



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

JUNE 2023



HELLO
JUNE



Accredited by
Canadian Centre
for Accreditation



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




JUNE 2023

SUMMIT HOUSING & OUTREACH PROGRAMS PROGRAMMING



SUN MON TUE WED THU FRI SAT

	See May Calendar.	See May Calendar.	See May Calendar.	1 Early Risers 10-1030am Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	2 Women's Group 1:00pmm-2:00pm	3
4	5 Writing Group 11:00am-12:30pm Men's Group 2:00-3:00PM	6 All Groups will be cancelled due to all staff meeting 	7 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Georgetown	8 Early Risers 10-1030am Lunch and Learn 12:00PM-1:00pm Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	9 NEW Gardening Group 11:00am- 12:00pm Connections with Sharon 1:00-2:00PM	10
11	12 Writing Group 11:00am-12:30pm Lunch and Learn 12:45pm-1:45pm Art with S&J 1:00-3:00PM Milton Office Men's Group 2:00-3:00PM	13 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Oasis Drawing group 1:45PM-3:00Pm The HUB Technology Group 2:30-4:00PM	14 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	15 Early Risers 10-1030AM Craft with Lois 11:00AM-12:30pm Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	16 Lunch & Learn Milton Office 12:00pm-1:00pm Women's Group 1:00pmm-2:00pm	17
18	19 Writing Group 11:00am-12:30pm Men's Group 2:00-3:00PM	20 Early Risers Cancelled Beginners Drawing 12:30-1:30PM	21 Early Risers Cnclled Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Milton	22 Early Risers Cancelled Laughter Yoga 1:00-2:00PM Productivity Group 2:00pm-3:30pm	23 Gardening Group 11:00am- 12:00pm Connections with Sharon 1:00-2:00PM	24
25	26 Writing Group 11:00am-12:30pm Art with S&J 1:00-3:00PM Milton Office Men's Group 2:00-3:00PM Lunch & Learn 3:00pm-4:00pm	27 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Technology Group 2:30-4:00PM	28 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00pm-3:00pm Oakville	29 Early Risers Laughter Yoga 1:00-2:00PM Crafts with Lois 11:00AM-12:30pm Productivity Group 2:00pm-3:30pm	30 Gardening Group 11:00am- 12:00pm Women's Group 1:00pmm-2:00pm	



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



Let's explore Self-care with Julia & Selah Friday, June 16th at 12PM at the Milton Office



Discuss Mindfulness with Shabeda & Asma Monday, June 26 at 3PM on zoom



Explore sleep with Jacob & Igor Monday, June 28 at 11AM 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.



SUMMIT HOUSING &
OUTREACH PROGRAMS

Call for Art 2023 Wellness Awards

If you would like your artwork to be displayed at our 2023 Wellness Awards, Please Email Jahselah - Jwalters@summit-housing.ca



Summit presents



WRITING GROUP

Come Write with us every Monday at 11am-12:30pm
On Zoom



Join the Zoom Meetings:

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

Meeting ID: 289 795 5847



LET YOUR ART FLOW

WITH JON & SHERRY

MONDAY, JUNE 12TH & 26TH
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





ART GROUP WITH THE OAKVILLE OASIS DRAWING BEE



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

When: Tuesday, June 13th
from 145pm - 300pm

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

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

Tuesday June 13th, 27th

FROM 2:30 PM - 3:30 PM

For more information:

Swilson@SUMMIT-HOUSING.CA

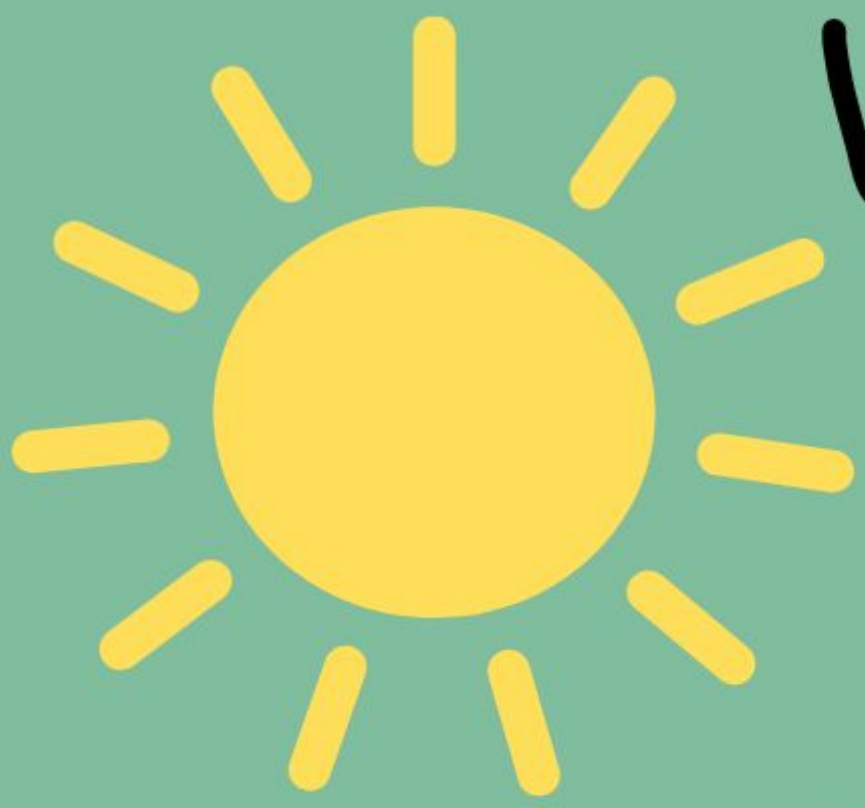


Join the Zoom Meetings:

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

Meeting ID: 289 795 5847





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:



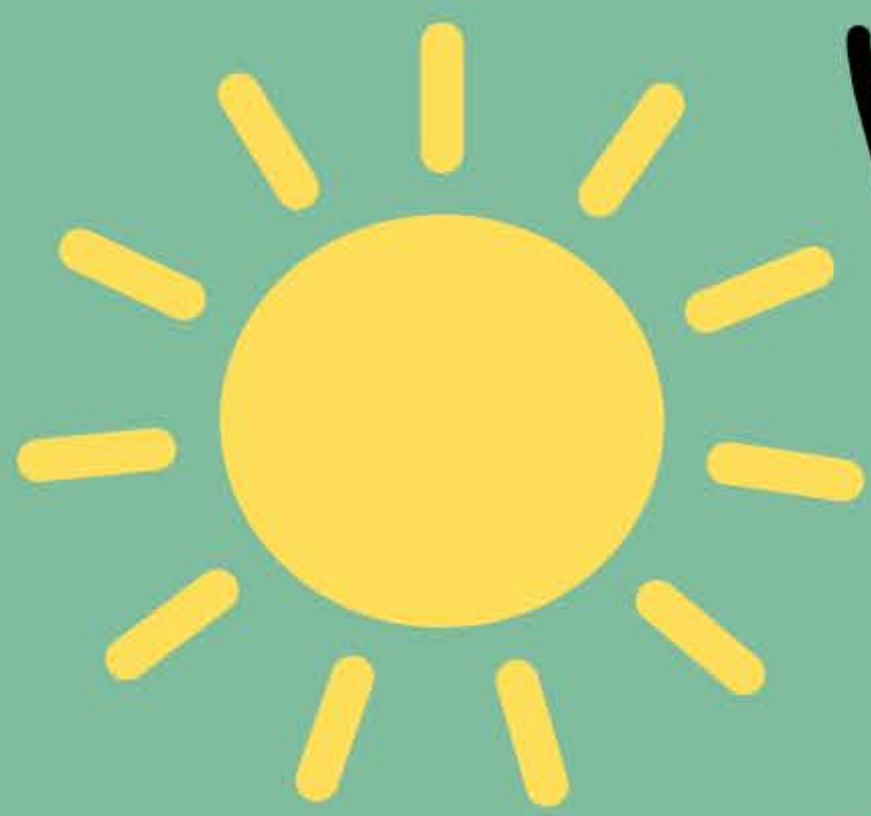
Oakville Trafalgar Community Centre

(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

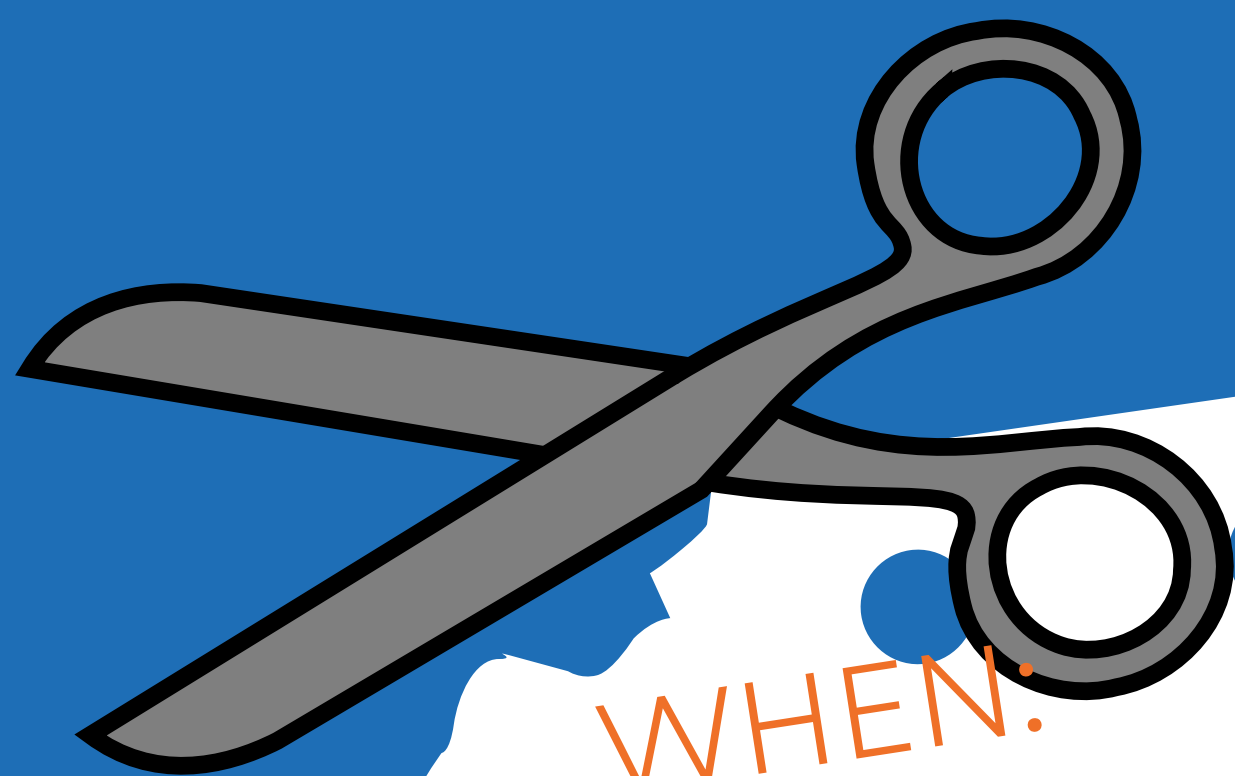
connection

tranquility



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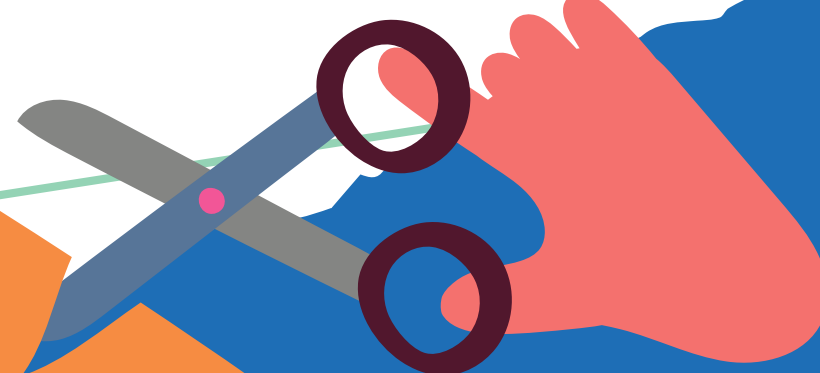
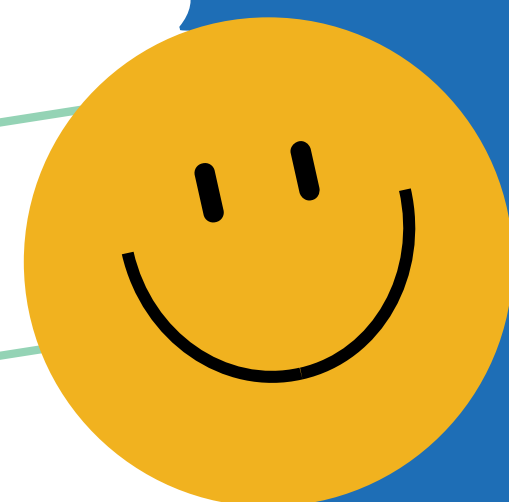
CRAFTS WITH LOIS



