

SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
40 YEARS

# THE SUMMIT MONTHLY

## JULY 2023



Accredited by  
Canadian Centre  
for Accreditation

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





# JULY 2023

## SUMMIT HOUSING & OUTREACH PROGRAMS PROGRAMMING

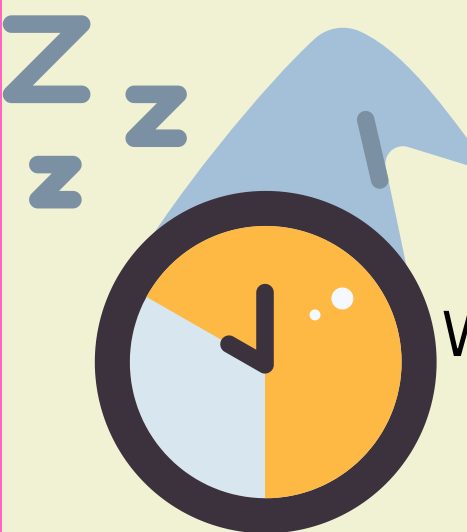


SUN	MON	TUE	WED	THU	FRI	SAT
	See June Calendar	See June Calendar	See June Calendar	See June Calendar	See June Calendar	1
2	3 	4 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Oasis Group 1:45pm-3:00PM The HUB	5 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Georgetown	6 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	7	8
9	10 Writing group 12:30pm-1:45pm Art with S&J 1:00pm-3:00PM Milton Office Men's Group 2:00pm-3:00pm	11 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Crochet Group 1:45pm-3:00PM The HUB Technology Group 2:30pm-4:00pm	12 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 Oakville	13 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	14 Women's Group 1:00-2:00PM	15
16	17 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm	18 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Art Oasis Group 1:45pm-3:00PM The HUB	19 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Milton Office	20 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00pm-3:00pm	21 Gardening Group (Oak park) 11:00am-12:00PM	22
23 	24 Writing group 12:30pm-1:45pm Art with S&J 1:00pm-3:00PM Milton Office Men's Group 2:00pm-3:00pm	25 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Music Makers(Hub) 1:45-3:30pm Technology Group 2:30pm-4:00pm	26 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM- 3:00PM Oakville	27 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	28 Women's Group 1:00pm-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



Explore sleep with Jacob & Igor on Wednesday July 12th, at 1:00-2:00Pm on zoom



Lets make music with Jim at the Burlington Hub at 1:45-3:30pm



Discuss Mindfulness with Shabeda and Asma on Monday July 31st from 3-4pm on Zoom

INTERESTED IN JOINING A PROGRAM? SIGN UP VIA EMAIL: [SWILSON@SUMMIT-HOUSING.CA](mailto: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: July 31, 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](mailto: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 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, JULY 10TH & 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 July 11th & July 25th**

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**







# ART GROUP WITH THE OAKVILLE OASIS DRAWING BEE



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

When: Tuesday July 4th & 18th  
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



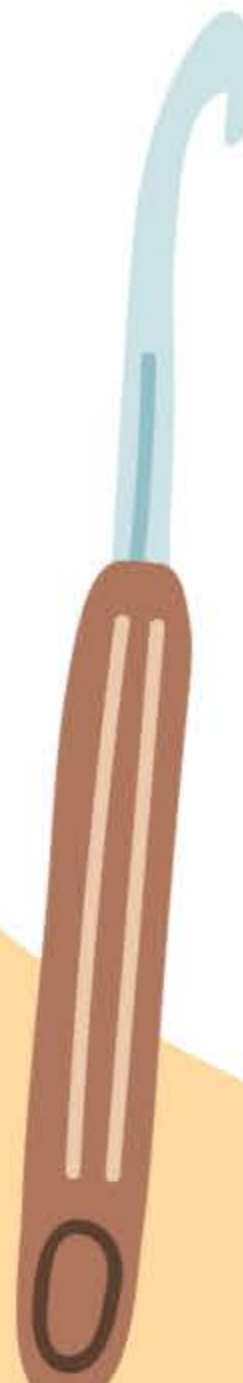


Come join us for:

# Crochet Class

*All skills are welcome!*

*From basic to advanced techniques*



**WHEN: TUESDAY,  
JULY 11TH  
FROM 1:45-3:00PM**



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

Contact: Sherral at  
[swilson@summit-housing.ca](mailto:swilson@summit-housing.ca) or  
by phone 905-699-2912







# MUSIC MAKERS

*WITH JIM*

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Tuesday, July 25

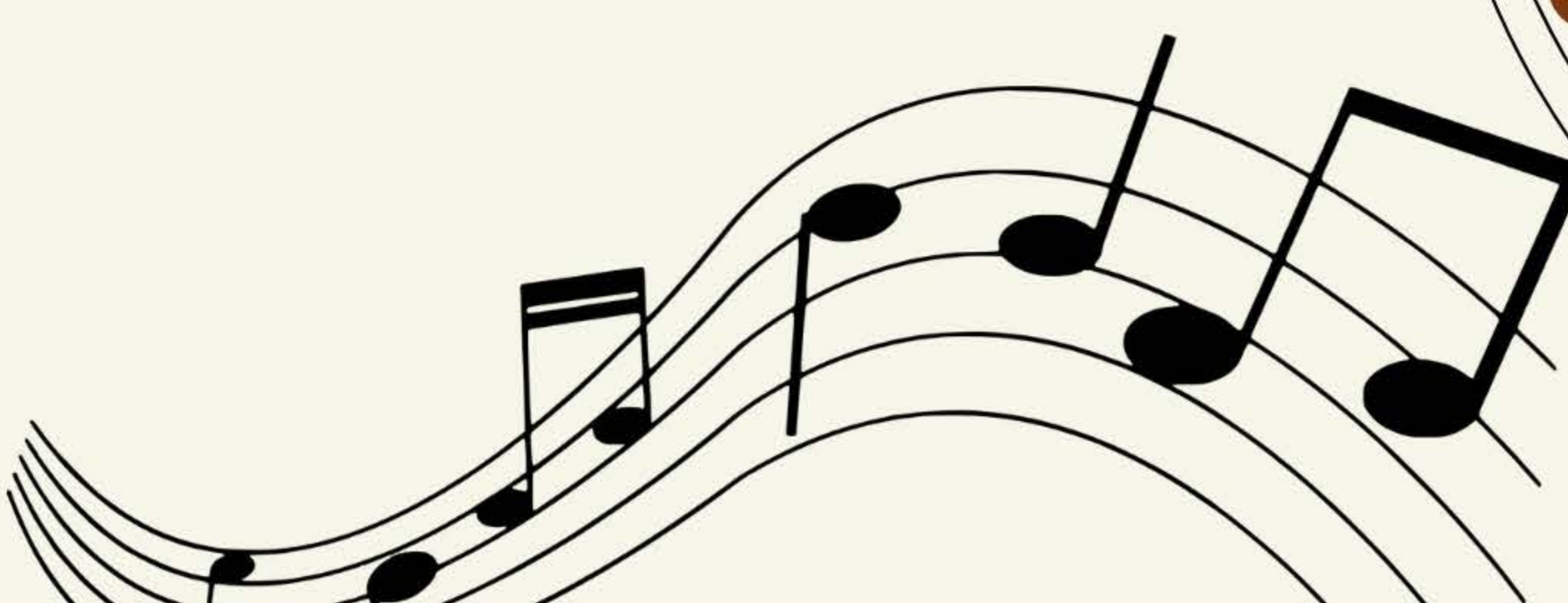
The HUB at Burlington Centre  
777 Guelph Line, Burlington

Come enjoy some music, and if you  
want you can even sing along!

