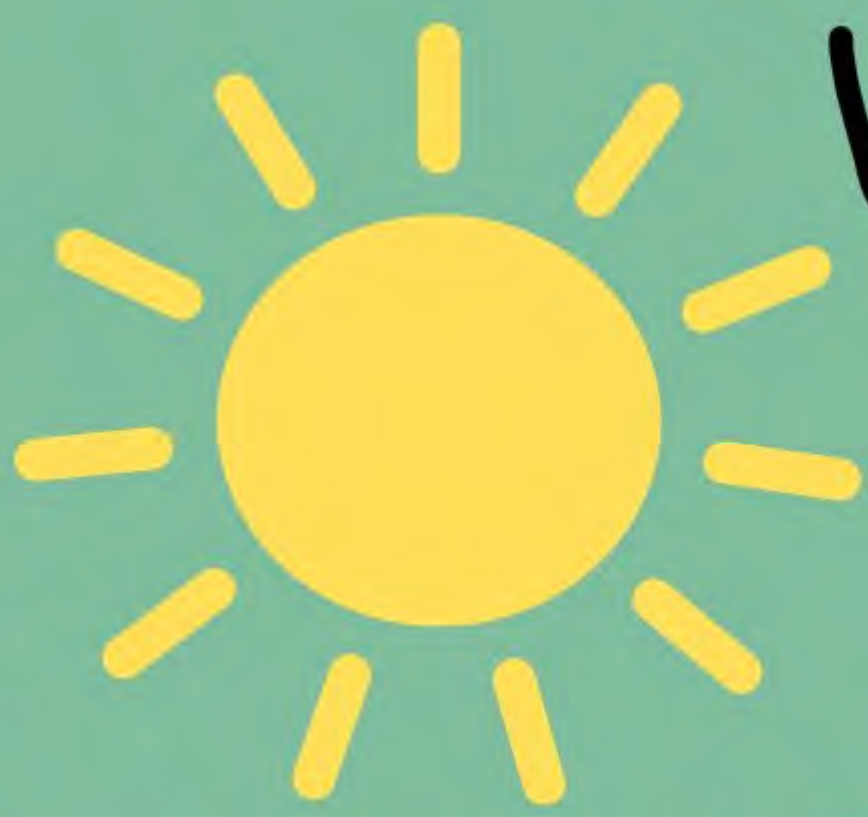
FROM 1:00-2:30PM



Where: The HUB at
Burlington Centre

777 Guelph Line, Burlington

Contact: Melissa at
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

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.



SUMMIT HOUSING &
OUTREACH PROGRAMS
CELEBRATING
40 YEARS

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
JOIN SOCIAL
HOUR 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

