



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

AUGUST 2023

HELLO
AUGUST



Accredited by
Canadian Centre
for Accreditation



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



AUGUST 2023

SUMMIT HOUSING & OUTREACH PROGRAMS PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
	31 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm Lunch and Learn 3:00pm-4:00pm	1 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Crochet Group 1:45pm-3:00PM The HUB	2 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Georgetown	3 Early Risers 10-1030am Crafts with Lois 11:00-12:30PM Milton Office Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	4 Gardening Group (Oak park) 11:00am-12:00PM	5
6	7 	8 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Oasis Group 1:45pm-3:00PM The HUB Technology Group 2:30pm-4:00pm	9 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	10 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00pm-3:30pm	11 Grand Opening (Milton Office) 2:00pm-4:00pm Conservation Walk (Burlington Pickup only) 2:00pm-3:00pm	12
13	14 Writing group 12:30pm-1:45pm Art with S&J 1:00pm-3:00PM Milton Office Men's Group 2:00pm-3:00pm	15 	16 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Lunch & Learn 1:00pm-2:00pm Walking Group 2:00PM-3:00PM Milton	17 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00pm-3:30pm	18 Gardening Group (Oak park) 11:00am-12:00PM	19
20	21 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm	22 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Technology Group 2:30pm-4:00pm	23 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM- 3:00PM Oakville	24 Early Risers 10-1030AM Crafts with L&L 11:00-12:30PM Milton Office Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	25 Lunch and Learn 12:00pm-1:00pm Conservation Walk 2:00pm-3:00pm (Burlington Pick up and Milton Pick up)	26
27	28 Writing group 12:30pm-1:45pm Art with S&J 1:00pm-3:00PM Milton Office Men's Group 2:00pm-3:00pm	29 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Technology Group 2:30pm-4:00pm	30 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Georgetown	31 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM		

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



Let's stretch with Mei to relieve back pain on Zoom on Friday August 25th at 12pm

INTERESTED IN JOINING A PROGRAM? SIGN UP VIA EMAIL: SWILSON@SUMMIT-HOUSING.CA



Art Call Out!

Summit Housing & Outreach Programs is looking for artwork that reflects the agency to include in this year's Annual Report!

The Annual Report is prepared for our clients, funders, community members, and is available on our website.

Artists whose artwork is selected will receive a gift card.

**Email your artwork to:
info@summit-housing.ca
Deadline *extended*: August 14, 2023**





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



GRAND OPENING OF THE...

HEALTH & WELLNESS HUB

Drop by for our grand opening as we launch our new space
and Health and Wellness logo



WHEN: FRIDAY AUGUST 11TH

FROM: 2:00 - 4:00PM

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



Come cut the ribbon with us, and stay for some
refreshments and more!

Please Email: swilson@summit-housing.ca
(to confirm attendance and/ or require transportation support).



Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Summit presents



WRITING GROUP

Come Write with us every Monday at 12:30-1:45pm
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, AUG 14TH & 28TH
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 August 8th
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



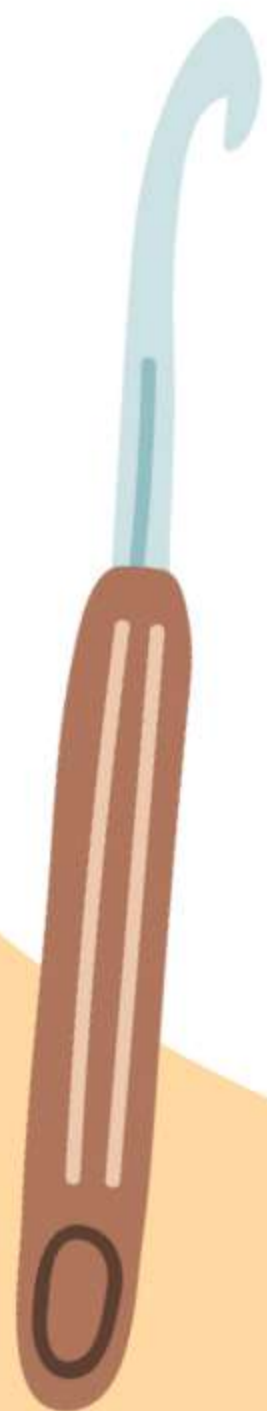


Come join us for:

Crochet Class

All skills are welcome!

