

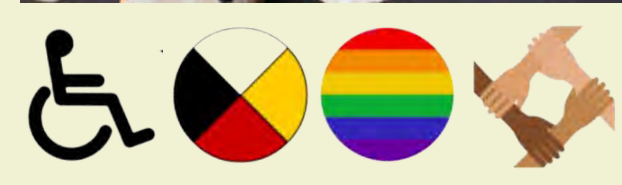


SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

MAY 2023



Accredited by
Canadian Centre
for Accreditation



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



MAY 2023

SUMMIT HOUSING & OUTREACH PROGRAMS PROGRAMMING



SUN MON TUE WED THU FRI SAT

	1 Art with S&J 1:00-3:00PM Milton Office Men's Group 2:00-3:00PM	2 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Oasis Group 145-330PM The Hub Technology Group 2:30-3:30PM	3 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	4 Early Risers 10-1030am Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	5 NEW Women's Group 1:00pmm-2:00pm	6
7	8 Men's Group 2:00-3:00PM	9 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Crochet Group 145-330PM The Hub	10 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Georgetown	11 Early Risers 10-1030am Lunch and Learn 12:00PM-1:00pm Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	12 Craft with Lois 11:00AM-12:30pm Connections with Sharon 1:00-2:00PM	13
14	15 Art with S&J 1:00-3:00PM Milton Office Men's Group 2:00-3:00PM	16 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Lunch & Learn 12PM-1:00pmPM The HUB Technology Group 2:30-3:30PM	17 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	18 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	19 Lunch and Learn 12pm-1pm Milton Office & Zoom Women's Group 1:00pmm-2:00pm	20
21	22 Happy Victoria Day CLOSED	23 Early Risers 10-1030am Beginners Drawing 12:30-1:30PM Technology Group 2:30-4:00PM	24 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Milton	25 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group Cancelled	26 Crafts with Lois 11:00AM-12:30pm Connections with Sharon 1:00-2:00PM	27
28	29 Art with S&J 1:00-3:00PM Milton Office Men's Group 2:00-3:00PM	30 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Crochet Group 145-330PM The Hub	31 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group Oakville 2pm-3pm			



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

Discuss Healthy Lifestyle with Sheriffa
Thursday, May 11th at 12PM On Zoom



Discuss Healthy relationships with Janet & Felicia
Tuesday, May 16th at 12PM at the Burlington Hub



Discuss Copping strategies with Petra & Vanessa
Friday, May 19th at 12PM at the Milton office or 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.

ALL NEW

Women's Group

WITH DIANE TAYLOR AND
FELICIA THOMAS!

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



Accredited by
Canadian Centre
for Accreditation





LET YOUR ART FLOW

WITH JON & SHERRY

MONDAY, MAY 1ST, 15TH & 29TH
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 May 2nd, 16th, 23rd

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, May 2nd
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



Come join us for:

Crochet Class

All skills are welcome!