WHEN:
THURSDAY, JUNE 15TH &
29TH

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

Summit Presents

GARDENING GROUP



WHEN: FRIDAY JUNE 9TH, 23TH, 30TH 11AM-12PM

WHERE: 120 OAK PARK, OAKVILLE

CONTACT: SHERRAL AT SWILSON@SUMMIT-HOUSING.CA

OR BY PHONE 905-699-2912

ALL NEW

Women's Group

WITH DIANE TAYLOR

Starting Friday May
5th, May 19th: 1-2pm



Please join us virtually and bi-weekly for a safe place to empower one another and learn coping skills for living in the present and coping day to day.

Join the Zoom Meetings:
<https://us02web.zoom.us/my/healthwellness>
Meeting ID: 289 795 5847



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Centre canadien
de l'agrément

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

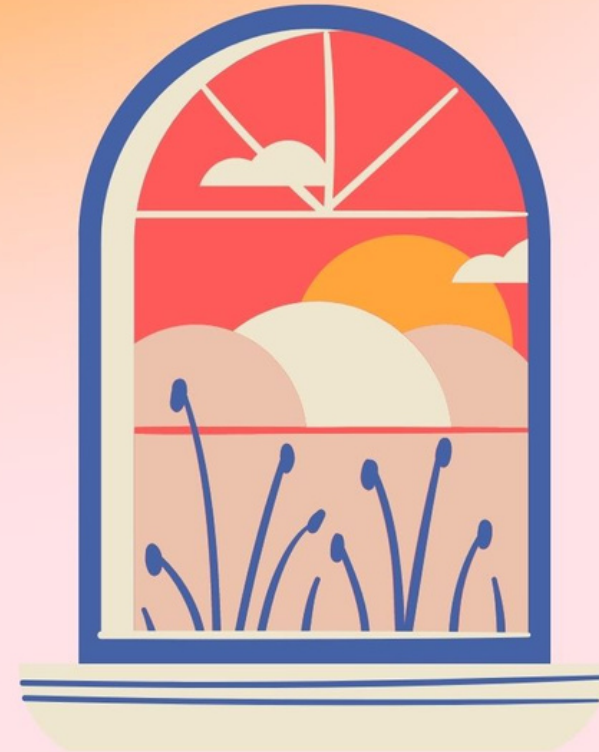
 WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.



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 10:00-10:30AM



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



SHERRAL CONTACT MELISSA AT Swilson |@SUMMIT-HOUSING.CA IF YOU ARE INTERESTED!

