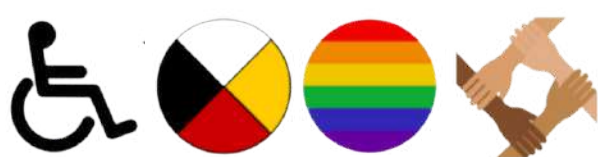


Hello December

Let's make this a month to remember with moments that warm the heart



Accredited by
Canadian Centre
for Accreditation



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



DECEMBER 2023



SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Conservation Walk 2:00 PM - 3:00 PM Crafts with Lois 11:00 AM - 12:30 PM Milton Office	2
3	4 Writing group 12:30 PM - 1:45 PM Men's Group 2:00 PM - 3:00 PM Art with Jon 1:00 PM - 3:00 PM (Milton)	5	6 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 PM	7 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	8 Crafts with Lois 11:00 AM - 12:30 PM Milton Office	9
10	11 Writing group 12:30 pm - 1:45 PM Men's Group 2:00 PM - 3:00 PM	12 Holiday Party Country Heritage Park 4:30 PM - 8:30 PM	13 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 PM South Walking Group 2:00 PM - 3:00 PM Oakville	14 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	15 Smoking Cessation 1:00 PM - 2:30 PM Oakville Office, Boardroom Conservation Walk 2:00 PM - 3:00 PM Crafts with Lois 11:00AM- 12:30PM Milton	16
17	18 Writing group 12:30 PM - 1:45 PM Men's Group 2:00 PM - 3:00 PM Art with Jon 1:00 PM - 3:00 PM (Milton)	19 Early Risers 10 AM - 10:30 AM Technology Group 2:30 PM - 4:00 PM	20 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 PM	21 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	22 Crafts with Lois 10:00 AM - 12:00 PM Milton Office	23
24	25 Christmas Day CLOSED	26 Boxing Day CLOSED	27 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 AM	28 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	29	30
31						

**NEW
UPDATE**

Smoking Cessation

December 15 at 1PM - 2:30 PM



In - person (Oakville Office, boardroom: 2305 Wyecroft Ave Suite 200

Or Join the Zoom Meeting:

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

Meeting ID: 289 795 5847

Please contact Brad
Smith for registration
905-847-3206 ext 902

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



Summit Housing & Outreach Programs

HOLIDAY OFFICE HOURS

FRIDAY, DECEMBER 22

8:30 AM - 12:30 PM

MONDAY, DECEMBER 25

CLOSED

TUESDAY, DECEMBER 26

CLOSED

WEDNESDAY, DECEMBER 27

8:30 AM - 4:30 PM

THURSDAY, DECEMBER 28

8:30 AM - 4:30 PM

FRIDAY, DECEMBER 29

8:30 AM - 3:00 PM

MONDAY, JANUARY 1

CLOSED

TUESDAY, JANUARY 2

8:30 AM - 4:30 PM





H A P P Y
Holidays

On behalf of myself,
the Senior Leadership Team
and the Board of Directors for
Summit Housing & Outreach Programs
we wish you a joyful holiday season and a very happy

2024



Sincerely,

Irene Zivko

Executive Director





H A P P Y



Holidays

Wishing you and your family a wonderful holiday season and healthy, prosperous year ahead in 2024!



SUMMIT HOUSING &
OUTREACH PROGRAMS
CELEBRATING
40 YEARS

Sincerely,

Summit Housing & Outreach Programs

Margarita

Jacob

Feficia

Jim

Mei

Victoria

Vanessa P.

Amanda

Lola

Asma

David

Diane

Mahwish

Petra

Vaishnavi

SUMMIT HOUSING &
OUTREACH PROGRAMS

Sharon

Irene

Teri

Rashma M.

Brad

Laura

CELEBRATING
40 YEARS

Mike

Sandra

Adeni

Igor

Abiola

Kerry

Michelle

Emmanuel

Amanda

Keystate

Sincerely,

Summit Housing & Outreach Programs

Shabeda

Rashma H.

Ammar

Erin

Catherine

Abiodun

Anamal

Defta

Sheriffa

Savina

Vanessa C.





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




Christmas Gifts

Christmas is the time of year
That leads many a person to ponder
About all the gifts they want to give
That will bring Joy, Happiness and Wonder.




Most children can't wait for Santa Claus
To arrive with his bag of toys
On Christmas Eve he travels the world
Bringing gifts for good girls and boys.

Christmas shopping is a hectic time
As people shop for the perfect present
Each going from store to store to find
A special gift for a child or parent.



