

WELCOME January 2024

NEW MONTH, NEW YEAR,
NEW CHAPTER

Accredited by
Canadian Centre
for Accreditation



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



Ontario Health
Central



Ontario Health
West



Ontario
Ministry of
HEALTH AND
LONG-TERM CARE

January 2024



Summit Housing & Outreach Programs Monthly calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day CLOSED	2 Early Risers 10 AM - 10:30 AM Beginners Drawing 12:30 PM - 1:30 PM	3 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 PM Boundaries 1:00 PM - 2:00 PM	4 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	5 Crafts with Lois 11:00 AM - 12:30 PM Milton Office	6
7	8 Writing group 12:30 PM - 1:45 PM Men's Group 2:00 PM - 3:00 PM	9 Early Risers 10 AM - 10:30 AM Art with Jon 1:00 PM - 3:00 PM (Milton)	10 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	11 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	12 Conservation Walk 2:00 PM - 3:00 PM	13
14	15 Writing group 12:30 pm - 1:45 PM Men's Group 2:00 PM - 3:00 PM	16 Early Risers 10 AM - 10:30 AM Cooking Group 12:00 PM - 2:00 PM	17 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 PM	18 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	19 Crafts with Lois 11:00AM - 12:30PM Milton Office	20
21	22 Writing group 12:30 PM - 1:45 PM Men's Group 2:00 PM - 3:00 PM	23 Early Risers 10 AM - 10:30 AM Technology Group 2:30 PM - 4:00 PM Art with Jon 1:00 PM - 3:00 PM (Milton)	24 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	25 Early Risers 10:00 AM - 10:30 AM Laughter Yoga 1:00 PM - 2:00 PM Productivity Group 2:00 PM - 3:30 PM	26 Conservation Walk 2:00 PM - 3:00 PM	27
28	29 Writing group 12:30 pm - 1:45 PM Men's Group 2:00 PM - 3:00 PM	30 Early Risers 10 AM - 10:30 AM Open Mic 2:00 PM - 4:00 PM Milton Office	31 Early Risers 10:00 AM - 10:30 AM Yoga with Lisa 11:30 AM - 12:30 AM			

**NEW
UPDATE**

Boundaries

January 3, 2024 at 1 PM - 2:00 PM on Zoom

Open Mic

January 30, 2024 at 2 PM - 4:00 PM

In-person groups are in red! All other groups please join on Zoom link provided on posters and email

