

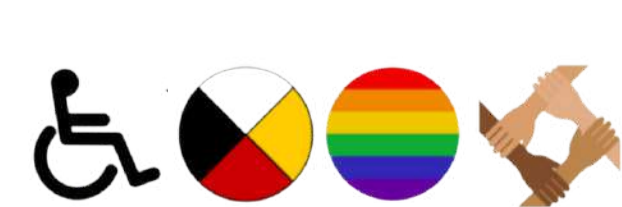


SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

hello
November

November is a time to reflect
on the beauty of change.



Accredited by
Canadian Centre
for Accreditation



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



NOVEMBER 2023



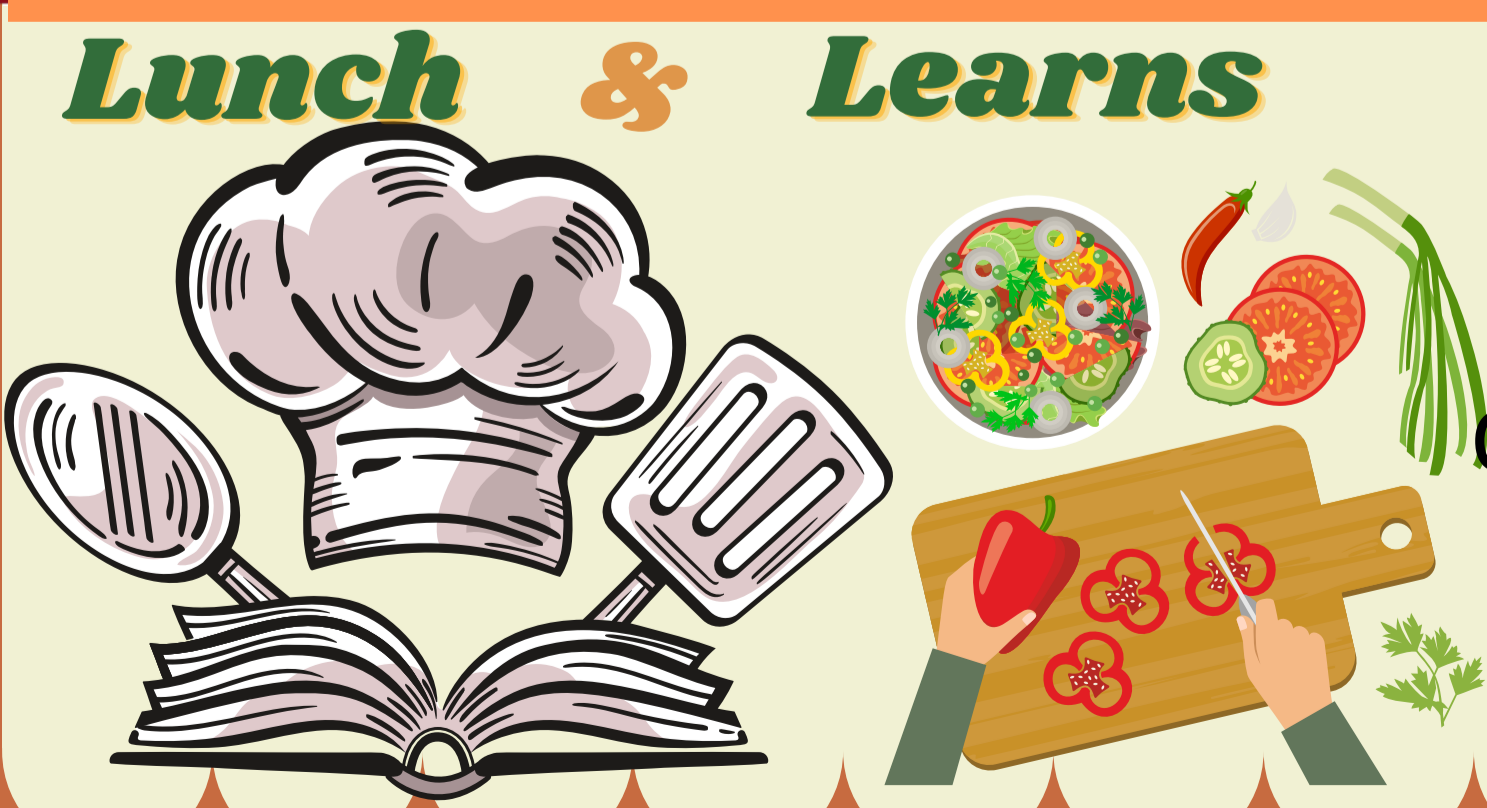
SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	2 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00pm-3:30pm	3 Conservation Walk 2:00pm-3:00pm	4
5	6 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm Art with Jon 1:00pm-3:00PM (Milton)	7 Early Risers 10-1030AM Technology Group 2:30pm-4:00pm	8 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM	9 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	10 Crafts with Lois 11:00-12:30PM Milton Office	11
12	13 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm	14 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM	15 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	16 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00pm-3:30pm	17 Conservation Walk 2:00pm-3:00pm	18
19	20 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm Art with Jon 1:00pm-3:00PM (Milton)	21 Early Risers 10-1030AM Technology Group 2:30pm-4:00pm	25 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM	23 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM	24 Crafts with Lois 11:00-12:30PM Milton Office	25
26	27 Writing group 12:30pm-1:45pm Men's Group 2:00pm-3:00pm	28 Early Risers 10-1030AM Beginners Drawing 12:30-1:30PM Cooking Class (Milton Office) 12:00pm-2:00pm	29 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM Oakville	30 Early Risers 10-1030AM Laughter Yoga 1:00-2:00PM Productivity Group 2:00-3:30PM		