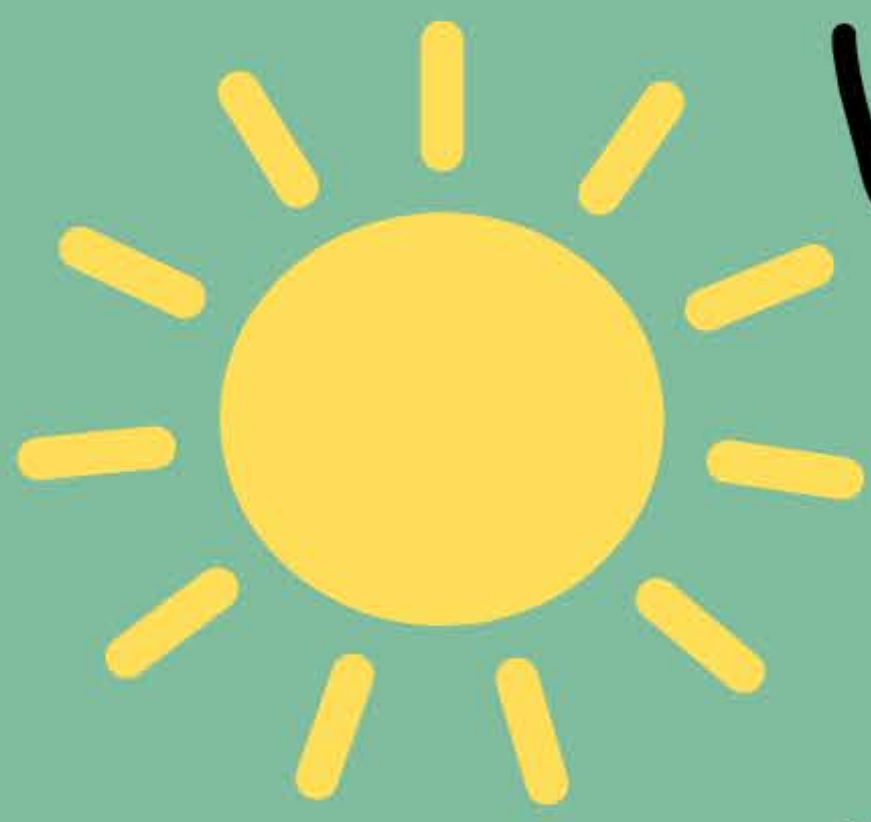
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Contact Sherral at  
[swilson@summit-housing.ca](mailto:swilson@summit-housing.ca) or  
by phone 905-699-2912

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# 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**

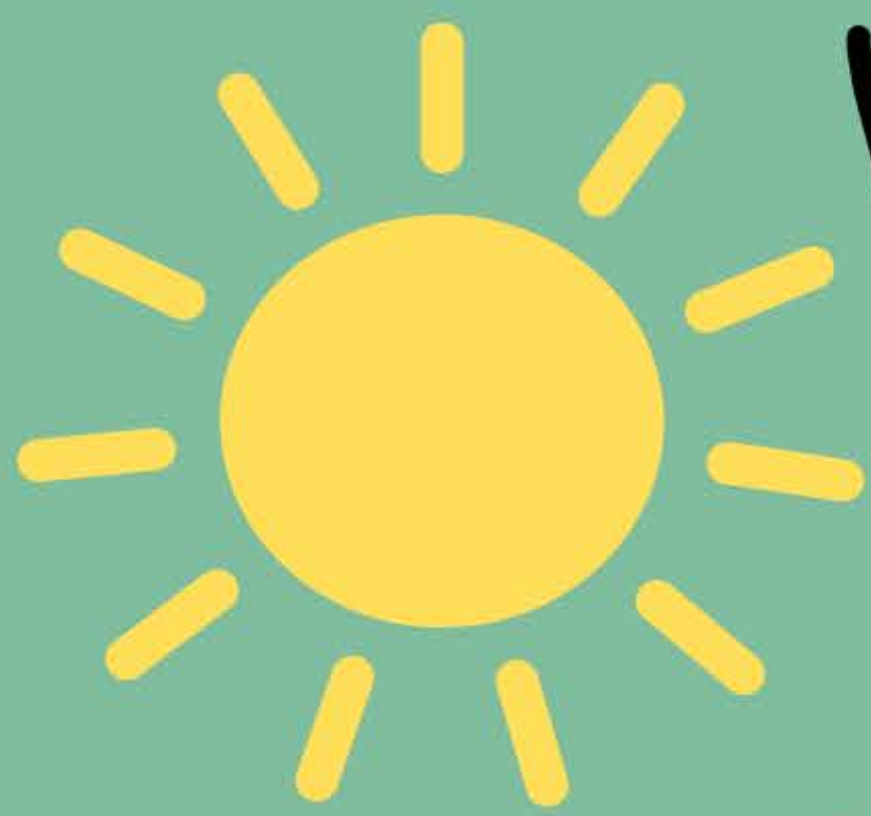
(325 Reynolds St, Oakville - Parking on site)

