



# SUMMIT NEWSLETTER



## WELCOME

# April

## 2024

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for Accreditation



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



Ontario Health  
Central



Ontario Health  
West



Ontario  
Ministry of  
HEALTH AND  
LONG-TERM CARE

Summit Housing & Outreach Programs

Phone: 905-847-3206 Email: [info@summit-housing.ca](mailto:info@summit-housing.ca)



# APRIL 2024

## SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN MON TUE WED THU FRI SAT

| SUN | MON                                 | TUE  | WED | THU   | FRI   | SAT |
|-----|-------------------------------------|--|-----|---|---|-----|
|     | 1<br>Closed<br>Easter Monday        | 2<br>Painting with Jon<br>2:00 - 3:00 pm<br>Milton Office                                    | 3   | 4<br>Laughter Yoga<br>1:00 - 2:00 pm<br>Productivity Group<br>2:00 - 3:30 pm  | 5<br>Crafts with Lois<br>11:00 am - 12:30 pm<br>Milton Office<br>Conservation Walk<br>(Milton)<br>1:30 - 2:30 pm  | 6   |
| 7   | 8<br>Men's Group<br>2:00 - 3:00 pm  | 9<br>Beginners Drawing<br>12:30 - 1:30 pm<br>Tech Tuesday<br>2:30 - 4:00 pm                  | 10  | 11<br>Productivity Group<br>2:00 - 3:30 pm                                    | 12  | 13  |
| 14  | 15<br>Men's Group<br>2:00 - 3:00 pm | 16<br>No Programs<br>Volunteer<br>Appreciation Lunch   | 17  | 18<br>Laughter Yoga<br>1:00 - 2:00 pm<br>Productivity Group<br>2:00 - 3:30 pm | 19<br>Crafts with Lois<br>11:00 am - 12:30 pm<br>Milton Office<br>Conservation Walk<br>(Milton)<br>1:30 - 2:30 pm | 20  |
| 21  | 22<br>Men's Group<br>2:00 - 3:00 pm | 23<br>Beginners Drawing<br>12:30 - 1:30 pm   | 24  | 25<br>Laughter Yoga<br>1:00 - 2:00 pm<br>Productivity Group<br>2:00 - 3:30 pm | 26  | 27  |
| 28  | 29<br>Men's Group<br>2:00 - 3:00 pm | 30<br>Painting with Jon<br>1:00 - 3:00 pm<br>Milton Office<br>Tech Tuesday<br>2:30 - 4:00 pm |     |   |   |     |

**In-Person Groups are in RED FONT**  
Online Groups via Zoom are in BLACK FONT..

**INTERESTED IN A PROGRAM?  
REGISTER WITH ANAMAE:  
aclaret@summit-housing.ca  
\*Transportation may be available\***

**Want to share your thoughts with Summit?**

**Suggestion boxes are available in our reception area in the Oakville office and the Milton office.**





## 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](mailto: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 Housing & Outreach Programs  
Health & Wellness

Phone: 905-876-1319 / Email: [aclaret@summit-housing.ca](mailto:aclaret@summit-housing.ca)

# 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**

Please contact Anamae to register:

 **905-876-1319**

 **aclaret@summit-housing.ca**





# PAINTING WITH JON

TUESDAY, APRIL 2ND

&

TUESDAY APRIL 30TH  
FROM 1:00-3:00PM

WHERE: MILTON OFFICE  
917 NIPISSING RD, UNIT 2, MILTON

Please contact Anamae to register:

📞 **905-876-1319**

✉️ **aclaret@summit-housing.ca**



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# CRAFTS WITH



Lois

WHEN:

FRIDAY, APRIL 5TH

& FRIDAY APRIL 19TH

FROM: 11:00AM-12:30PM

LET'S GET CREATIVE!





MILTON OFFICE

917 NIPISSING RD, UNIT 2

MILTON

Please contact Anamae to register:

 905-876-1319


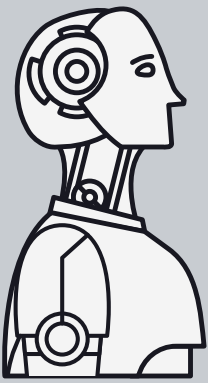
 [aclaret@summit-housing.ca](mailto:aclaret@summit-housing.ca)





# Tech Tuesday

*Join Dean and Barry*



**Tuesday, April 9th  
&  
Tuesday, April 30th**

2:30-4:00 pm


**To learn about all things Tech!**

**Join the Zoom Meetings:**

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

**Meeting ID: 289 795 5847**

**Please contact Anamae to register:**

 **905-876-1319**

 **aclaret@summit-housing.ca**

# Productivity Group

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

WHEN: THURSDAYS  
FROM: 2:00-3:30 PM



Please contact Anamae to register:

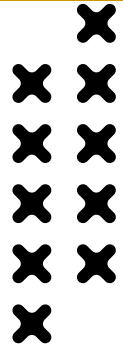
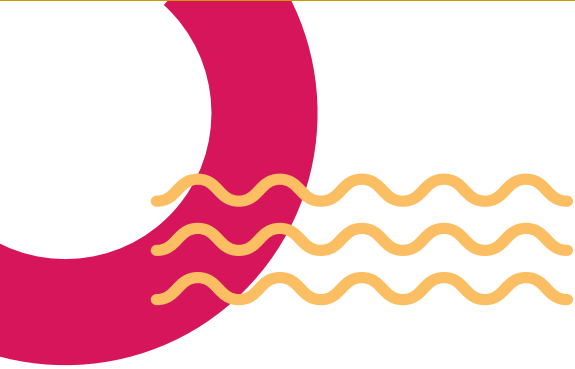


**905-876-1319**



**[aclaret@summit-housing.ca](mailto:aclaret@summit-housing.ca)**





# LAUGHTER YOGA

Thursday's at 1:00 pm



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

**Meeting ID: 289 795 5847**

Please contact Anamae to register:



[aclaret@summit-housing.ca](mailto:aclaret@summit-housing.ca)



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# Mental Health & Substance Use Webinars

Join us for our free virtual workshops & Check-N'-Chats | Open to ages 16+  
For workshop description & more information, visit [www.stride.on.ca](http://www.stride.on.ca)

**Check-N'-Chat**  
Sunday, April 7th  
7:00 - 9:00 PM

**Check-N'-Chat**  
Wednesday, April 24th  
7:00 - 9:00 PM

**Dimensions of Wellness**  
Wednesday, April 17th  
1:30 - 3:30 PM

**Check-N'-Chat**  
Sunday, April 28th  
7:00 - 9:00 PM

**For questions & registration email or text us:**  
Rachael | [RMattis@stride.on.ca](mailto:RMattis@stride.on.ca) | 905-691-1486

Please note: Deadline to register for Sunday Check-N'-Chat sessions is Friday at 3:00 PM  
Messages will be answered Monday - Friday from 9:00 AM - 5:00 PM

     @STRIDE4WORK



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Health & Wellness

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# April Employment Readiness Workshop

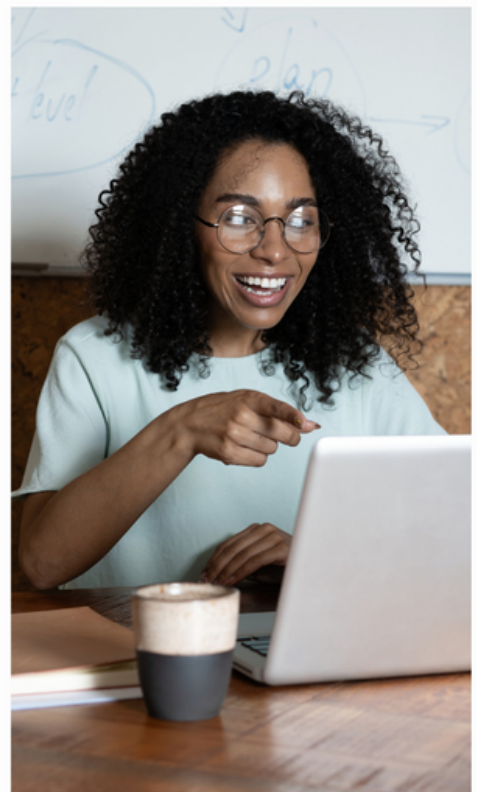


## JOIN US FOR OUR FREE VIRTUAL EMPLOYMENT READINESS WORKSHOP

Open to ages 16+ | For workshop description & more information, visit [www.stride.on.ca](http://www.stride.on.ca)

### BUILDING ASSERTIVENESS

THURSDAY, APRIL 18TH, 2024  
1:30 PM - 3:00 PM



For questions & registration, email or text us between the hours of 9:00 AM - 5:00 PM, Monday-Friday:  
Rachael | [RMattis@stride.on.ca](mailto:RMattis@stride.on.ca) | 905-691-1486

     @STRIDE4WORK



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# 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 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](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](mailto: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](mailto:info@summit-housing.ca)  
Website: [www.summithousing.ca](http://www.summithousing.ca)



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