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



Cooking Class is back!
Come in and learn to cook some delicious meals with Lola and Petra at the Milton Office November 28 from 12pm-2pm

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



SUMMIT HOUSING &
OUTREACH PROGRAMS

HOLIDAY *Party*

Please join us for fun, dancing and a Turkey dinner on

TUESDAY, DECEMBER 12, 2023

4:30 PM - 8:30 PM

Country Heritage Park: Gambrel Barn
8560 Tremaine Rd, Milton, ON L9T 2X3

Please R.S.V.P to your Summit Housing
case worker or

Anamae.aclaret@summit-housing.ca by
November 30th, 2023 for any food
allergies and accessibility needs

Transportation is limited: Bus pick up and
drop off at designated areas



Call for Clients

CLIENT ADVISORY COMMITTEE

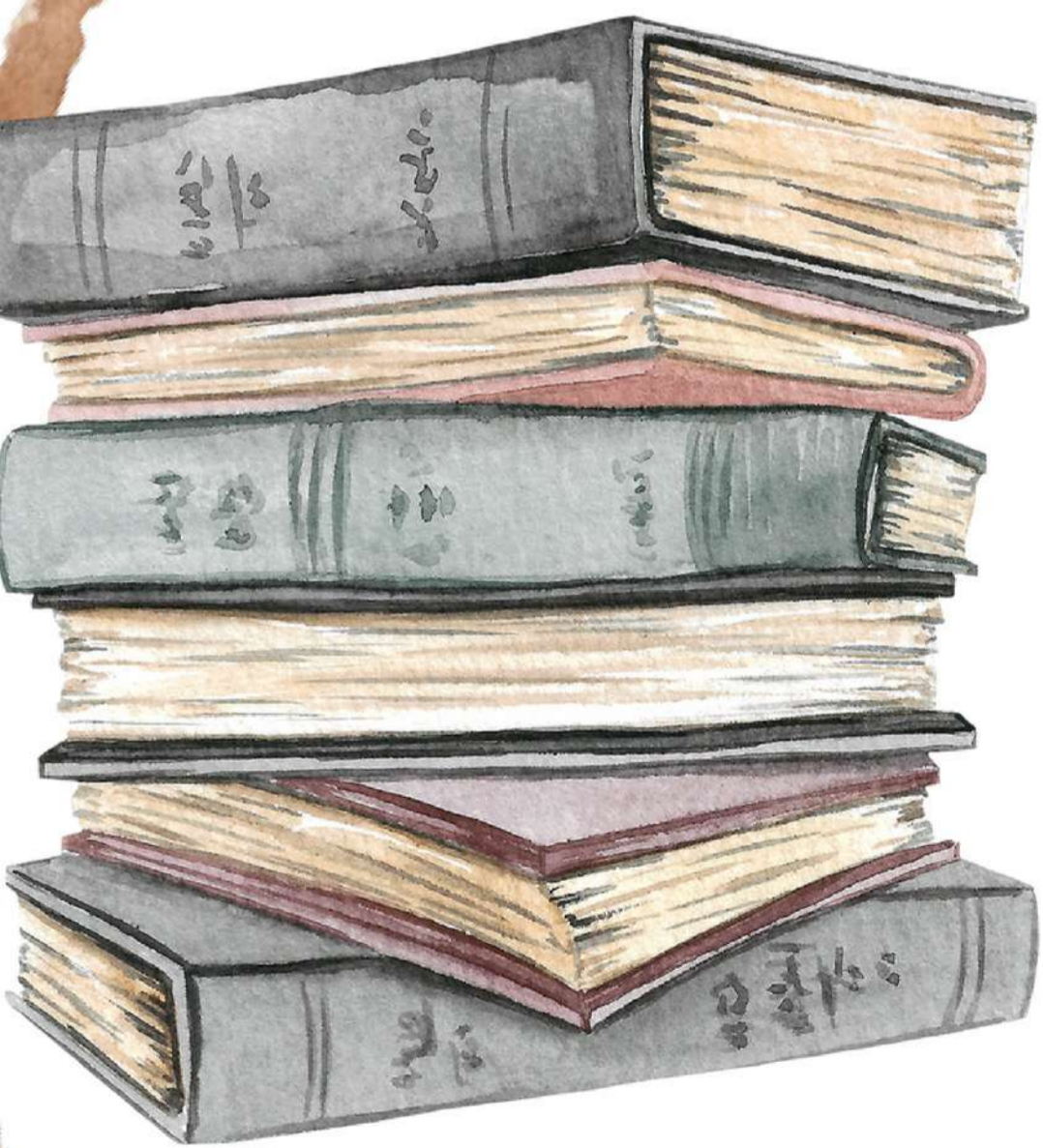
- WE ARE LOOKING FOR SOME NEW MEMBERS TO JOIN OUR CLIENT ADVISORY COMMITTEE!
- THIS IS AN OPPORTUNITY TO:
 1. PROVIDE FEEDBACK TO OUR PROGRAMS