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

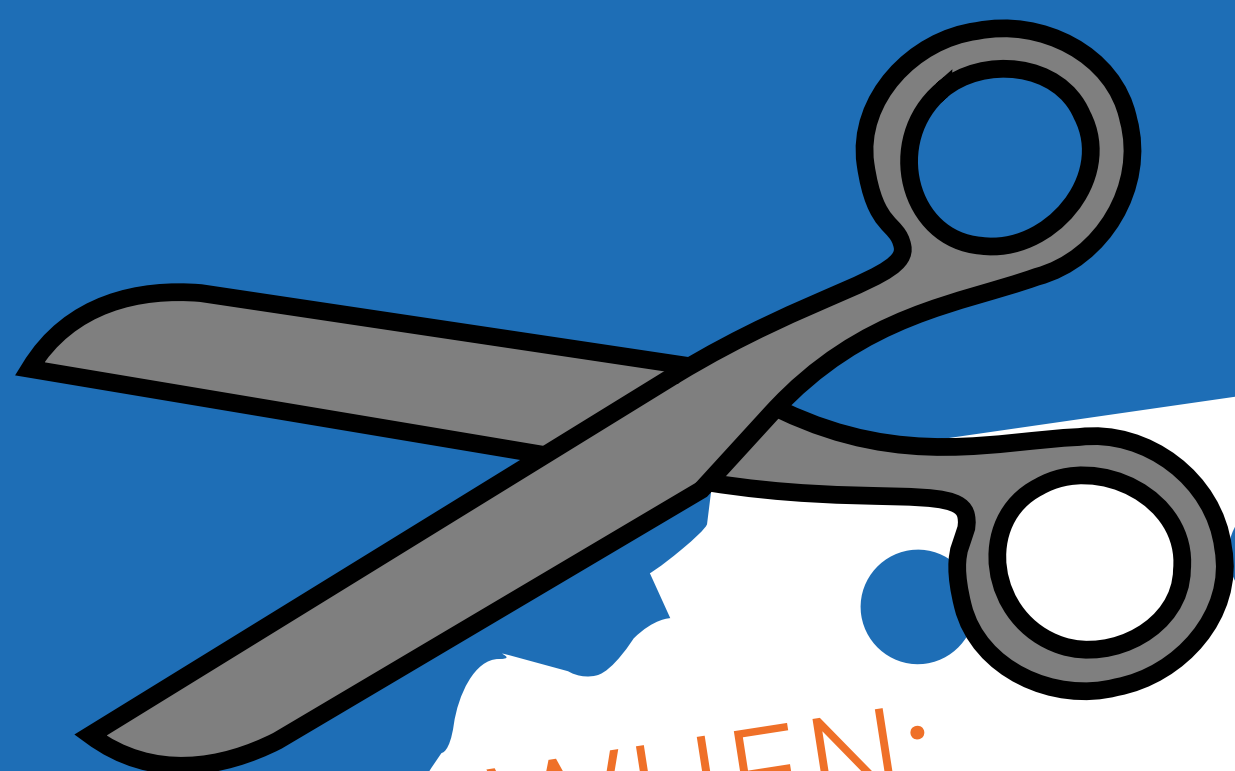
tranquility



FOR REGISTRATION, EMAIL SHERRAL AT  
[SWILSON@SUMMIT-HOUSING.CA](mailto:SWILSON@SUMMIT-HOUSING.CA)