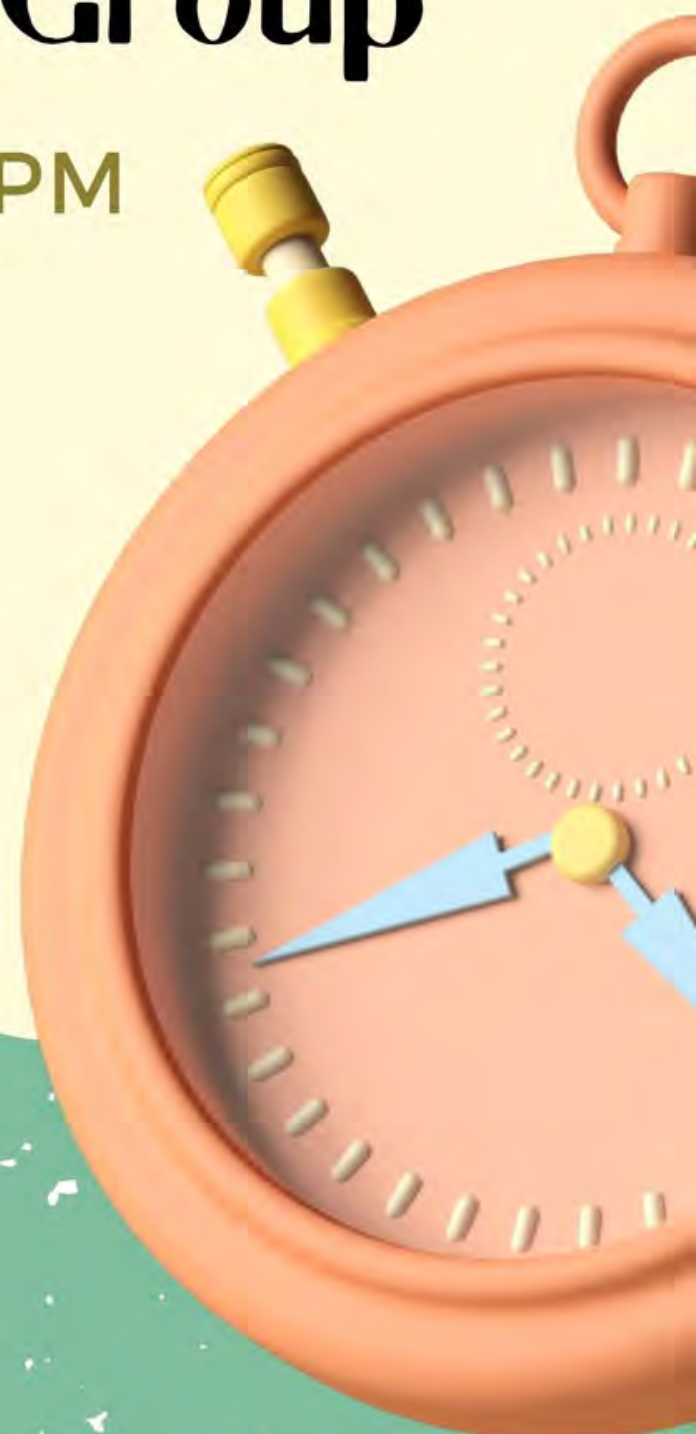


Summit Housing & Outreach
Programs presents:

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

Summit Housing & Outreach Programs

Laughter Yoga



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:**

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



WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.

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+

Coping With Chaos

Wed Mar 8th
1:30 - 3:00 p.m.

Check-N'-Chat

Sun Mar 12th
7:00 - 8:30 p.m.

Check-N'-Chat

Sun Mar 19th
7:00 - 8:30 p.m.

Championing Change

Wed Mar 22nd
1:30 - 3:00 p.m.

Check-N'-Chat

Sun Mar 26th
7:00 - 8:30 p.m.

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

Tanya | TSanabria@stride.on.ca | 905-749-2389 or
Klara | KKabelik@stride.on.ca | 365-355-6128



@STRIDE4WORK



MARCH 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
16+

Communication Skills

Thurs Mar 2nd
1:30 - 3:00 p.m.

Returning To Work

Tues Mar 7th
1:30 - 3:00 p.m.

Imposter Syndrome

Thurs Mar 9th
1:30 - 3:00 p.m.

Workplace Wellness

Tues Mar 14th
1:30 - 3:00 p.m.

Employment Check-In

Thurs Mar 16th
1:30 - 3:00 p.m.

Customer Service

Tues Mar 21st
1:30 - 3:00 p.m.

Assess Your Skills: E-Skills Assessments

Thurs Mar 23rd
1:30 - 3:00 p.m.

In-person, Oakville Office, 247 North Service Rd W
Suite 200, Oakville, ON L6M 3E6

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

Tanya | TSanabria@stride.on.ca | 905-749-2389 or
Klara | KKabelik@stride.on.ca | 365-355-6128



@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

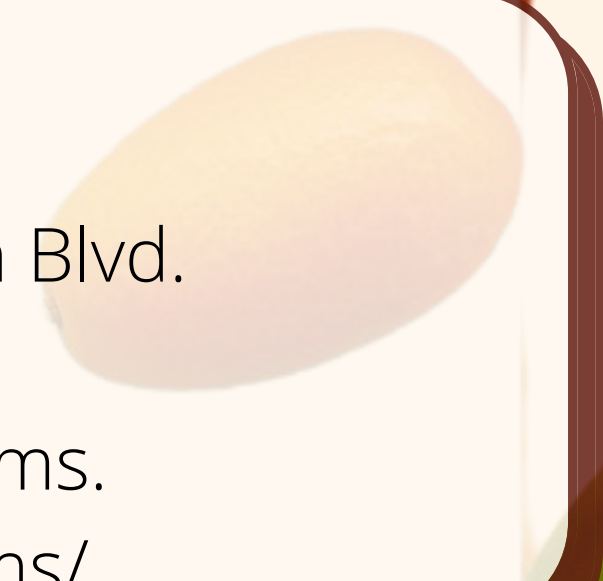
<https://actonfoodshare.com/>

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/>