A gift of homemade cookies
Baked with all your love inside
A gift more precious than all the gold
Given with a smile you cannot hide.



A gift should not be judged on cost
As the best gifts we give are free
The kind of gift given from the heart
With all the Love for you and me.

Jesus taught us to give of ourselves
A lesson we learned from the start
A gift does not have to come from a store
It just has to come from your heart



WRITTEN BY: JUNE NORTON





PHISHING

Is an attack to attempt to steal your money and/or your identity to reveal your personal information such as passwords, credit cards, bank information, and SIN number.

A FEW TYPES OF PHISHING

1. EMAIL

Phishing attacks that happen through email.



2. SMISHING

Phishing attacks that happen through SMS (text) messages.



3. VISHING/VOICE

Phishing attacks that happen over your phone through calls



PROTECT YOURSELF FROM PHISHING

- Don't click on links from emails and SMS (text)
- If you are receiving threats of harm do not give out your personal information, hang up and report it immediately.
- Don't answer unknown calls
- Don't give out your personal information to others.
- Install a multi factor authenticator on your device
- If you feel uncomfortable with a phone call you have the right to hang up.



- If you got a phishing email, forward it to the Anti-Phishing Working Group at reportphishing@apwg.org.
- If you got a phishing text message, forward it to **SPAM (7726)**.
- Report the phishing attempt to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