 2. CELEBRATE IMPROVEMENTS AND GOALS ACHIEVED WITHIN THE MENTAL HEALTH FIELD
- TIME COMMITMENT: 90-MINUTE MEETING QUARTERLY (JANUARY, APRIL, JULY, OCTOBER) FOR 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.



Writing Groups



Monday's
12:30 pm - 1:45 pm



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



COME LET YOUR ART FLOW AT

ART

WITH

JON

NOVEMBER 6TH AND 20TH

1:00 PM - 3:00 PM

MILTON OFFICE 917 NIPISSING RD, UNIT 2, MILTON

PLEASE CONTACT SAVINA WILLIAMS TO REGISTER



289-208-4051



swilliams@summit-housing.ca

JOIN DEAN IN THE
TECHNOLOGY
GROUP
ON ZOOM

November 7th and 21st

2:30 PM - 4:00 PM

For more information:

Swilliams@SUMMIT-HOUSING.CA



Join the Zoom Meetings:

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

Meeting ID: 289 795 5847





Cooking Class

WITH LOLA

&

PETRA

TUESDAY
NOVEMBER 28

TIME: 12PM-
2PM

📍 Milton Office
917 Nipissing Rd, Suite 2



Only 10 spots available please contact
Savina Williams to register or for transportation needs

