



SUMMIT NEWSLETTER



WELCOME
May
2024



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de l'agrément



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



MAY 2024

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN MON TUE WED THU FRI SAT

			1	2 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	3 Conservation Walk 1:30 - 2:30 pm	4
5	6 Men's Group 2:00 - 3:00 pm	7 Painting with Jon 1:00 - 3:00 pm Milton office Tech Tuesday 2:30 - 4:00 pm	8 Family Support Group- Info session Milton office 6:00 - 7:00 p.m.	9 Productivity Group 2:00 - 3:30 pm	10 Crafts with Lois 11:00 am - 12:30 pm Milton Office	11
12	13 Cooking Group 12:00 - 2:00 pm Milton office Gardening Group (Memorial Gardens) 12:00 - 1:00 pm Men's Group 2:00 - 3:00 pm	14 Beginners Drawing Group 12:30 - 1:30 pm Tech Tuesday 2:30 - 4:00 pm	15 In-Person Yoga 11:00 am - 12:00 pm Milton Office	16 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	17	18
19	20 VICTORIA DAY Office closed	21 Painting with Jon 1:00 - 3:00 pm Milton office Tech Tuesday 2:30 - 4:00 pm	22 Mid-week Coffee and Conversation Milton Office 11:00 am - 12:00 pm	23 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	24 Crafts with Lois 11:00 am - 12:30 pm Milton Office	25
26	27 Gardening Group (Memorial Gardens) 12:00 - 1:00 pm Men's Group 2:00 - 3:00 pm	28 Beginners Drawing Group 12:30 - 1:30 pm Tech Tuesday 2:30 - 4:00 pm	29 In-Person Yoga 11:00 am - 12:00 pm Milton Office	30 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	31 Conservation Walk 1:30 - 2:30 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.



GARDENING GROUP




WHEN: MONDAY, MAY 13TH & 27TH

12:00 - 1:00 PM

**WHERE: MEMORIAL GARDENS
120 OAK PARK BLVD., OAKVILLE**

Please contact Anamae to register:

 **905-876-1319**

 **aclaret@summit-housing.ca**



**Summit Housing & Outreach Programs
Health & Wellness**

Phone: 905-876-1319 / Email: aclaret@summit-housing.ca





In-Person Yoga

**Milton office
917 Nipissing Road, Unit 2
Milton**

**Wednesday
May 15th & 29th
11:00 am - 12:00 pm**

Please contact Anamae to register:

 **905-876-1319**

 **aclaret@summit-housing.ca**




FAMILY SUPPORT GROUP INFORMATION SESSION



Milton office
917 Nipissing Rd, Unit 2

Wednesday, May 8th
6:00 - 7:00 pm

Please contact Anamae to register:

 905-876-1319

 aclaret@summit-housing.ca






Midweek Coffee and Conversation



Milton office
917 Nipissing Rd, Unit 2

Please contact Anamae to register:

 905-876-1319

 aclaret@summit-housing.ca

Wednesday, May 22nd
11:00 am - 12:00 pm



Summit Housing & Outreach Programs
Health & Wellness

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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

Please contact Anamae to register:

 **905-876-1319**

 **aclaret@summit-housing.ca**



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PAINTING WITH JON

TUESDAY, MAY 7TH

&

TUESDAY, MAY 21ST
FROM 1:00-3:00 PM

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, MAY 10TH
& FRIDAY, MAY 24TH

FROM: 11:00AM-12:30 PM

LET'S GET CREATIVE!

MILTON OFFICE
917 NIPISSING RD, UNIT 2
MILTON

Please contact Anamae to register:

📞 905-876-1319

✉️ aclaret@summit-housing.ca





Tech Tuesday

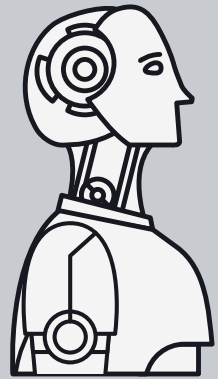
Join Dean and Barry

May Bonanza!