From basic to advanced techniques

WHEN: Tuesday May 9th & May 30

FROM 1:45-3:30PM

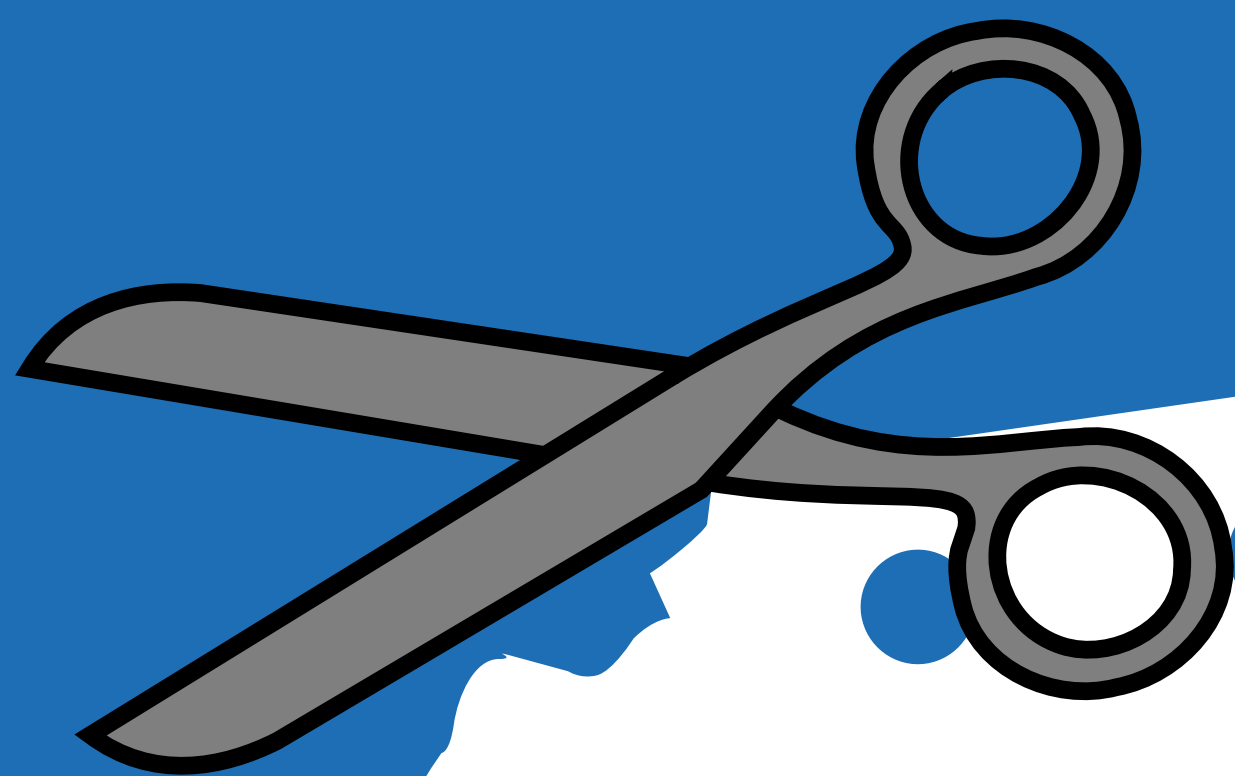
Where: The HUB at
Burlington Centre

777 Guelph Line, Burlington

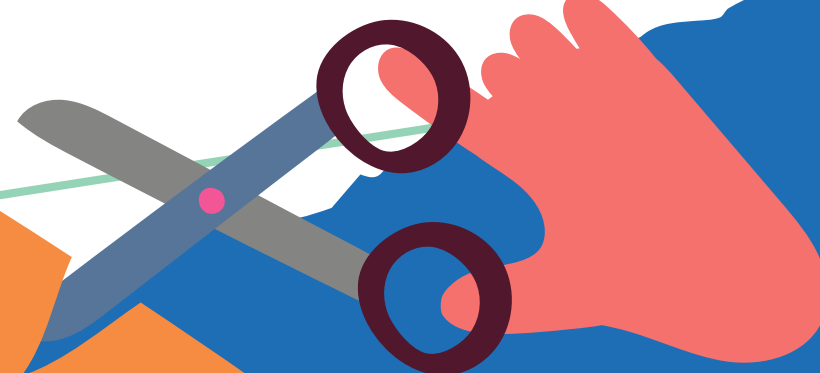
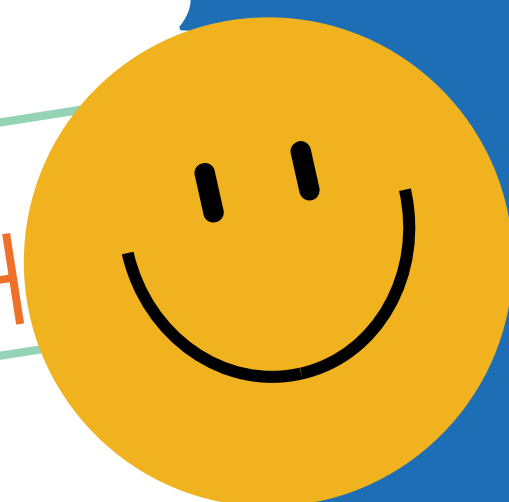
Contact: Sherral at
swilson@summit-housing.ca or
by phone 905-699-2912