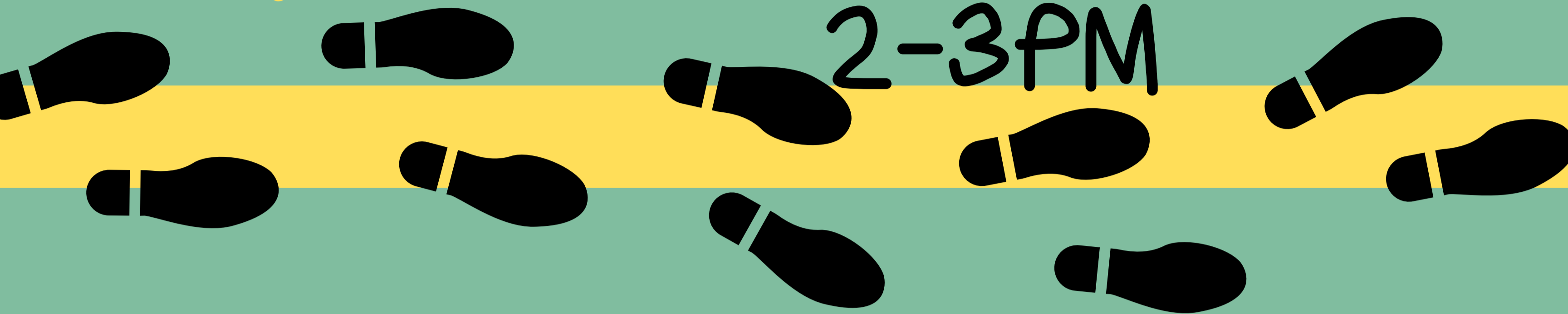
📞 289-208-4051

✉️ swilliams@summit-housing.ca



WEDNESDAY'S SOUTH WALKING GROUP

2-3PM



Come join us biweekly for community walks in Oakville and Burlington. Please check weekly schedule for new locations and details.



For Participation contact Savina Williams:




289-208-4051



swilliams@summit-housing.ca



CRAFTS WITH *Lois*



WHEN:
FRIDAY, NOVEMBER 10 &
24TH
FROM: 11:00AM-12:30PM

LET'S GET CREATIVE!

 MILTON OFFICE
917 NIPISSING RD, SUITE 2, MILTON

 289-208-4051

 swilliams@summit-housing.ca



SUMMIT
Health &
WELLNESS



HALTON CONSERVATION WALK

November 3rd & 17th
2:00 pm - 3:00 pm



**Come join us every other Friday to discover new trails
and connect with new people.**

Burlington transportation
please contact Erin Brice:
 Ebrice@summit-housing.ca

Milton/Oakville transportation
please contact Savina Williams:
 289-208-4051

 swilliams@summit-housing.ca

CHECK WEEKLY SCHEDULE FOR NEW LOCATIONS

EARLY RISERS

Join us

in the morning for some light seated exercises, breathing techniques,
self-care and mindfulness meditations

Monday Tuesday Wednesday Thursday

10:00 am - 10:30 am

Please contact Savina Williams for more info:

 **289-208-4051**

 **swilliams@summit-housing.ca**






Beginners Drawing Group




Interested in art, but not sure where to start with drawing skills? Look no further!

TUESDAY NOVEMBER 14TH AND 28TH 12:30 - 1:30

Please contact Savina Williams for more info

 289-208-4051

 swilliams@summit-housing.ca





SUMMIT HOUSING & OUTREACH PROGRAMS



MEN'S GROUP

BI-WEEKLY ON
MONDAY'S 2-3PM

 289-208-4051

 swilliams@summit-housing.ca



WE ARE AN INCLUSIVE ORGANIZATION AND
WELCOME ALL GENDER EXPRESSIONS.





YOGA AT HOME



WITH LISA

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

**JOIN THE ZOOM
MEETING**

**MEETING ID:
289 795 5847**



FOR MORE INFORMATION AND TO REGISTER
PLEASE EMAIL Savina AT:

Swilliams@summit-housing.ca

Summit Housing & Outreach Programs



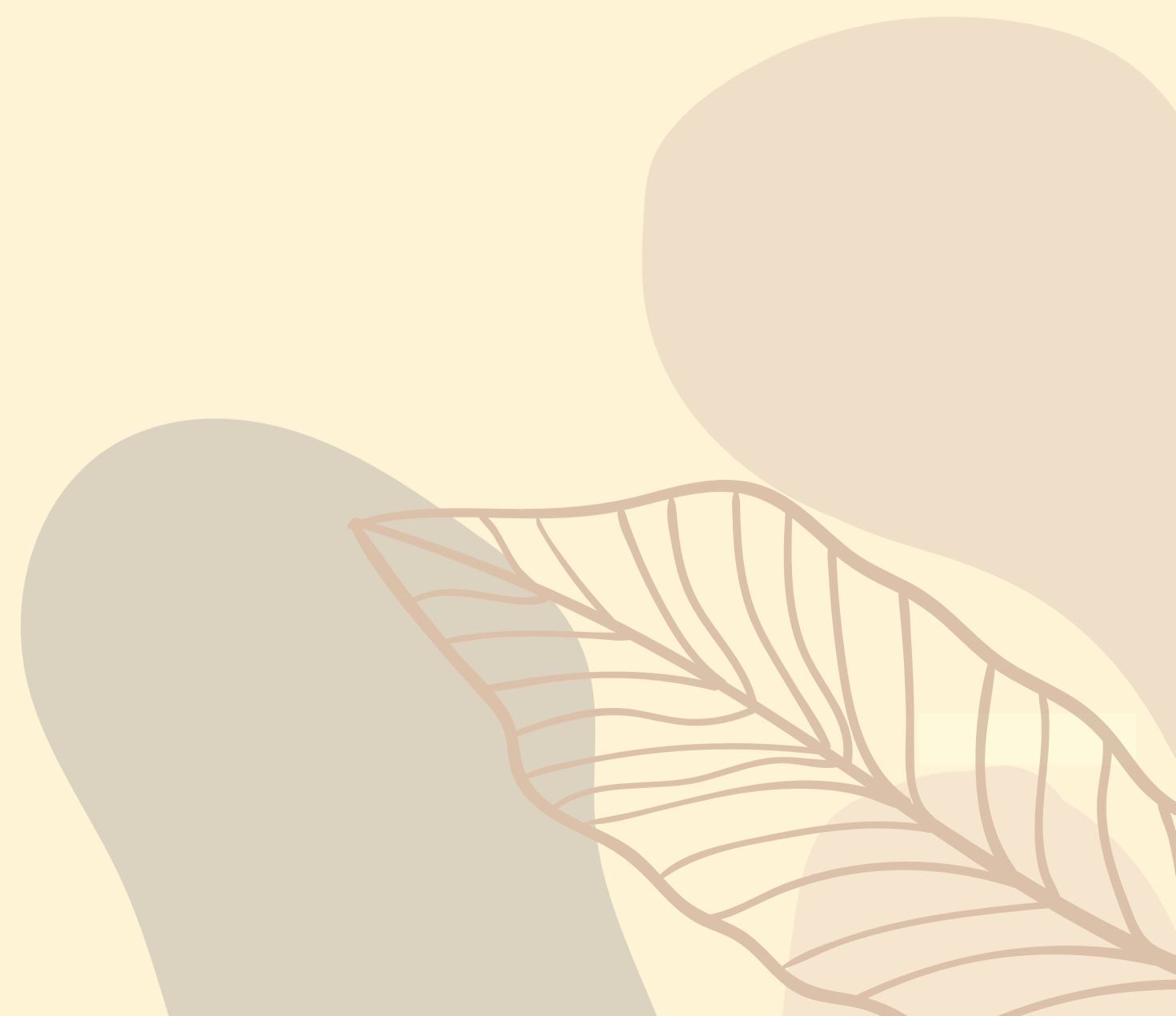
Laughter Yoga



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






Productivity Group

- 1** Make S.M.A.R.T goals
- 2** Set intentions for the week
- 3** Prioritize tasks

