



SUMMIT NEWSLETTER



WELCOME *March* 2024

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for Accreditation



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Centre canadien
de l'agrément



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



Ontario Health
Central



Ontario Health
West



Summit Housing & Outreach Programs
Phone: 905-847-3206 Email: info@summit-housing.ca



MARCH 2024

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Writing group 12:30 - 1:45 pm Men's Group 2:00 - 3:00 pm	5 Art with Jon 1:00 - 3:00 pm Milton Office	6	7 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	8 Conservation Walk 1:30 - 2:30 pm	9
10	11 Writing group 12:30 - 1:45 pm Men's Group 2:00 - 3:00 pm	12 Beginners Drawing 12:30-1:30 pm Technology group 2:30-4:00	13	14 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	15 Crafts with Lois 11:00 am - 12:30 pm Milton Office	16
17	18 Writing group 12:30 - 1:45 pm Men's Group 2:00 - 3:00 pm	19 Art with Jon 1:00 - 3:00 pm Milton Office	20	21 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	22 Conservation Walk 1:30 - 2:30 pm	23
24	25 Writing group 12:30 - 1:45 pm Men's Group 2:00 - 3:00 pm	26 Beginners Drawing 12:30-1:30 pm	27	28 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	29 Closed Good Friday	30

Programs cancelled until further notice:

- Early risers
- Yoga with Lisa
- South and North Walking group

INTERESTED IN A PROGRAM? SIGN UP VIA EMAIL: swilliams@summit-housing.ca

Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-208-4051 / Email: swilliams@summit-housing.ca



SUMMIT HOUSING & OUTREACH PROGRAMS

Volunteers Needed

We are currently looking for people who would like to help with many of our wellness programs



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.

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

FOR MORE INFORMATION CONTACT

Savina

289-208-4051

| swilliams@summit-housing.ca



www.summithousing.ca

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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.



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Men's Group

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




and much more. Join us

MONDAY'S 2:00- 3:00 PM

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

 289-208-4051

 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

Please contact Savina for more info:

 289-208-4051

 swilliams@summit-housing.ca



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CRAFTS WITH



Lois

WHEN:


MARCH 15, 2024


FROM: 11:00AM-12:30PM

LET'S GET CREATIVE!



MILTON OFFICE
917 NIPISSING RD, UNIT 2
MILTON

 289-208-4051

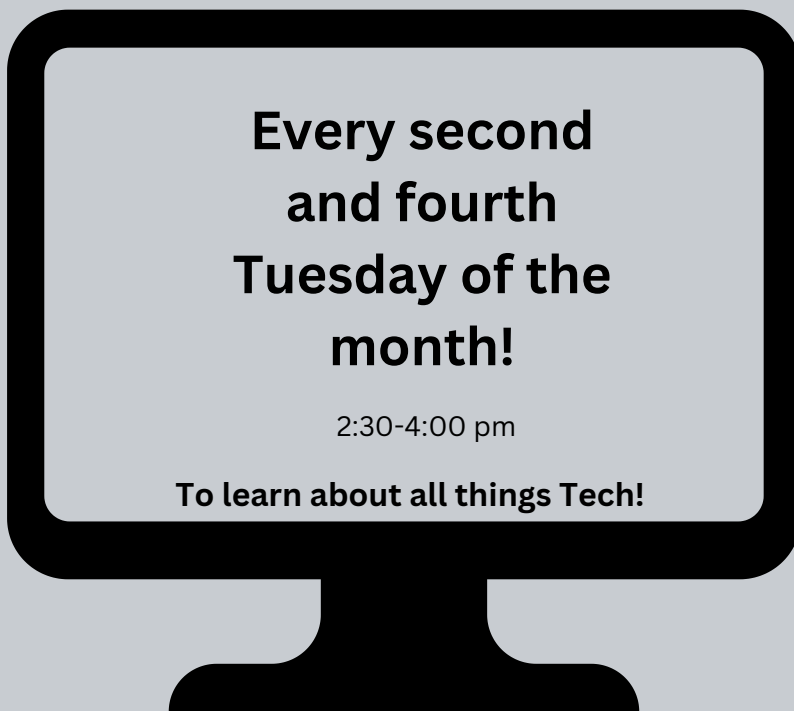
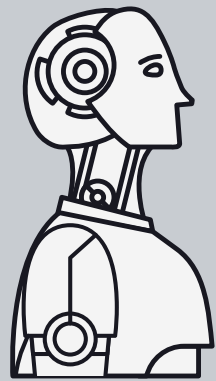
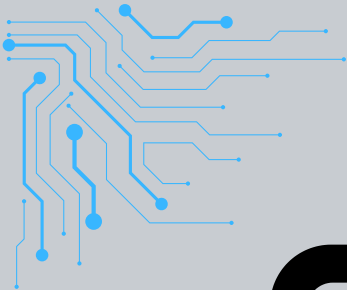
 swilliams@summit-housing.ca





Technology Group

Join Dean



**Every second
and fourth
Tuesday of the
month!**

2:30-4:00 pm

To learn about all things Tech!



Join the Zoom Meetings:

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

Meeting ID: 289 795 5847



Please contact Savina for more info:

 **289-208-4051**

 **swilliams@summit-housing.ca**



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Productivity Group


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

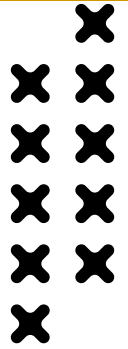
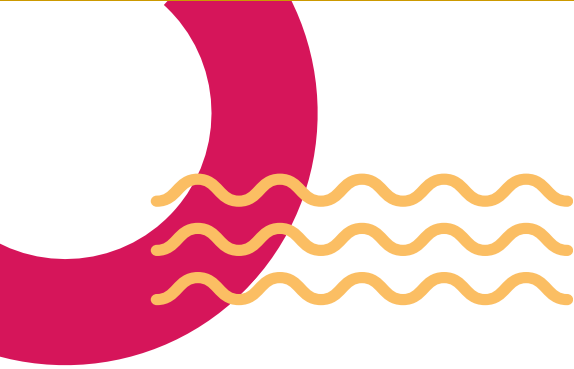
WHEN: THURSDAYS
FROM: 2-3:30



Please contact Savina for more info:

 289-208-4051

 swilliams@summit-housing.ca



LAUGHTER YOGA

Thursday's at 1:00 pm



Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

Please contact Mike Forester for more info:

 mforester@summit-housing.ca



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

MENTAL HEALTH & SUBSTANCE USE WEBINARS

FOR WORKSHOP DESCRIPTION & MORE INFORMATION, VISIT WWW.STRIDE.ON.CA | OPEN TO AGES 16+

Check-N'-Chat:

Sunday, March 10th at 7:00 PM
Wednesday, March 20th at 7:00 PM
Sunday, March 24th at 7:00 PM

Workshop Topic of the Month:

Connecting to the Community
Wednesday, March 20th at 1:30 PM

FOR QUESTIONS & REGISTRATION CALL, TEXT OR EMAIL:
TANYA | TSANABRIA@STRIDE.ON.CA | 905-749-2389





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/>



Contact Us



Health & Wellness Hub Milton

917 Nipissing Road, Unit 2
Milton, ON L9T 5E3
Phone: 905-876-1319

Head Office Oakville

2305 Wyecroft Road, Suite 200
Oakville, ON L6L 6R2
Phone: 905-847-3206

Email: info@summit-housing.ca
Website: www.summithousing.ca



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