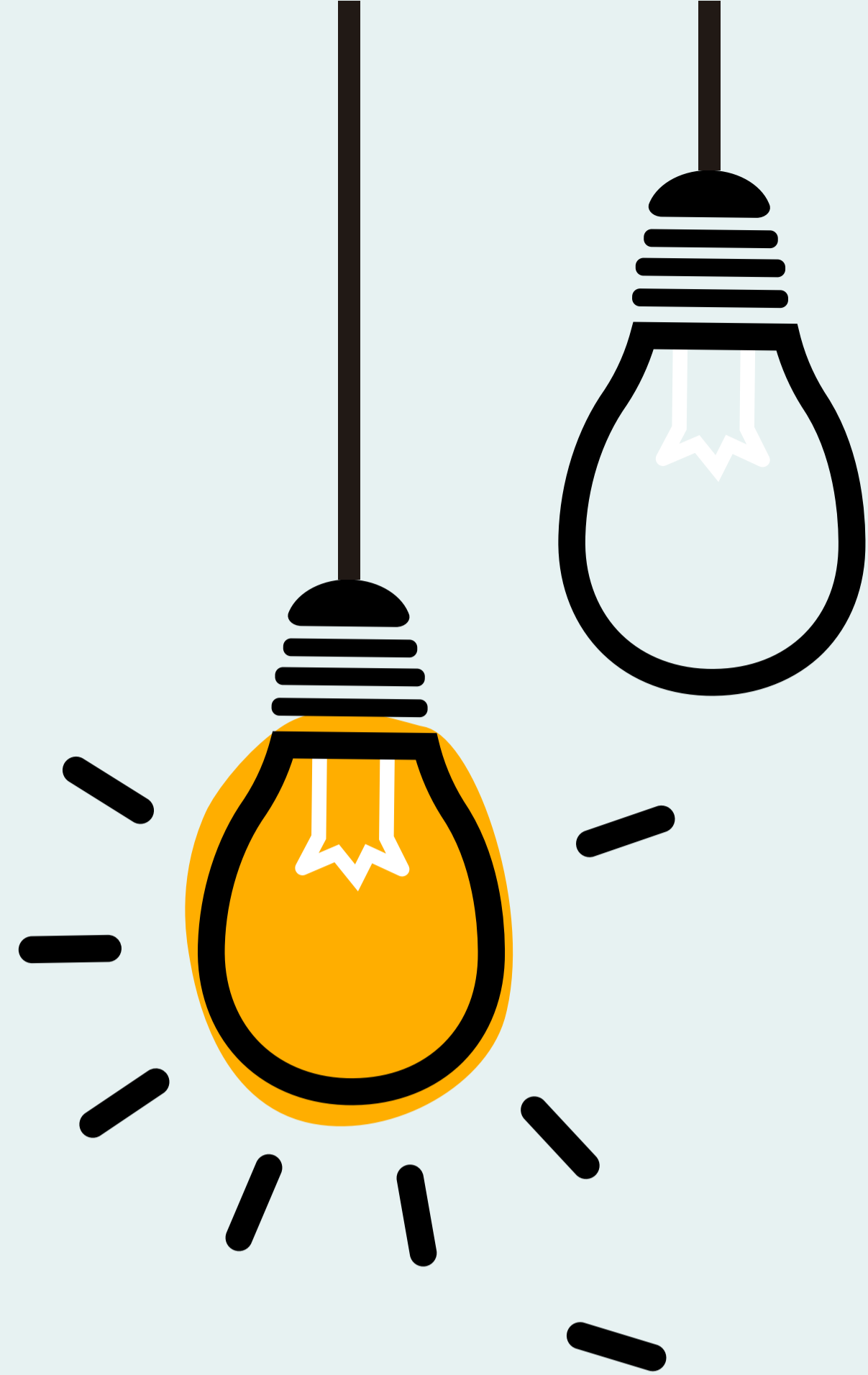




SUMMIT HOUSING &
OUTREACH PROGRAMS

YOUR
OPINION

Matters!



If you have any ideas and/or suggestions for Health & Wellness, Lunch & Learns please submit them to Savina Williams by email or phone



289-208-4051



swilliams@summit-housing.ca

CLIENT AND FAMILY ADVISORY COMMITTEE



CALL FOR COMMITTEE MEMBERS

We are looking for new members to join our Client and Family Advisory Committee!

This is an opportunity to:

- ✓ Provide feedback to our programs
- ✓ Celebrate improvements and goals achieved within the mental health field



Time Commitment:

- 90-minute meeting (virtual or in-person)
- Quarterly (January, April, July, October), plus additional meetings, as needed
- 1 year

If interested, please reach out to Laura Veleno to apply:

- Email clientadvisory@summit-housing.ca
- Phone 905-847-3206

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 ACTT Wellness Group

SMOKING CESSATION

DECEMBER 15, 2023 1PM - 2:30 PM

DO YOU WANT TO QUIT?

This workshop is for anyone that smokes, those who don't want to quit, those that are thinking about quitting or cutting back, and those actively trying to stop. We will discuss:

- Cigarette addiction
- Harm reduction strategies
- Community resources
- Alternatives (e-cigarette, hookah)

Please join us at the Oakville office,
Boardroom

2305 Wyecroft Ave, Suite 200 Oakville

If you can't make it in person you can

Join the Zoom Meeting:

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

Meeting ID: 289 795 5847

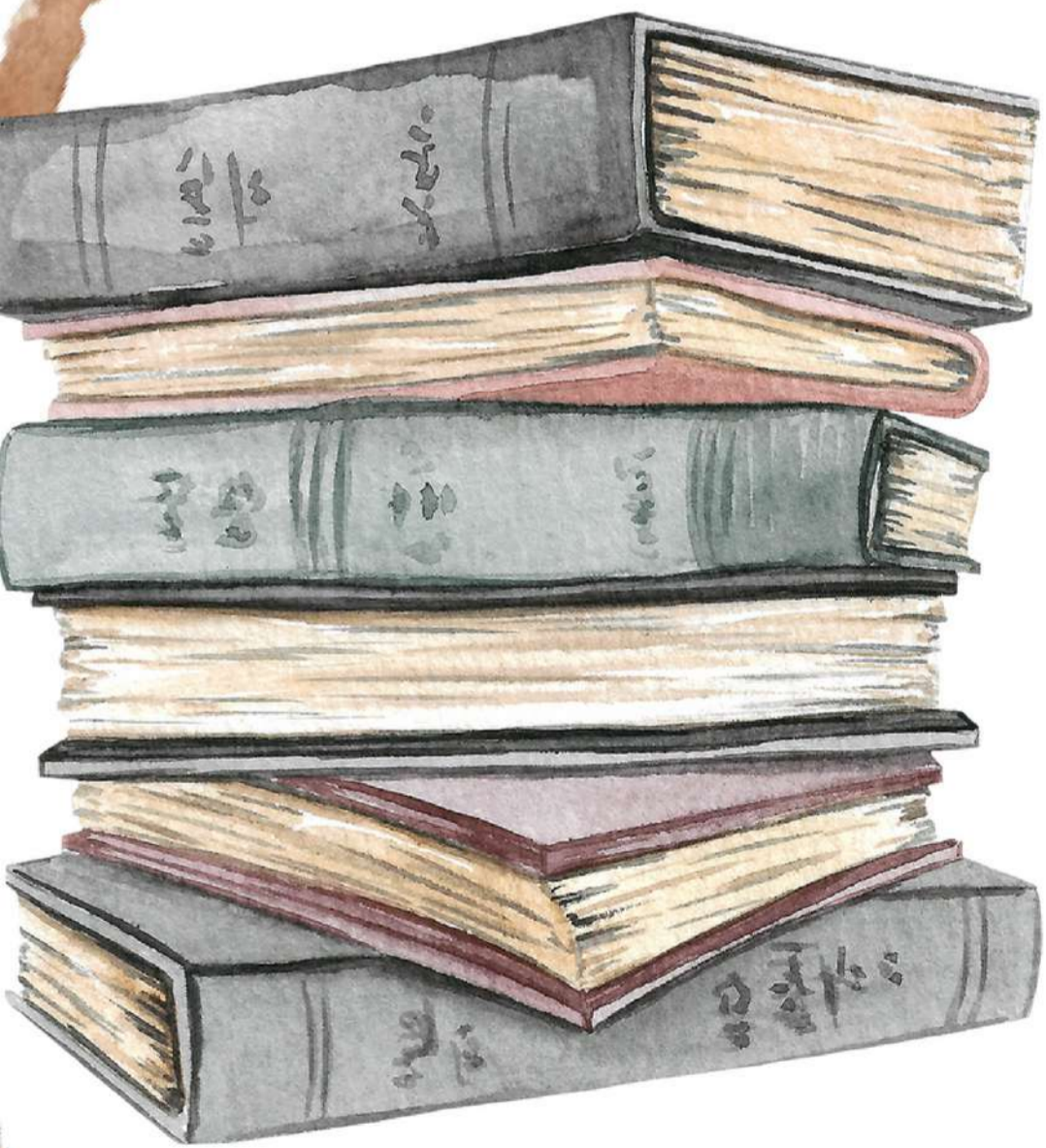
Please contact Brad Smith to Register

905-847-3206 ext 902





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



DECEMBER 4TH AND 18TH

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
G R O U P

ON ZOOM

December 19th

2:30 PM - 4:00 PM

For more information:

Swilliams@SUMMIT-HOUSING.CA



Join the Zoom Meetings:

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

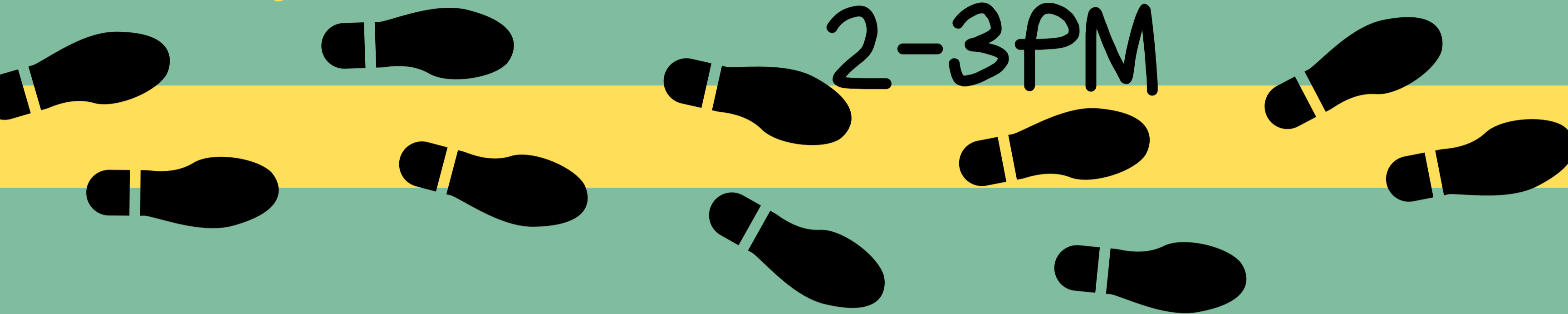
Meeting ID: 289 795 5847





WEDNESDAY'S SOUTH WALKING GROUP

2-3PM



Come join us biweekly for community walks. Our last walking group outside will be Dec 13th. We will resume indoors starting Jan 10th 2023 at



Oakville Trafalgar Community Centre
325 Reynolds St, Oakville - Parking on site

For Participation contact Savina Williams:



289-208-4051



swilliams@summit-housing.ca



CRAFTS WITH

Lois

WHEN:

FRIDAY, DECEMBER 1, 8,

15 AND 22

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

December 1st & 15th
2:00 pm - 3:00 pm



**December 15, 2023 will be our last conservation walk.
We will start again March 2024.**

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



Summit Housing & Outreach Programs



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: **289-208-4051**

Swilliams@summit-housing.ca



Men's Group

Let's get the discussion going on.....



and much more. Join us
MONDAY'S 2PM - 3PM

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847



289-208-4051



swilliams@summit-housing.ca



Laughter YOGA

Thursday's at 1pm

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

Mike Forester:

mforester@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



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/>