From basic to advanced techniques



**WHEN: TUESDAY AUGUST
1ST**

FROM 1:45PM-3:00PM



Where: The HUB at
Burlington Centre

777 Guelph Line, Burlington

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 August 8th, 22nd, *29th

FROM 2:30 PM - 4:00PM

For more information:

Swilson@SUMMIT-HOUSING.CA

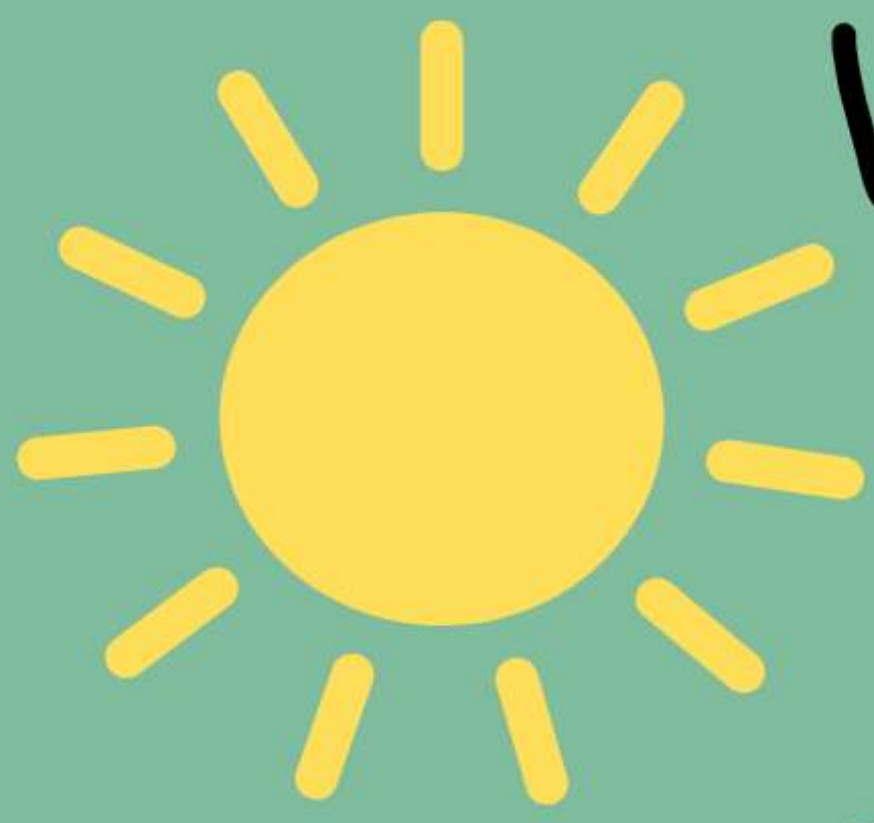


Join the Zoom Meetings:

<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 - Please meet us at the back of
boat House restaurant close to the Parking Lot)



OR in the case of bad weather:

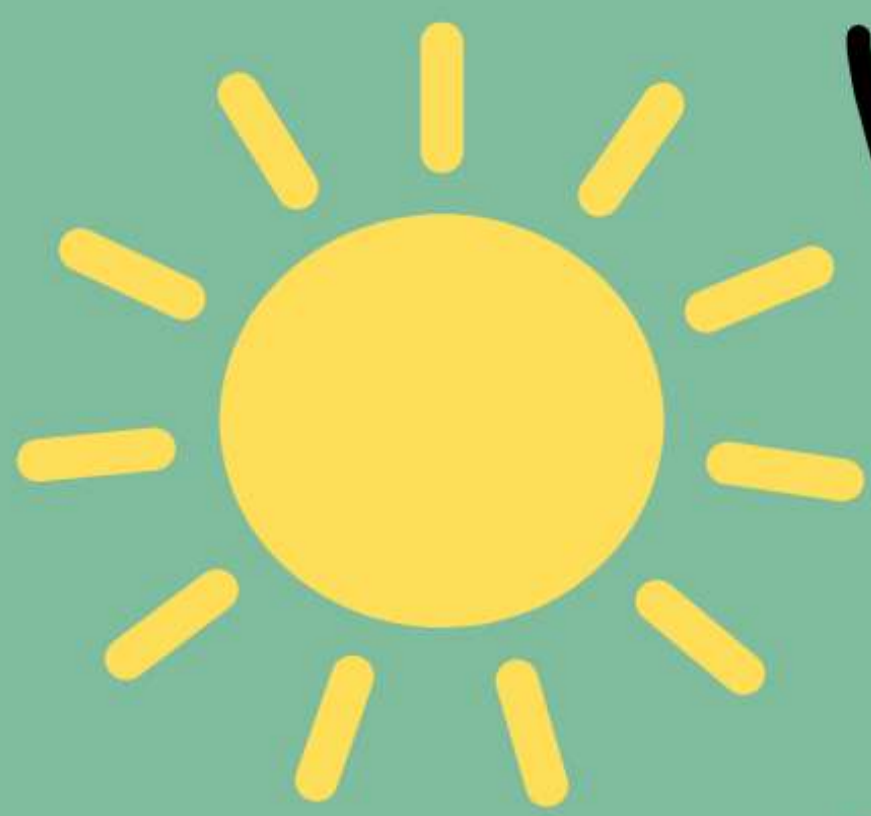
Oakville Trafalgar Community Centre

(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

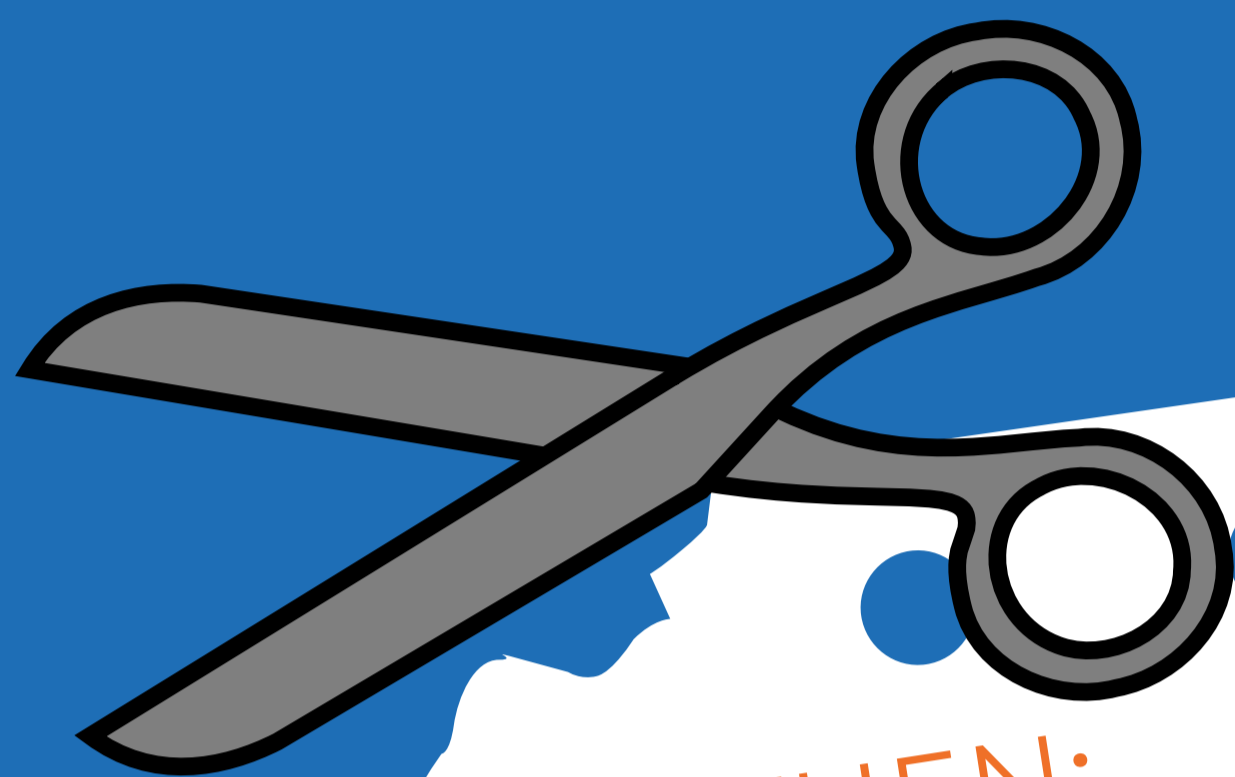
connection

tranquility

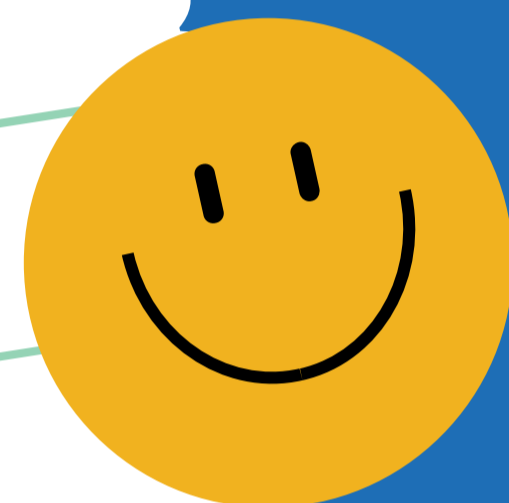


FOR REGISTRATION, EMAIL SHERRAL AT
SWILSON@SUMMIT-HOUSING.CA

CRAFTS WITH LOIS



WHEN:
THURSDAY, AUGUST
3RD, 24TH
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 AUGUST 4TH, 18TH

11AM-12PM

WHERE: 120 OAK PARK, OAKVILLE

CONTACT: SHERRAL AT SWILSON@SUMMIT-HOUSING.CA

OR BY PHONE 905-699-2912



Halton Conservation walk Friday's

HIKING THE TRAILS

August 11th & 25th
2:00-3:00pm



Every week a new park to hike, Please see Mondays email to know where we are walking

If you are interested and need or need a ride please
contact:

(Pick up in Milton/Oakville) Sherral - Swilson@summit-housing.ca or

(Pick up in Burlington) Erin - ebrice@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

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 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

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





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 AUGUST 16TH