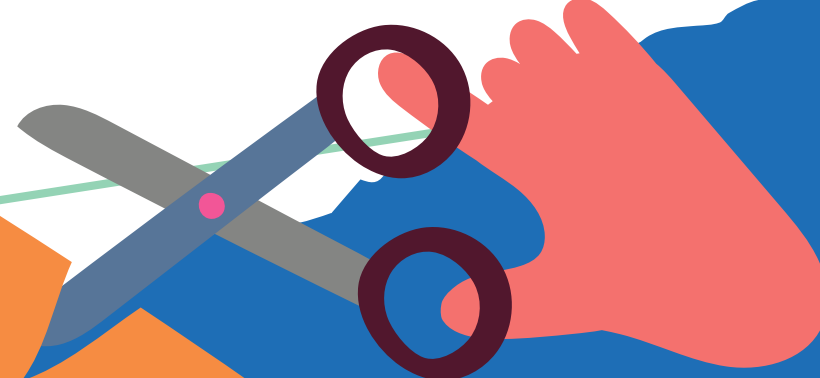
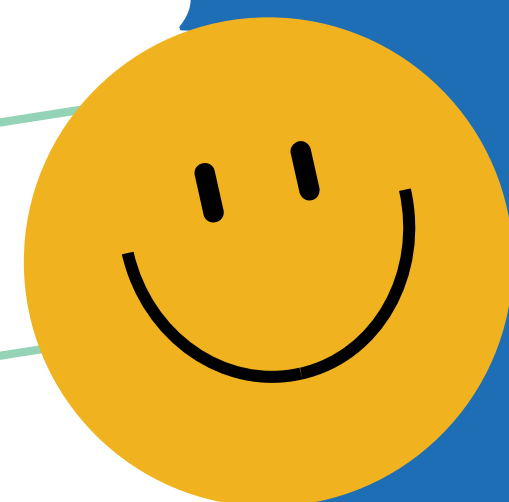
# CRAFTS WITH LOIS



WHEN:  
THURSDAY, JULY 13TH &  
27TH

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 JULY 21 11AM-12PM**

**WHERE: 120 OAK PARK, OAKVILLE**

**CONTACT: SHERRAL AT [SWILSON@SUMMIT-HOUSING.CA](mailto:SWILSON@SUMMIT-HOUSING.CA)**

**OR BY PHONE 905-699-2912**



ALL NEW

# Women's Group

WITH DIANE TAYLOR

When: July 14th, 28th



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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for Accreditation



Agrié par  
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](mailto:Sherral-Swilson@summit-housing.ca)

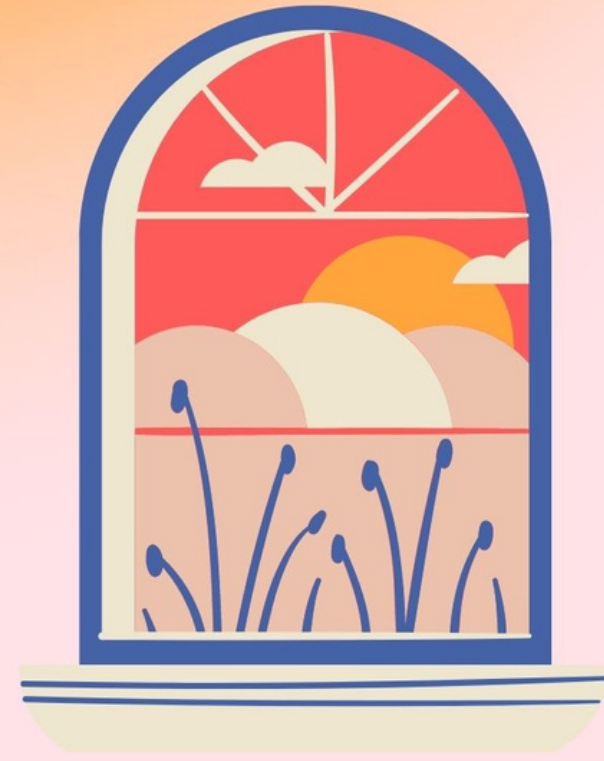
 WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.



# 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 10:00-10:30AM



[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!