**Every Tuesday
in May**

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 Anamae to register:

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 **aclaret@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: 2:00-3:30 PM



Please contact Anamae to register:



905-876-1319



aclaret@summit-housing.ca



LAUGHTER YOGA

Thursday
May 2nd, 16th, 23rd, 30th
at 1:00 pm

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

Please contact Anamae to register:



aclaret@summit-housing.ca

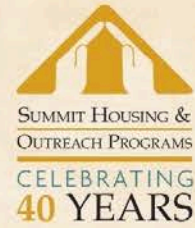


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CLIENT AND FAMILY ADVISORY COMMITTEE



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.



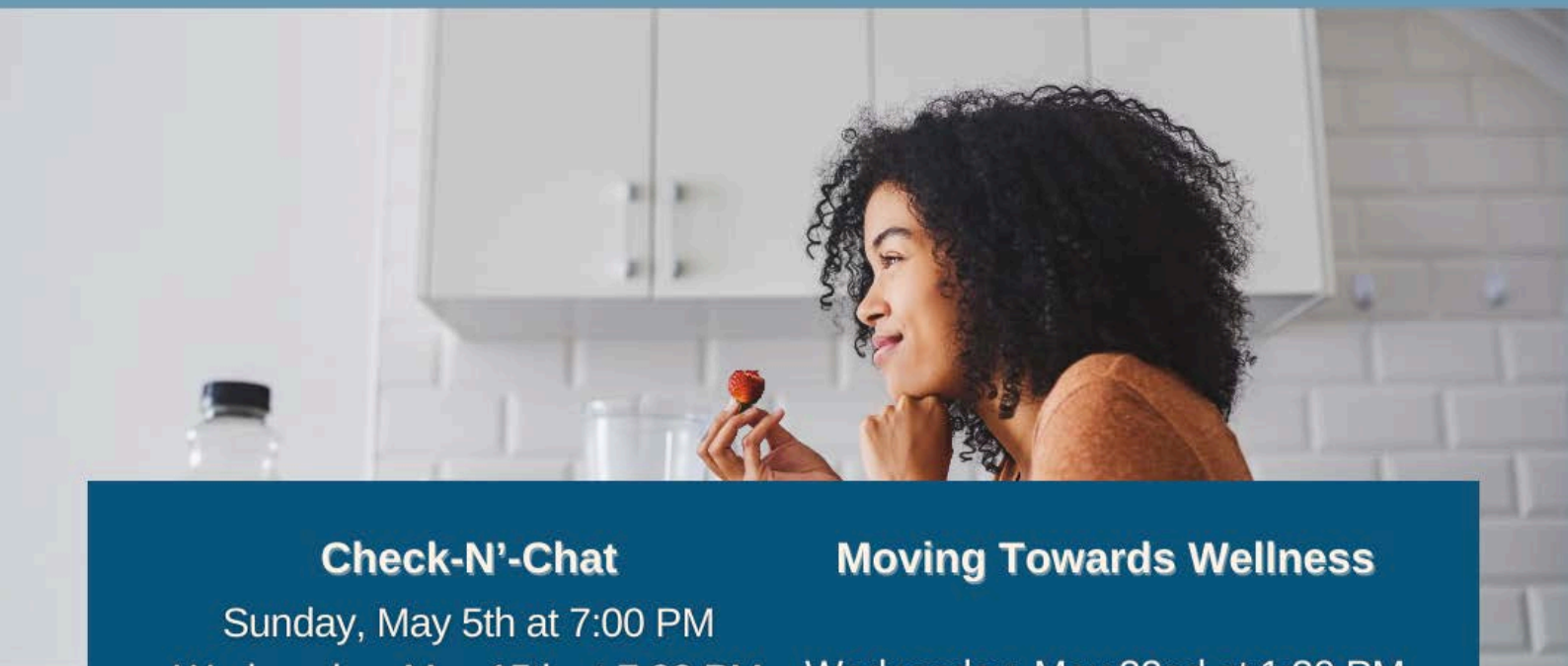
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Mental Health & Substance Use Webinars

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



Check-N'-Chat

Sunday, May 5th at 7:00 PM

Wednesday, May 15th at 7:00 PM

Sunday, May 26th at 7:00 PM

Moving Towards Wellness

Wednesday, May 22nd at 1:30 PM

For questions & registration email or text us:
Rachael | 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



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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 in-person session
will run:

June 3rd -14th 9am - 12pm at
our Oakville Office
Please register by May 3rd



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 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/>

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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