



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

APRIL 2023



Accredited by
Canadian Centre
for Accreditation



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





Summit Housing and Outreach
Programs
Presents

VOLUNTEER APPRECIATION MONTH



THEME

"Our volunteers help
WEAVE US together"

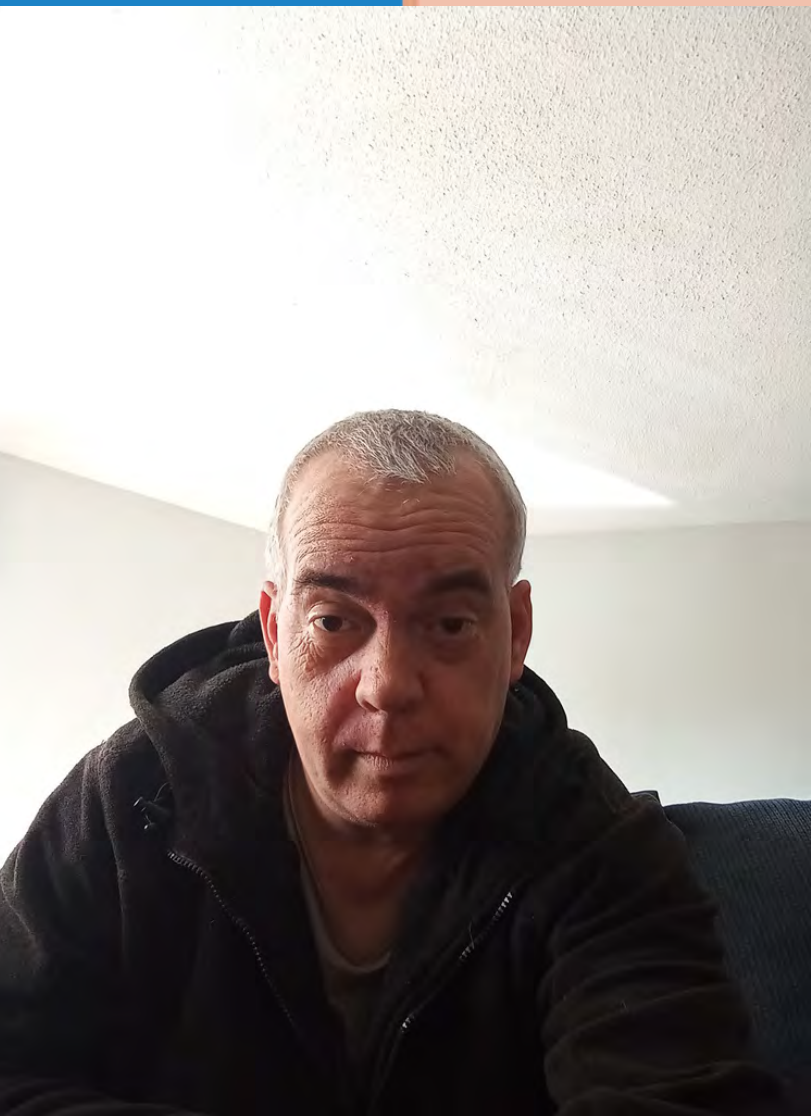
Volunteer appreciation week
April 16-22, 2023