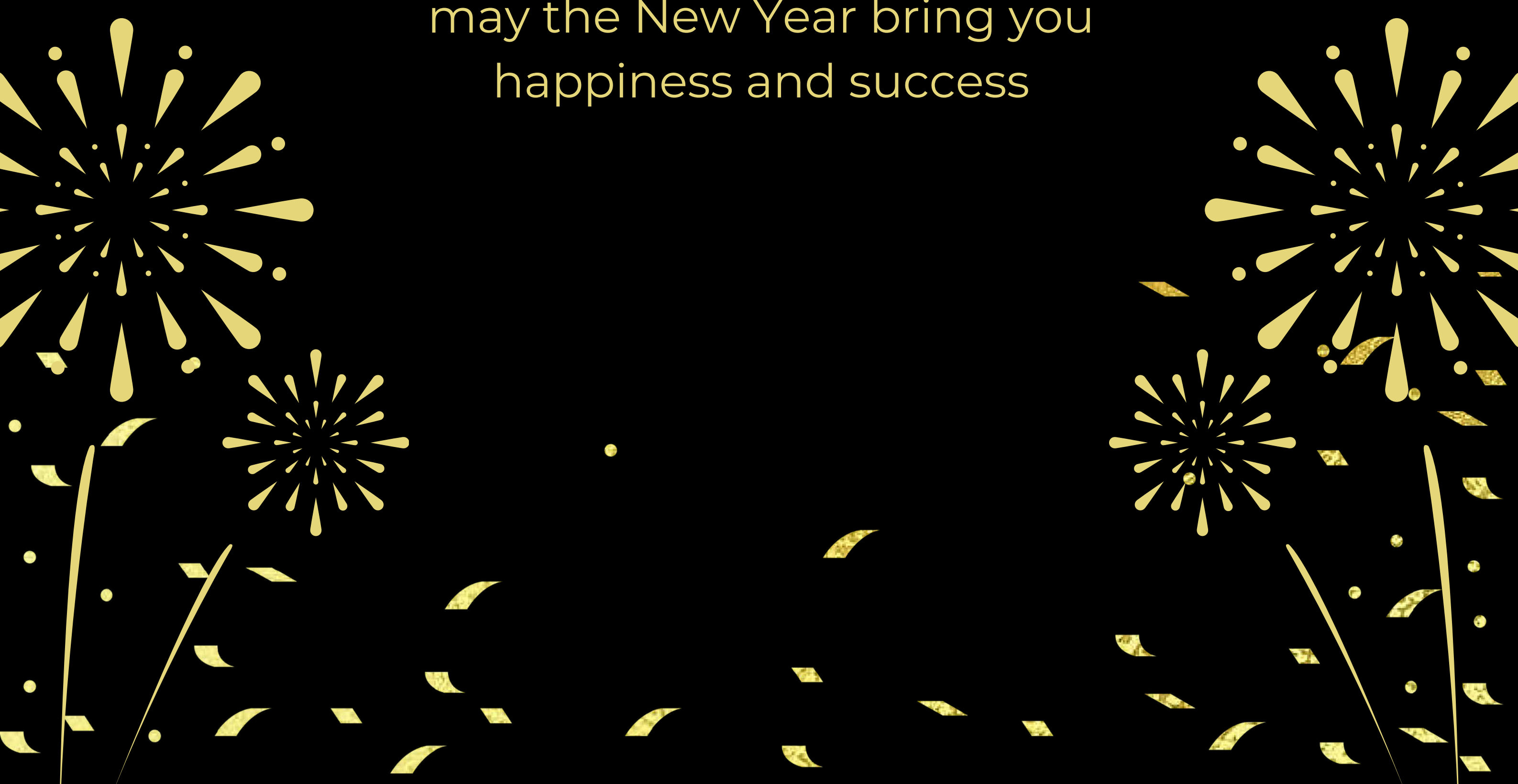
Interested in joining a program? sign up via email: Swilliams@summit-housing.ca



Happy
New Year

2024

As we bid farewell to the old year,
may the New Year bring you
happiness and success