# YOGA AT HOME

WITH LISA

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

**JOIN THE ZOOM  
MEETING**

**MEETING ID:  
289 795 5847**

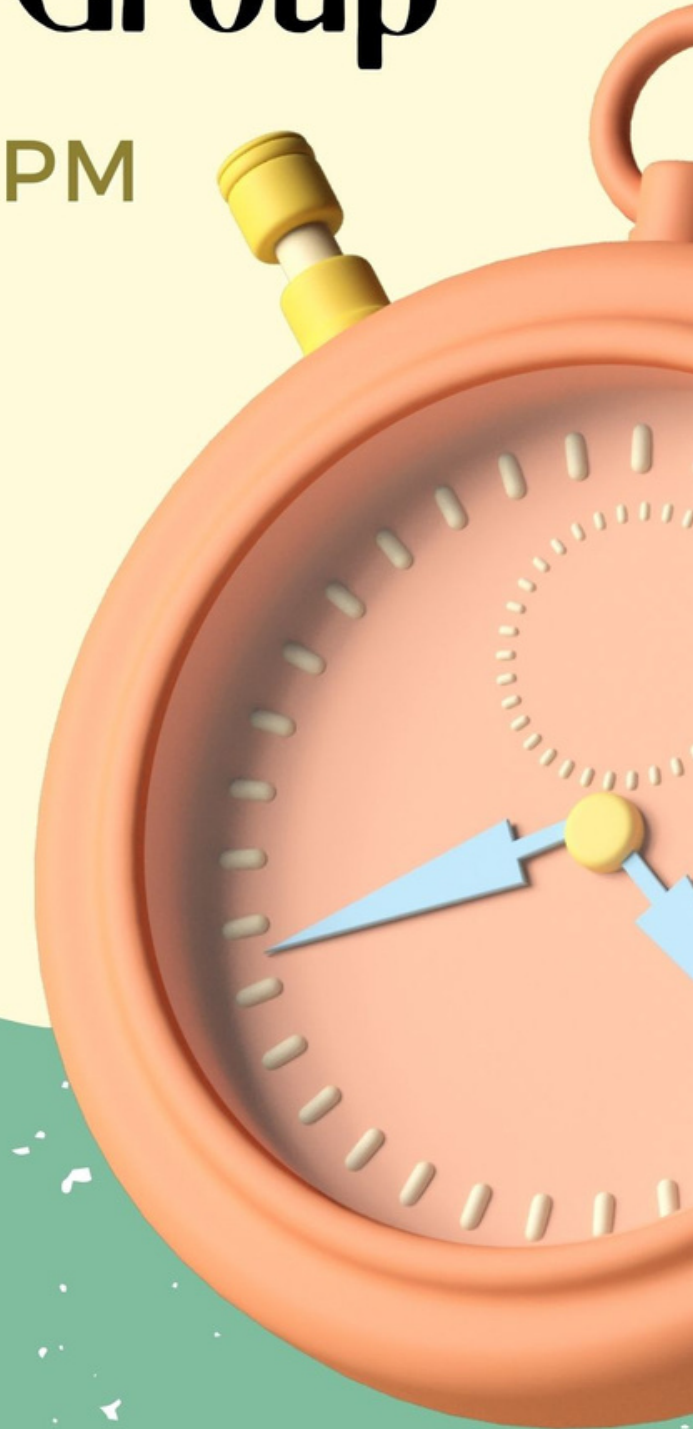


Summit Housing & Outreach Programs presents:

## 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](mailto:mforester@summit-housing.ca) Or Melissa at [mthomson@summit-housing.ca](mailto: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](http://www.stride.on.ca)  
Open to individuals 16 years and older

WEDNESDAY JULY 19TH

## From Striving To Thriving

1:30 PM - 3:30 PM

## Check-N'-Chat

SUNDAY JULY 9TH

7:00 PM - 9:00 PM

SUNDAY JULY 16TH

7:00 PM - 9:00 PM

SUNDAY JULY 30TH

7:00 PM - 9:00 PM

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

Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389



@STRIDE4WORK







# JULY 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](http://www.stride.on.ca)

16+

TUESDAY JULY 18TH

## Am I Ready To Work?

1:30 PM - 3:00 PM

TUESDAY JULY 25TH

## Goal Setting Workshop

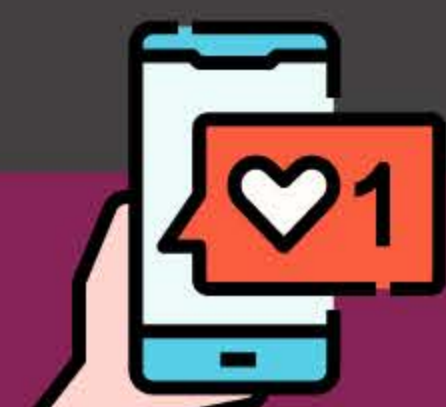
1:30 PM - 3:00 PM

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

Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389



@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](mailto: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](http://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/>