Thank you to all our wonderful Volunteers for
their hard work and dedication

SOME OF OUR FABULOUS VOLUNTEERS



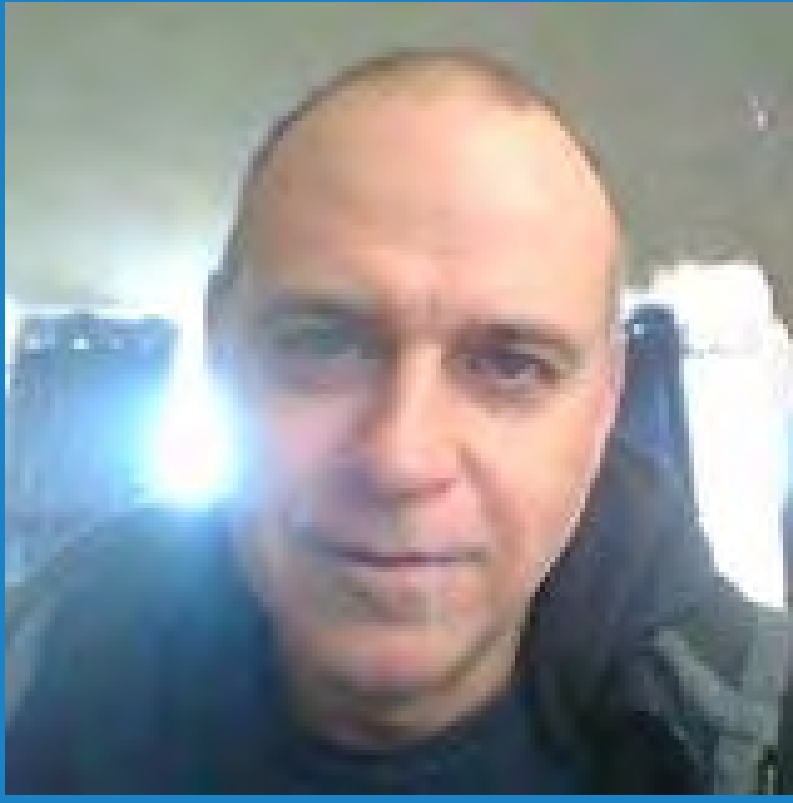
"Being a volunteer driver at Summit is helping me achieve my bachelor degree through volunteer hours, but I've also enjoyed meeting the staff and clients and will therefore continue to volunteer once a month beyond my required hours. I am a believer in giving back to the community whenever I am able to do so, and that's why I enjoy working with Summit - it has been mutually beneficial." -Tania S



"I like to volunteer and help clients and staff with anything they need, getting to meet everyone over the years has been a great help to me, and I want to give back to fellow clients and Summit in every area I can. My favourite thing about summit is showing people how to draw and paint. I join as many committees I can. Thank you everyone." - Jon H



"My favourite thing about volunteering at Summit is the crafts. I started here Summit 7 years ago and I really enjoy the social part of it, its all about being helpful and giving back to the community I love Voulenteering" - Lois V



"My favourite thing about volunteering with Summit Housing is seeing all the great clients getting out and carrying on!! I love to witness persons progressing in their Recovery through gaining life skills and self-esteem by expressing themselves in drawing and painting!"
- David F



"My name is Emilie and I like to volunteer with Summit House because I can be a part of a community, and see some of the friends I've made as a client/volunteer. It also helps develop my social skills and of those whom I volunteer with. Plus, it's always an adventure!"
- Emilie B



"I enjoy volunteering at Summit because it is a very friendly place and I get to learn, grow and meet new people. My favourite thing about summit is that everyone makes me feel appreciated. I enjoy all the variety of things I can volunteer at with Summit housing, and I think everyone should have a chance to volunteer" - Sherry C



APRIL 2023

SUMMIT HOUSING & OUTREACH PROGRAMS PROGRAMMING



SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
					See March Calendar	1
2	3 Art with S&J 1:00-3:00PM Milton Office Cancelled Men's Group 2:00-3:00PM	4 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Technology Group 2:30-3:30PM	5 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	6 Early Risers 10-1030am Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	7 CLOSED	8
9	10 CLOSED	11 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Oasis Group 145-330PM The HUB	12 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM WRITING Group 2:00PM-3:00PM Milton Office	13 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	14 Crafts with L&L 11:00-12:30PM Milton Office Connections with Sharon 1:00-2:00PM	15
16	17 Men's Group 2:00-3:00PM	18 Early Risers 10-1030am Lunch and Learn 11:00pm-12:00pm Milton Office Beginners Drawing 12:30-1:30PM Technology Group 2:30-3:30PM	19 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM WRITING Group 2:00PM-3:00PM Milton Office	20 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group Cancelled	21 Connections with Sharon 1:00-2:00PM	22
23	24 Lunch and Learn 11am-12pm Art with S&J 1:00-3:00PM Milton Office Men's Group 2:00-3:00PM	25 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Lunch and Learn: Loneliness 2:00pm-3:00pm	26 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM- 3:00PM Milton	27 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	28 Crafts with L&L 11:00-12:30PM Milton Office Connections with Sharon 1:00-2:00PM	29



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



Join Sheriffa in a discussion about Healthy eating Thursday, April 24th at 11am on Zoom



Exercise And Mental Health with Janet & Felicia Thursday, April 18th at 11AM at the Milton Office



Discuss Loneliness with Lola on Tuesday, April 25th at 2PM on Zoom

INTERESTED IN JOINING A PROGRAM? SIGN UP VIA EMAIL: SWILSON@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.