Summertime Social

1:30 PM - 3:30 PM

Check-N'-Chat

SUNDAY AUGUST 13TH

7:00 PM - 9:00 PM



WEDNESDAY AUGUST 23RD

7:00 PM - 9:00 PM

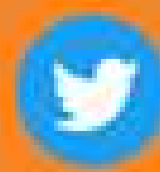
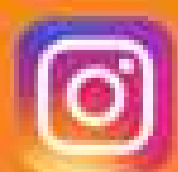
SUNDAY AUGUST 27TH

7:00 PM - 9:00 PM

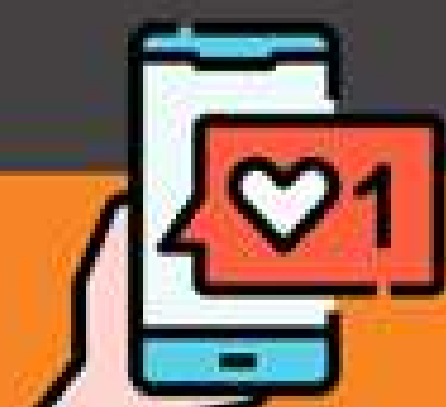
For questions & registration call, text or e-mail:

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

Anna | AWojtecki@stride.on.ca | 365-355-6128



@STRIDE4WORK



RESUME CLINIC

Come out and boost your resume confidence

Stride is hosting a resume clinic for people 16+ to receive a 15-minute resume review session with one of our employment professionals.

You will be provided with feedback and suggestions to help make your resume stand out and to add some additional tools to your career toolbox. Additional resources will be provided to help guide your resume journey.

We ask that you bring a printed copy, or on a memory stick, of your resume to allow for optimal review time.

WHEN

**Tuesday July 11th from 2-4pm &
Tuesday August 15th from 2-4pm**

WHERE

Milton Public Library - Main area



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/>