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

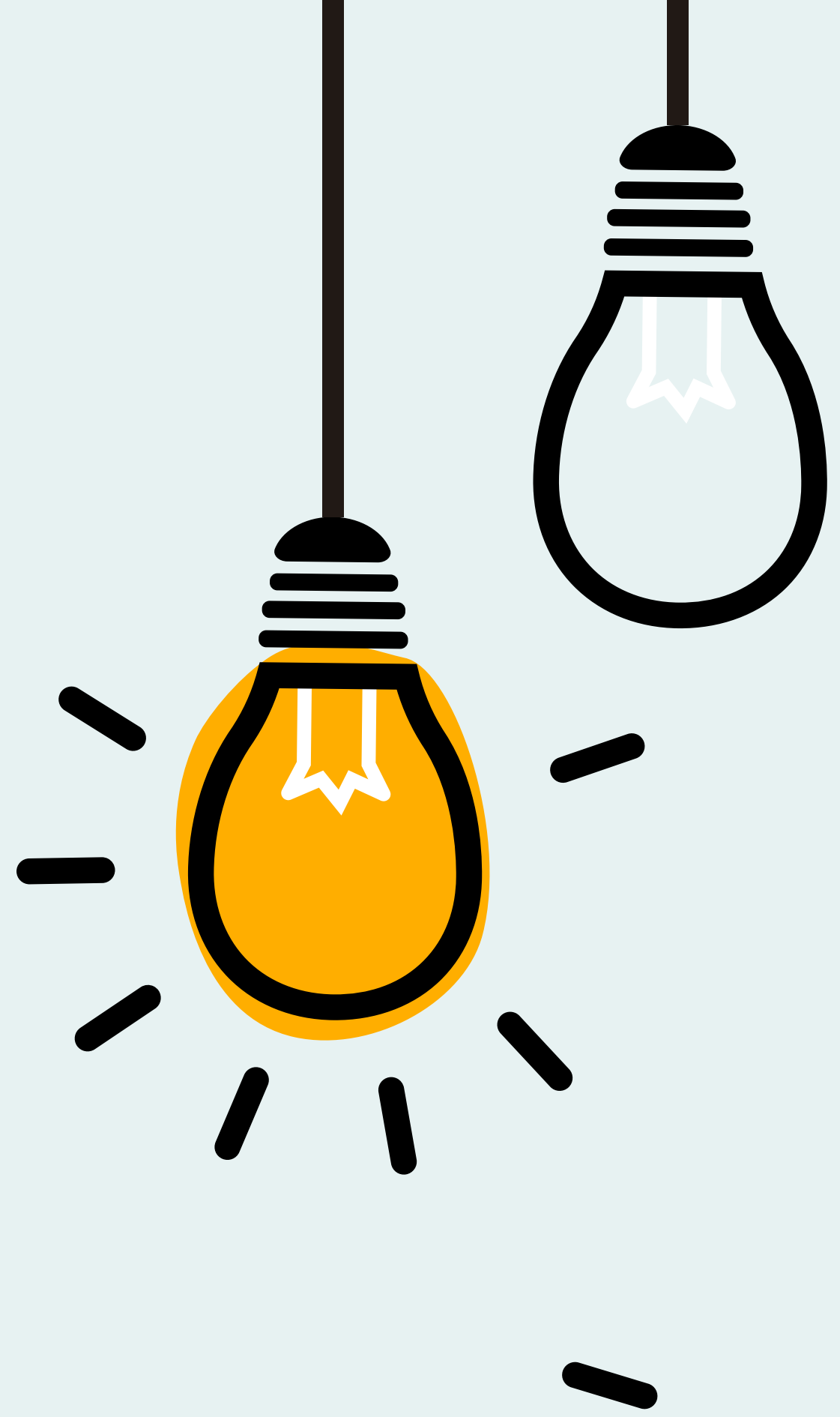




SUMMIT HOUSING &
OUTREACH PROGRAMS

YOUR
OPINION

Matters!