2023 Wellness Awards event

Call for all art & nominations

● If you would like your art work to be displayed at our Wellness Awards, Please email Tayinde@summit-housing.ca

● Please view the weekly emails for the PDF for the nomination form! Please submit your form by Tuesday April 11, 2023



LET YOUR ART FLOW

WITH JON & SHERRY

MONDAY, APRIL 3RD & 24TH
FROM 1-3:00PM

WHERE: MILTON OFFICE

917 NIPISSING RD, UNIT 2, MILTON

CONTACT: SHERRAL AT

SWILSON@SUMMIT-HOUSING.CA

OR BY PHONE 905-699-2912



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

Tuesday April 4th & April 18th

FROM 2:30 PM - 3:30 PM

For more information:

Swilson@SUMMIT-HOUSING.CA



Join the Zoom Meetings:

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

Meeting ID: 289 795 5847





ART GROUP WITH THE OAKVILLE OASIS DRAWING BEE



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

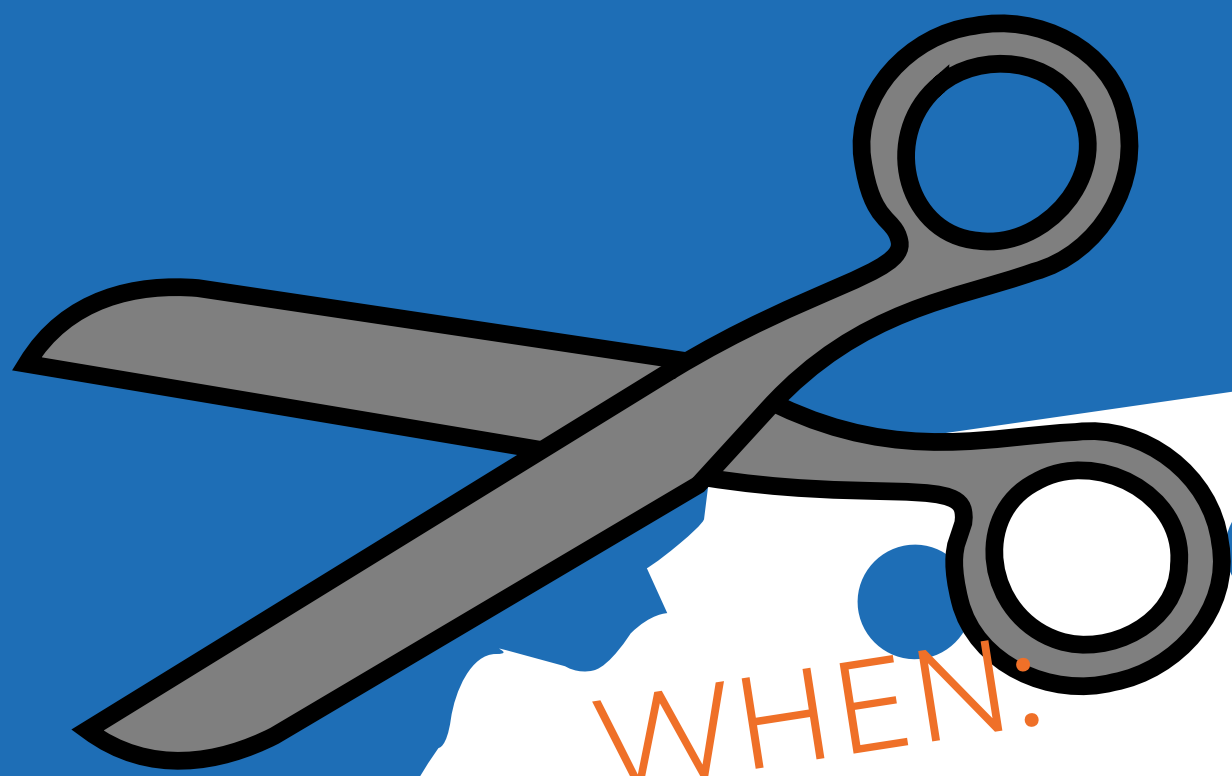
When: Tuesday, April 11th
from 145pm - 330pm