Please contact Savina Williams
for more info:

 swilliams@summit-housing.ca

 289-208-4051





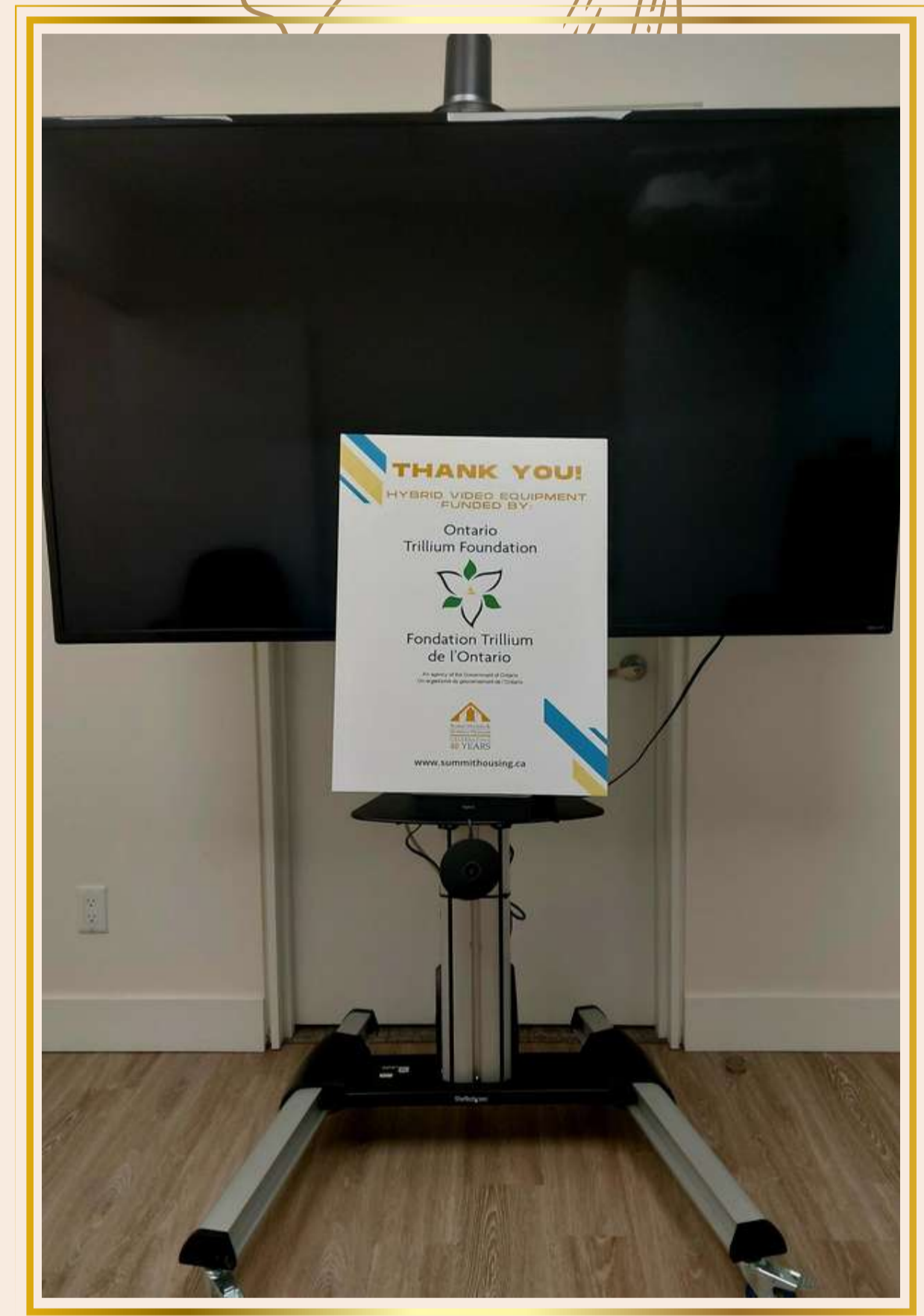
SUMMIT HOUSING &
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40 YEARS

Thank You

Summit Housing & Outreach Programs would like to thank the Ontario Trillium Foundation for Capital Grant funding to purchase video conferencing equipment for our Health and Wellness Program.

This equipment will support the program in delivering more virtual and hybrid groups to make our programming more accessible.



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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

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 Savina Williams



289-208-4051



swilliams@summit-housing.ca



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/>