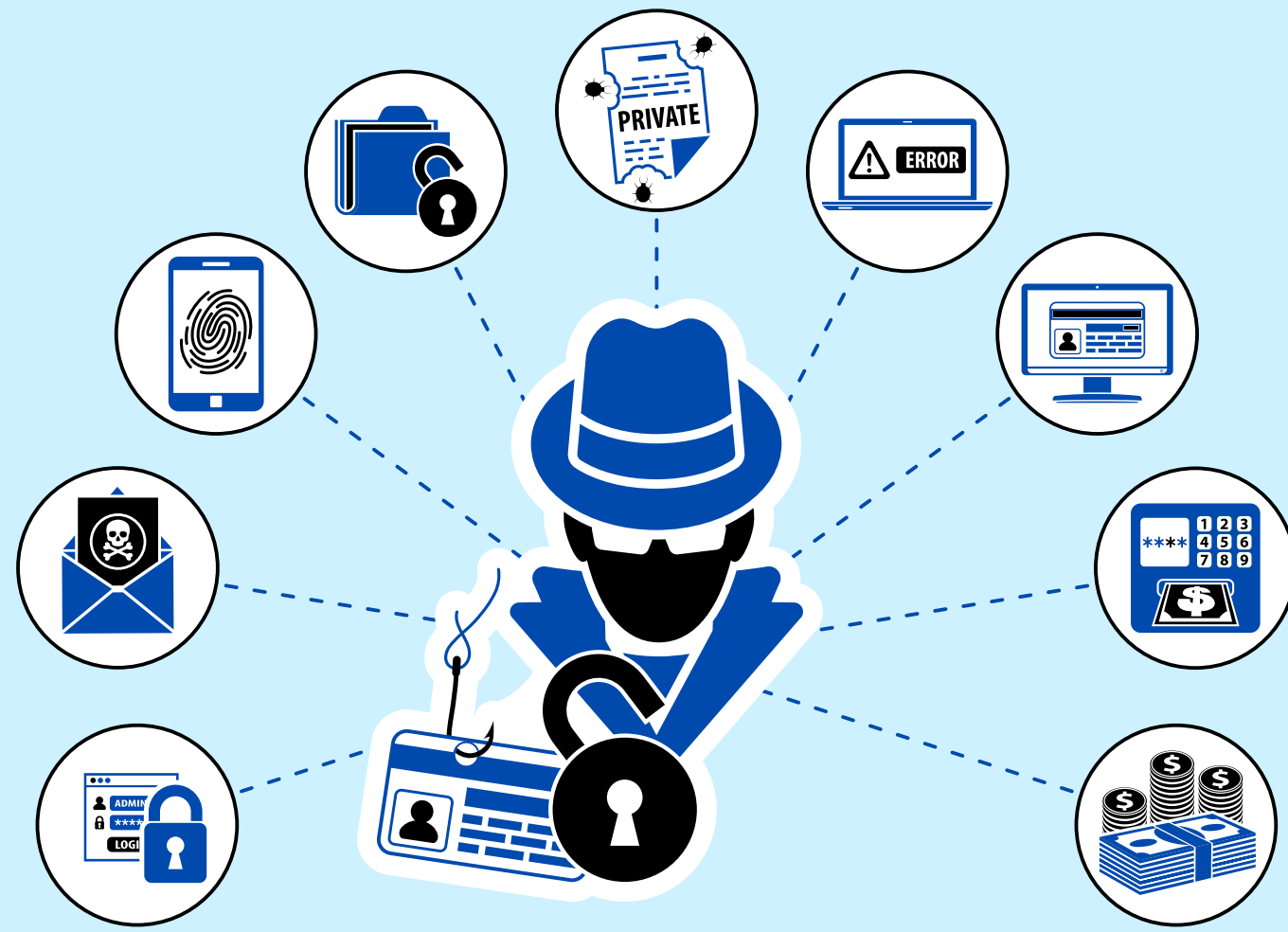
If you have any ideas and/or suggestions for Health & Wellness, Lunch & Learns please submit them to Savina Williams by email or phone