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

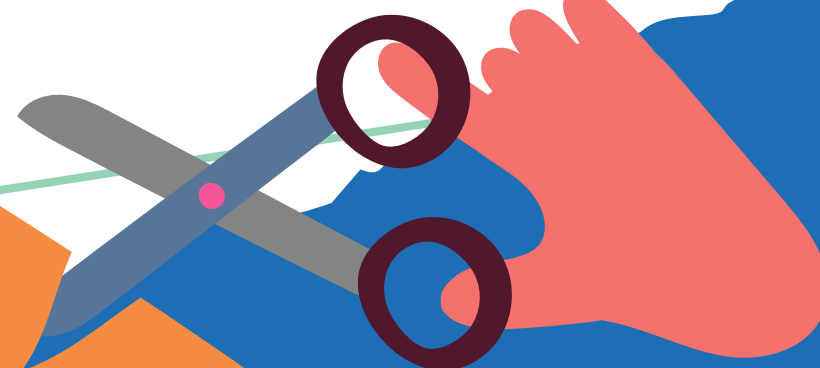
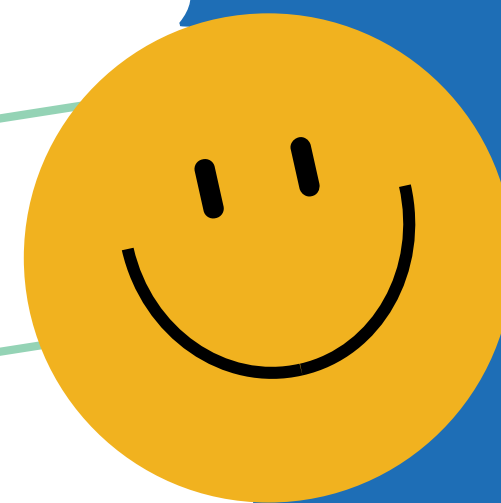


For more information, contact Sherral at
Swilson@summit-housing.ca or by phone 905-699-2912

CRAFTS WITH LOIS



WHEN:
MONDAY, APRIL 14TH &
28TH
FROM: 11:00AM-12:30PM
LET'S GET CREATIVE!



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

CONTACT: SHERRAL AT
SWILSON@SUMMIT-
HOUSING.CA
OR 905-699-2912

Join Irmtraud &
Sherral online or
in Milton for the

Writing Group

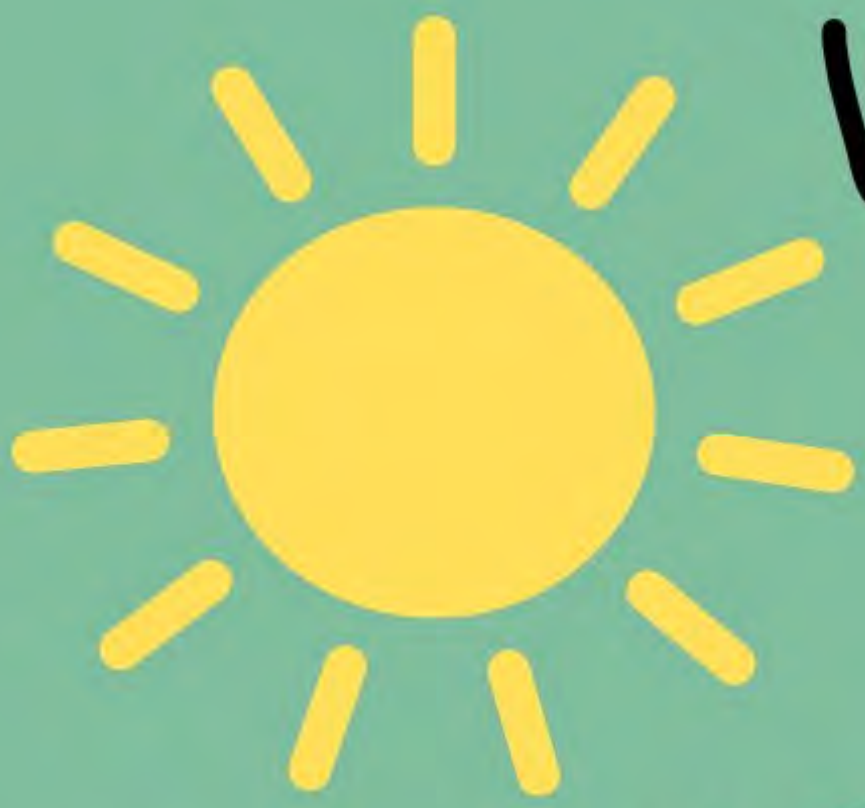
April 12th & April 19th

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



For more information, contact Sherral at
Swilson@summit-housing.ca or by phone
905-699-2912

Join the Zoom Meetings:
Meeting ID: 289 795 5847
<https://us02web.zoom.us/j/2897955847>
OR at the Milton Office
917 Nipissing Rd, Unit 2, Milton



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:



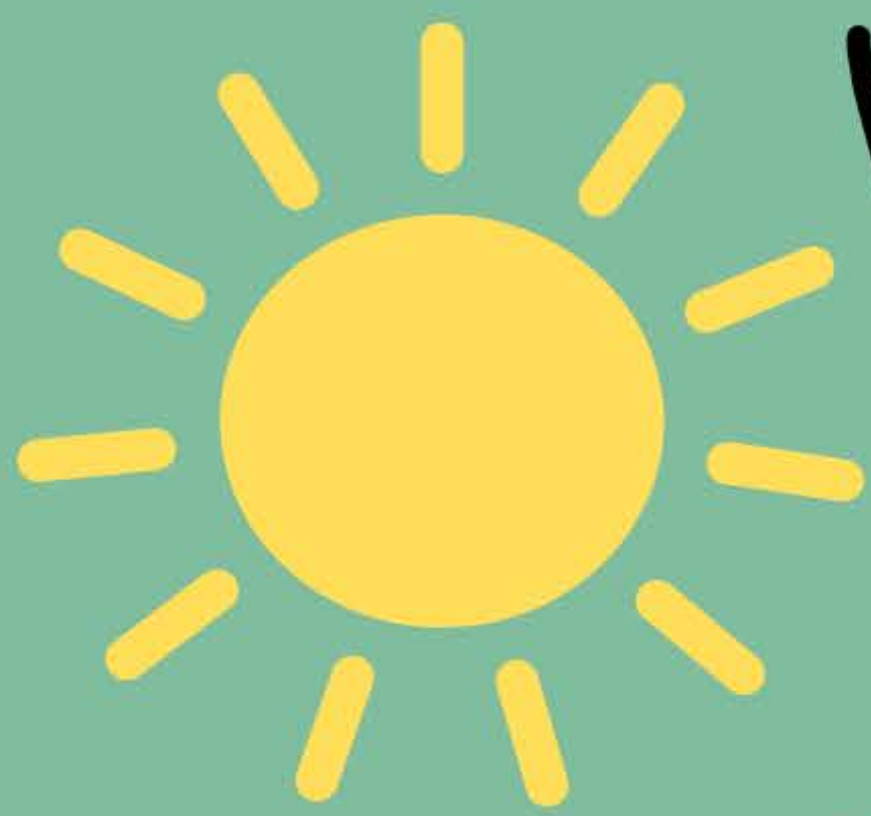
Oakville Trafalgar Community Centre

(325 Reynolds St, Oakville - Parking on site)

fresh air
connection
tranquility



FOR REGISTRATION, EMAIL SHERRAL AT SWILSON@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 SHERRAL AT
SWILSON@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 Sherral Wilson :

 **905-699-2912**

 **Swilson@summit-housing.ca**



MEN'S GROUP

BI-WEEKLY ON
MONDAY'S 2-3PM

CONTACT [Sherral- Swilson@summit-housing.ca](mailto:Sherral-Swilson@summit-housing.ca)

 WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.



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 - 10:30 AM



SHERRAL - SWILSON@SUMMIT-HOUSING.CA

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 SHERRAL AT [Swilson @SUMMIT-HOUSING.CA](mailto:Swilson@SUMMIT-HOUSING.CA) IF YOU ARE INTERESTED!



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 [Sherral](mailto:Sherral@summit-housing.ca) for more information at Swilson@summit-housing.ca



YOGA AT HOME

WITH LISA

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

**JOIN THE ZOOM
MEETING**

**MEETING ID:
289 795 5847**



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 Sherral AT: Swilson@SUMMIT-HOUSING.CA

FOR MORE INFORMATION AND TO REGISTER PLEASE EMAIL Sherral AT: Swilson@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 Sherral Wilson at: Swilson@summit-housing.ca OR (905) -699-2912



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+

NEW times and durations of Check-N'-Chat sessions have changed. Please see below.

Check-N'-Chat
Sun April 2nd
7:00 - 9:00 p.m.

Check-N'-Chat
Sun April 16th
7:00 - 9:00 p.m.

Aging with Resiliency
Wed April 12th
1:30 - 3:30 p.m.

Check-N'-Chat
Sun April 30th
7:00 - 9:00 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



APRIL 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+

Resume Skills

Tues April 4th
1:30 - 3:00 p.m.

Workplace Wellness

Thurs April 6th
1:30 - 3:00 p.m.

Workplace Anxiety with Special Guest Speaker: Allison Jones from CMHA

Tues April 11th
1:30 - 3:00 p.m.

Job Search

Thurs April 13th
1:30 - 3:00 p.m.

Coping with Disappointment while Job Searching

Thurs April 20th
1:30 - 3:00 p.m.

Communication Skills

Tues April 18th
1:30 - 3:00 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



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.khicommunity.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/>