YOGA AT HOME

WITH LISA

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

**JOIN THE ZOOM
MEETING**

**MEETING ID:
289 795 5847**

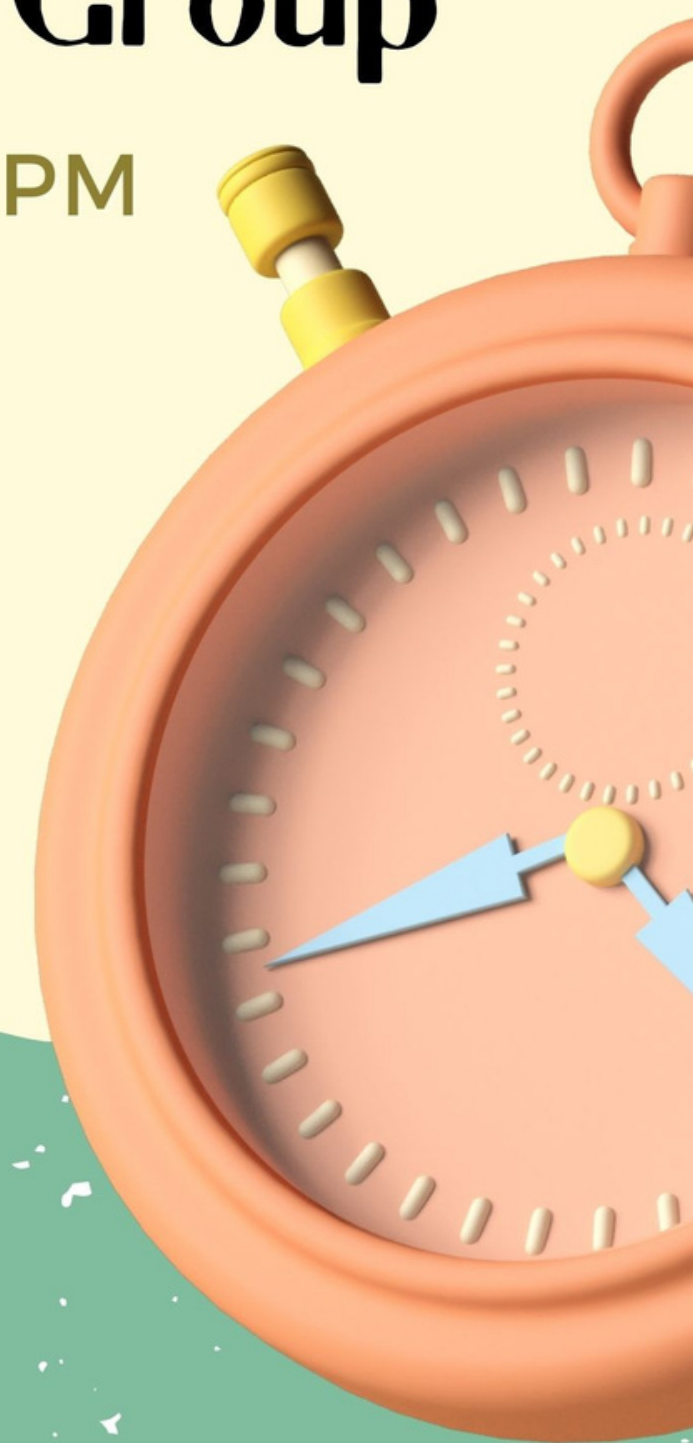


Summit Housing & Outreach Programs presents:

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.



JUNE 2023 EMPLOYMENT READINESS 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+

TUESDAY JUNE 6TH

Building Assertiveness

1:30 PM - 3:00 PM

TUESDAY JUNE 13TH

Communication Skills

1:30 PM - 3:00 PM

TUESDAY JUNE 20TH

Soft-Skills Employment Check-In

1:30 PM - 3:00 PM

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

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





MENTAL HEALTH & SUBSTANCE USE WEBINARS

Join us for our virtual Peer workshops & Check-N'-Chats

For workshop description & more info visit www.stride.on.ca
Open to individuals 16 years and older

WEDNESDAY JUNE 21ST

The SMART Way To Wellness

1:30 PM - 3:30 PM

Check-N'-Chat

SUNDAY JUNE 11TH

7:00 PM - 9:00 PM

SUNDAY JUNE 18TH

7:00 PM - 9:00 PM

SUNDAY JUNE 25TH

7:00 PM - 9:00 PM

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

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



@STRIDE4WORK





STRIDE
you can work • we can help

WELLNESS TOOLBOX WORKSHOP

youth-only in-person group.



When & Where

Acton Youth Centre

Monday, June 5th

3:30PM

Georgetown Youth Centre


Monday, June 19th

3:30PM

Contact Info

For questions, please contact Alyssa Smith at:

 asmith@stride.on.ca

 (905) 691-5690



Why

Everyone has the skills and ability to develop and maintain coping strategies that work for them but sometimes we forget to use them when our minds are jumbled, stressed or experiencing strong emotions.