289-208-4051



swilliams@summit-housing.ca



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

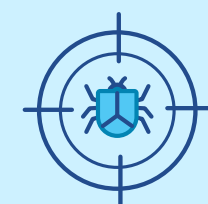
- 1. EMAIL**
Phishing attacks that happen through email.



- 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).



Thinking of suicide?

Help is available.



9-8-8

toll free, 24/7



9-8-8

**Suicide Crisis
Helpline**

Funded by the
Government
of Canada

Canada



Boundaries



Your boundaries are
important & worth
respect


Join us on Zoom
Wednesday January 3, 2024

1 PM - 2 PM

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

 289-259-8935

 swilliams@summit-housing.ca





OPEN MIC

JOIN US AT THE MILTON OFFICE FOR
SOME FUN!



TUESDAY
JANUARY 30

2:00PM TO 4:00PM

 MILTON OFFICE
917 NIPISSING RD, SUITE 2



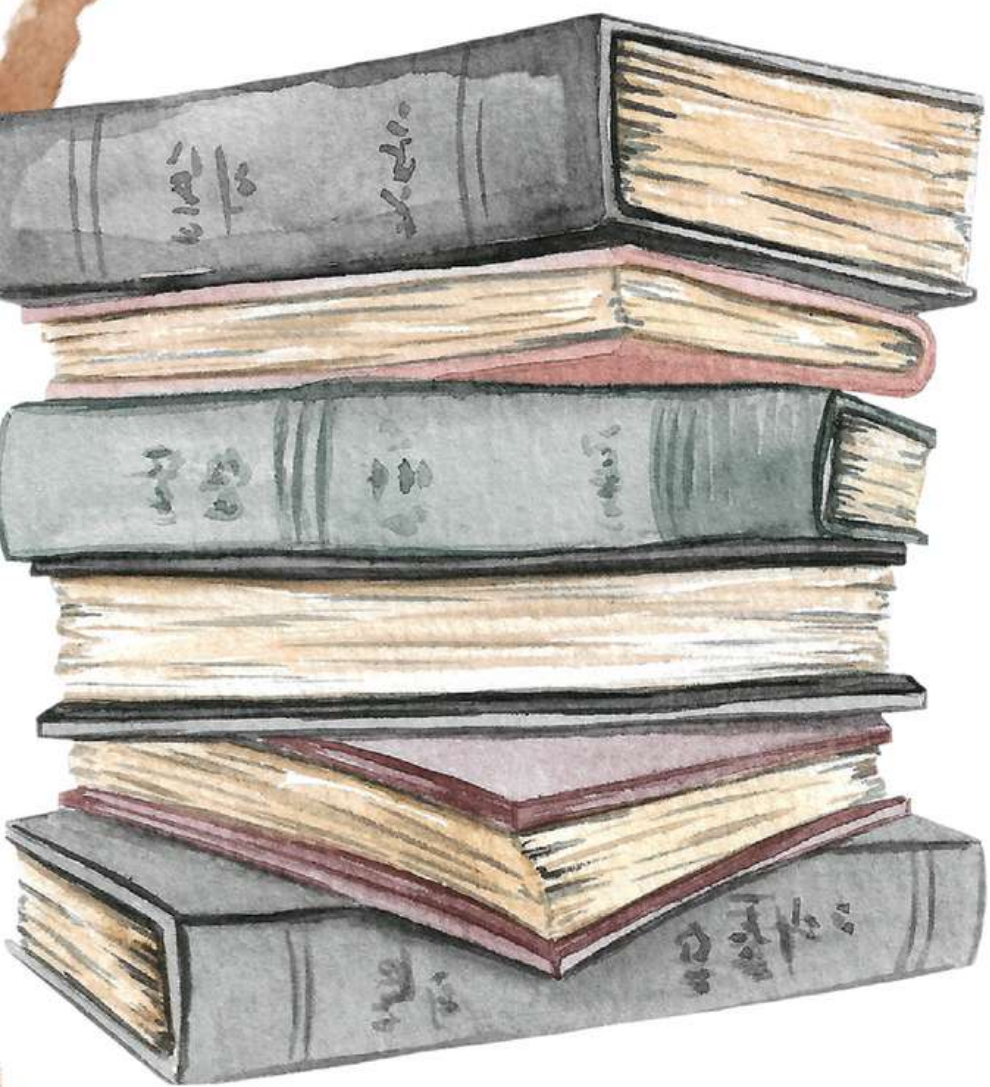
289-259-8935



swilliams@summit-housing.ca



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**

JANUARY 9TH AND 23RD

1:00 PM - 3:00 PM

MILTON OFFICE 917 NIPISSING RD, UNIT 2, MILTON

PLEASE CONTACT SAVINA WILLIAMS TO REGISTER



289-259-8935



swilliams@summit-housing.ca

JOIN DEAN IN THE
TECHNOLOGY
GROUP

ON ZOOM

January 23rd

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 indoor community walks at
Oakville Trafalgar Community Centre
325 Reynolds St, Oakville - Parking on site



For Participation contact Savina Williams:



289-259-8935



swilliams@summit-housing.ca



SUMMIT
Health &
WELLNESS






Beginners Drawing Group



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

TUESDAY JANUARY 2ND 12:30 - 1:30

Please contact Savina Williams for more info

 289-259-8935

 swilliams@summit-housing.ca



CRAFTS WITH Lois




WHEN:
FRIDAY, JANUARY 5 AND
19TH
FROM: 11:00AM-12:30PM

LET'S GET CREATIVE!



MILTON OFFICE
917 NIPISSING RD, SUITE 2, MILTON



289-259-8935



swilliams@summit-housing.ca



SUMMIT
Health &
WELLNESS



HALTON CONSERVATION WALK

January 12th & 26th

2:00 pm - 3:00 pm



Come join us every other Friday for walks in Burlington and connect with new people.

Burlington transportation
please contact Erin Brice:

✉ Ebrice@summit-housing.ca

Milton/Oakville transportation
please contact Savina Williams:

☎ 289-259-8935

✉ swilliams@summit-housing.ca

CHECK WEEKLY SCHEDULE FOR NEW LOCATIONS



Cooking Class

WITH
LOLA & PETRA

TUESDAY
JANUARY 16

TIME: 12PM-
2PM

📍 Milton Office
917 Nipissing Rd, Suite 2



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

📞 289-259-8935

✉️ swilliams@summit-housing.ca




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:

 289-259-8935

 swilliams@summit-housing.ca



Summit Housing & Outreach Programs





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

 **289-259-8935**

 **swilliams@summit-housing.ca**

YOGA AT HOME

WITH LISA



11:30AM-12:30PM
EVERY WEDNESDAY

**JOIN THE ZOOM
MEETING**

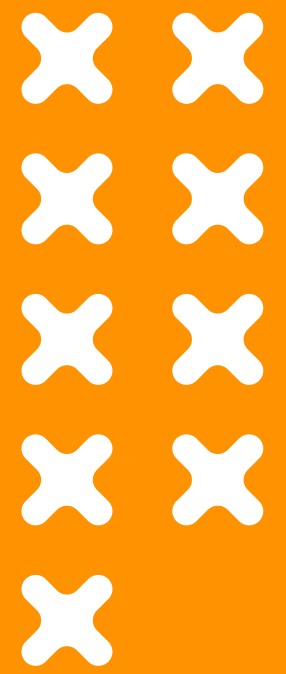
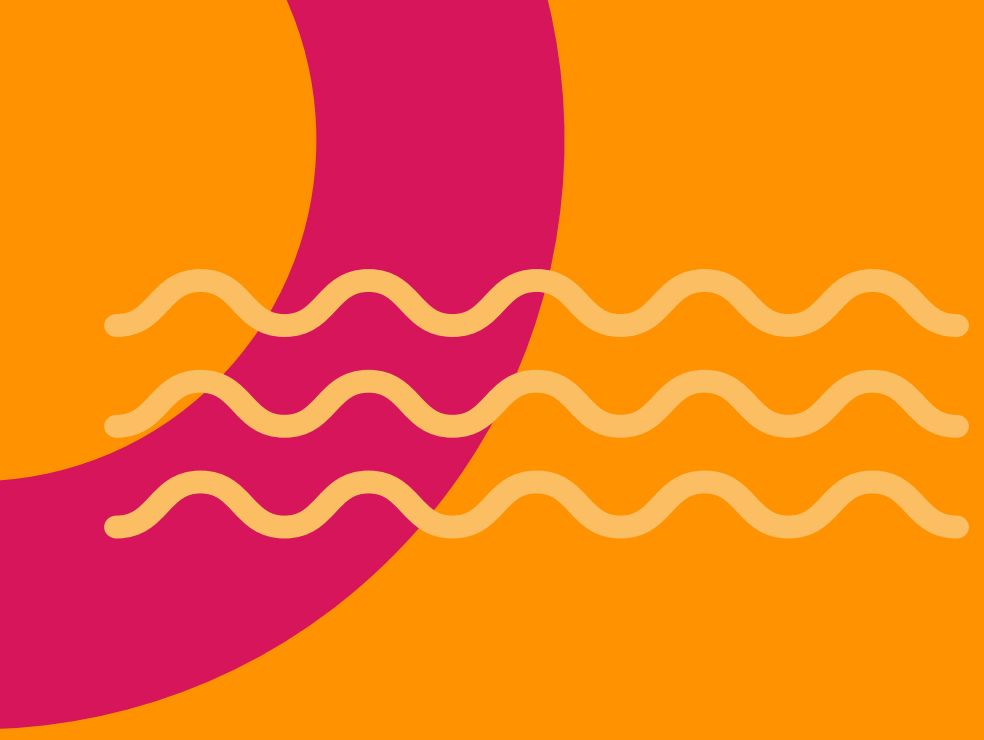
**MEETING ID:
289 795 5847**



FOR MORE INFORMATION AND TO REGISTER

PLEASE EMAIL **Savina** AT: **289-259-8935**

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

 289-259-8935



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.



THE POWER OF POSSIBLE

The Power of Possible (POP) prepares jobseekers to become an asset in the workplace and to begin on a path of individual economic wellbeing.

What is the Power of Possible?

This is a dynamic and innovative program that includes skills for job seeking, self-management tools, and a structured, active job search curriculum. The 10 -day training includes 30 hours of instruction and time management activities, ensuring jobseekers arrive at the workplace equipped to work effectively in whichever areas their employer requires.



Here are a few things you'll get from this program:

Interview Practice

Job Leads & Networking Opportunities

Resume Development

Money Management Tips

Goal Setting Techniques

FOR MORE INFORMATION, CONTACT

Monique Clarke
905-691-6672

mclarke@stride.on.ca
The next virtual session will run:

Jan 17th– 30th 9am – 12pm

JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK-N'-CHATS

MENTAL HEALTH & SUBSTANCE USE WEBINARS

For workshop description & more info visit www.stride.on.ca
Open to individuals 16 years and older

CHECK-N'-CHAT

Sunday, January 7th, 2024 at 7:00 PM
Wednesday, January 17th at 7:00 PM
Sunday, January 28th at 7:00 PM

BATTLING THE BLUES

Wednesday, January 10th at 1:30 PM

FOR QUESTIONS & REGISTRATION CALL, TEXT OR E-MAIL:
Tanya | TSanabria@stride.on.ca | 905-749-2389

    @STRIDE4WORK



 STRIDE
you can work • we can help

 Canada

 EMPLOYMENT
ONTARIO

 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 :

 **289-259-8935**

 | **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.khicomunity.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 Aysa 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/>