CRAFTS WITH LOIS

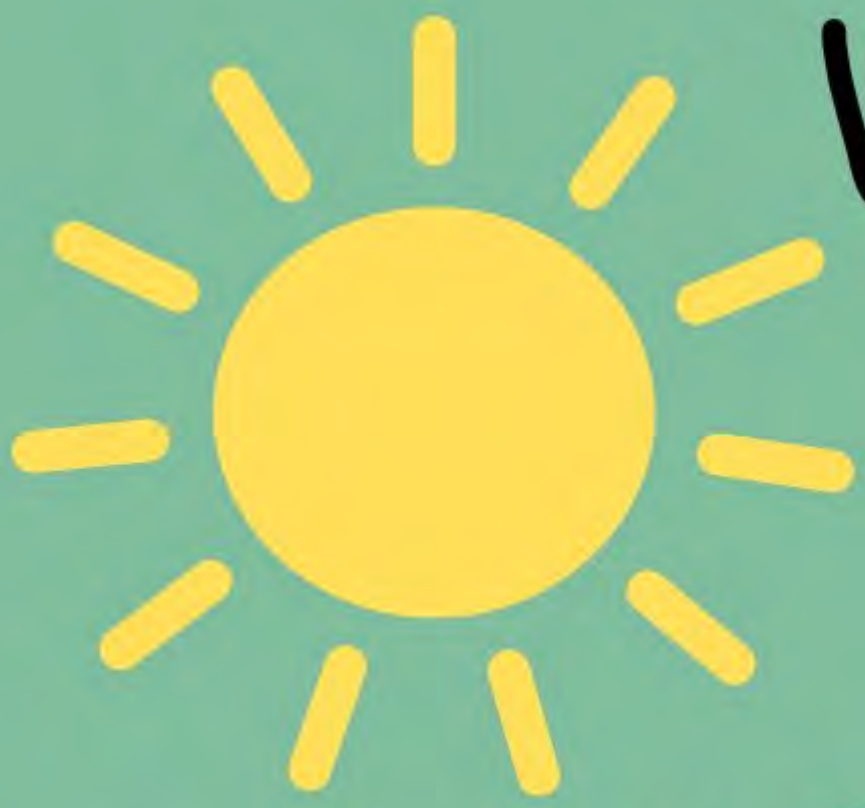


WHEN:
FRIDAY, MAY 12TH & 26TH
FROM: 11:00AM-12:30PM
LET'S GET CREATIVE!



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

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



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:



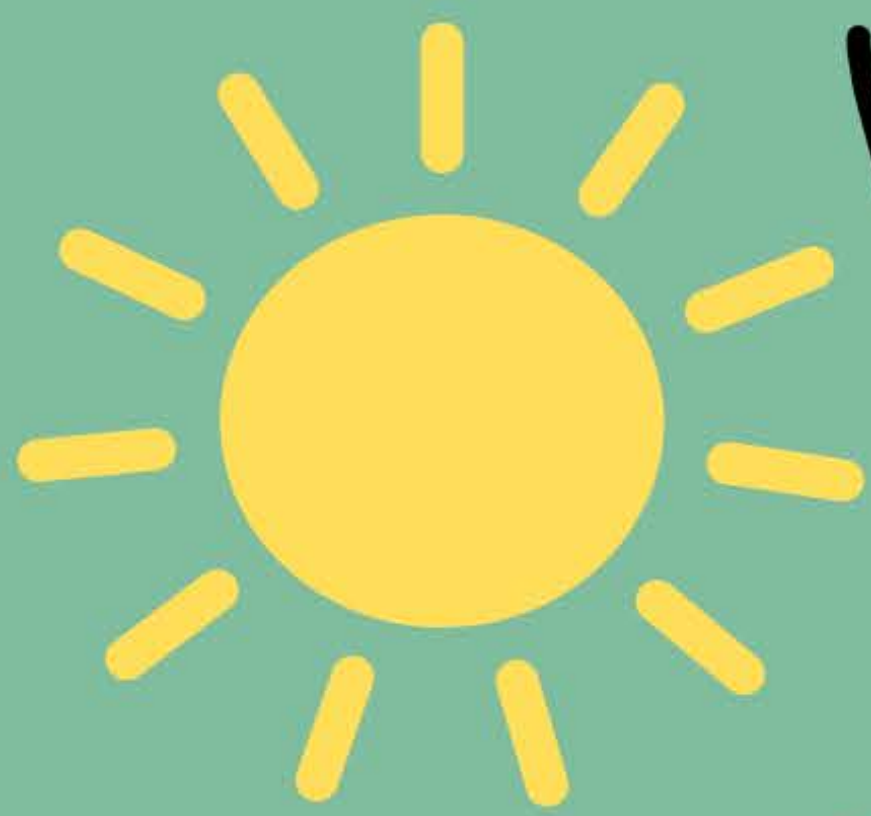
Oakville Trafalgar Community Centre

(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

 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](mailto: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 Swilson](mailto:Sherral-Swilson@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-N'-Chats

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

Open to individuals 16 years and older

SUNDAY MAY 7TH

Check-N'-Chat

7:00 PM - 9:00 PM

WEDNESDAY MAY 17TH

Narrating Our Lives

1:30 PM - 3:30 PM

SUNDAY MAY 14TH

Check-N'-Chat

7:00 PM - 9:00 PM

SUNDAY MAY 28th

Check-N'-Chat

7:00 PM - 9:00 PM

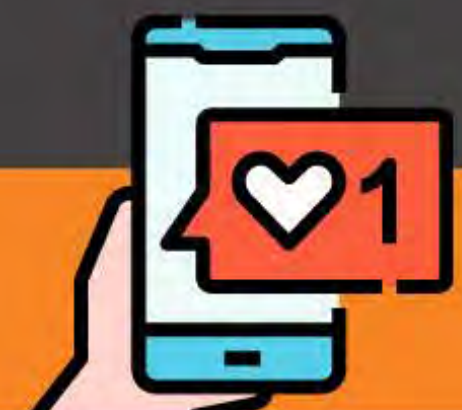
For questions & registration call, text or e-mail:

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

Klara | KKabelik@stride.on.ca | 365-355-6128



@STRIDE4WORK





MAY 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 MAY 9TH

Job Search

1:30 PM - 3:00 PM

THURSDAY MAY 25TH

How To Spot A Scam

1:30 PM - 3:00 PM

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





LIVE @ 5

#MYSTORY

FREE LIVE FACEBOOK EVENT
Thursday, 4 May 2023 | 5.00 PM

JOIN US



@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

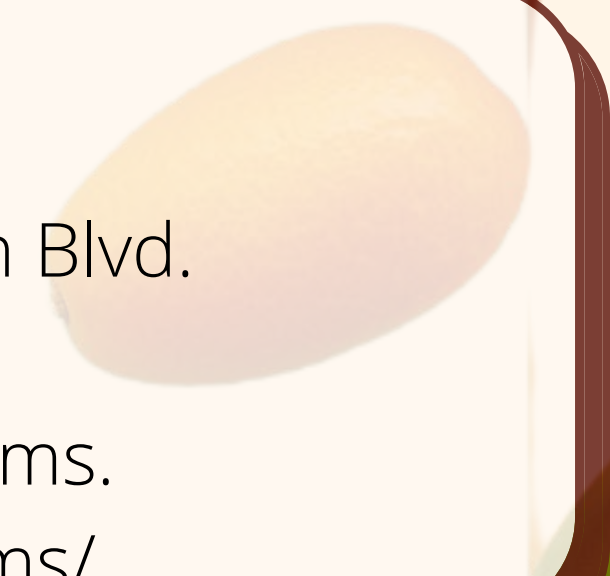
<https://actonfoodshare.com/>

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/>