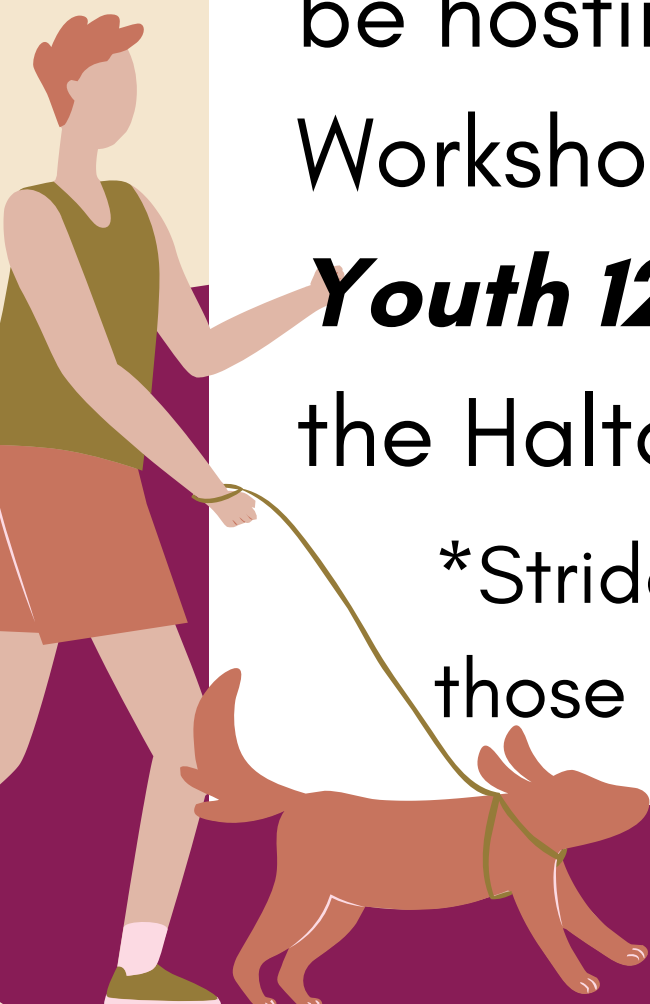
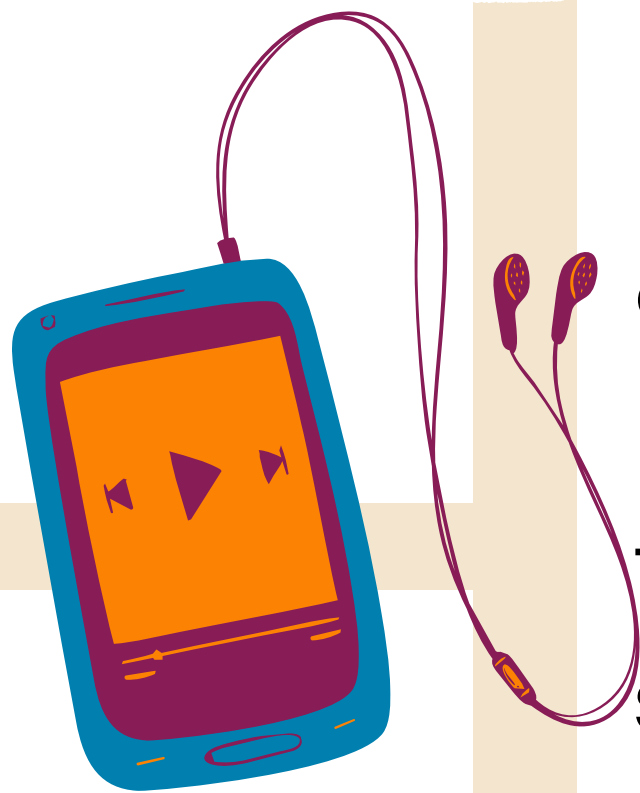
The workshop will review:

- Elements of Self-Care
 - Skills to put in your toolbox
- Making strategies accessible

Who

Stride's Youth Employment and Peer Mentor Teams will be hosting a Wellness Workshop for:
Youth 12-24* Years Old at the Halton Hills Youth Centres

*Stride provides services for those who are ages 16+



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

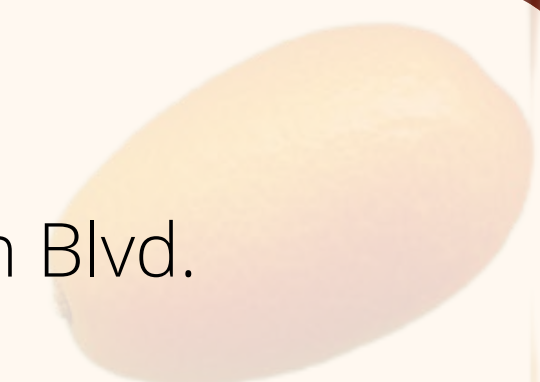
<https://actonfoodshare.com/>

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/>