



SUMMIT NEWSLETTER



WELCOME *June* 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



JUNE 2024

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Men's Group 2:00 - 3:00 pm	4 Painting with Jon 1:00 - 3:00 pm Milton office	5	6 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	7 Crafts with Lois 11:00 am - 12:30 pm Milton Office Conservation Walk 1:30 - 2:30 pm	8
9	10 Gardening Group (Memorial Gardens) 12:00 - 1:00 pm Men's Group 2:00 - 3:00 pm	11 Beginners Drawing Group 12:30 - 1:30 pm Tech Tuesday 3:00 - 4:00 pm	12 In-Person Yoga 11:00 am - 12:00 pm Milton Office	13 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	14 ALL STAFF TRAINING DAY No programming	15
16 Happy Father's Day	17 Men's Group 2:00 - 3:00 pm	18 Painting with Jon 1:00 - 3:00 pm Milton office	19 Coffee & Conversation Milton Office 11:00 am - 1:00 pm	20 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm Family Support Group Milton office 6:30 - 8:00 p.m	21 Crafts with Lois 11:00 am - 12:30 pm Milton Office Conservation Walk 1:30 - 2:30 pm	22
23	24 Gardening Group (Memorial Gardens) 12:00 - 1:00 pm Cooking Group Milton office 12:00pm - 2:00pm Men's Group 2:00 - 3:00 pm	25 Beginners Drawing Group 12:30 - 1:30 pm Tech Tuesday 3:00 - 4:00 pm	26 In-Person Yoga 11:00 am - 12:00 pm Milton Office	27 Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	28	29

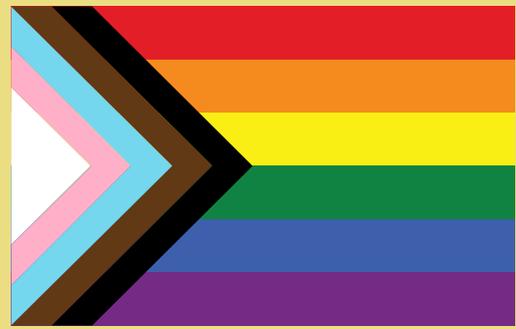
In-Person groups are in RED FONT
Online Groups via Zoom are in BLACK FONT

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 Milton office.

June is Pride Month



We celebrate and support our 2SLGBTQI+ staff, clients, friends, and community members in Halton and worldwide. There is still work to be done to increase inclusive spaces, promote pride, and stop stigma.

Events and Activities:

- Halton Region- Pride Fest at Hidden Valley Park in Burlington on June 1st 10 a.m. to 5 p.m.
- Conservation Halton-Pride In Nature events throughout June. For more info, visit:
<https://www.conservationhalton.ca/pride-in-nature/>



June is Indigenous History Month

This is an opportunity to learn more about the unique cultures, traditions, and experiences and to recognize the diversity and resilience of First Nations, Inuit, Métis and Urban Indigenous people.

For **learning opportunities**, please check out:

<https://www.insauga.com/month-of-celebrations-in-oakville-include-indigenous-history-pride-seniors-recreation/>



Let the games
B E G I N!

Please join us for

SUMMIT OLYMPICS PICNIC

16

July 2024

11:30AM - 2:30PM



COUNTRY HERITAGE
PARK-Conestoga Room
8560 Tremaine Road
Milton, ON L9T 2X3

Let's play games and have fun!

**RSVP WITH ANY DIETARY RESTRICTIONS &
TRANSPORTATION NEEDS TO:**

**Anamae: aclaret@summit-housing.ca or 905-876-1319
or to your Summit Caseworker**

**SHOW OFF YOUR FAVORITE OLYMPIC SPORT BY
WEARING IT PROUDLY AND GET A CHANCE TO WIN A
PRIZE IN OUR RAFFLE DRAW!**

RSVP DEADLINE IS JULY 2, 2024

GARDENING GROUP



WHEN: MONDAY, JUNE 10TH & 24TH

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**



In-Person Yoga

Milton office
917 Nipissing Road, Unit 2
Milton

Wednesday
June 12th & 26th
11:00 am - 12:00 pm

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



FAMILY SUPPORT GROUP



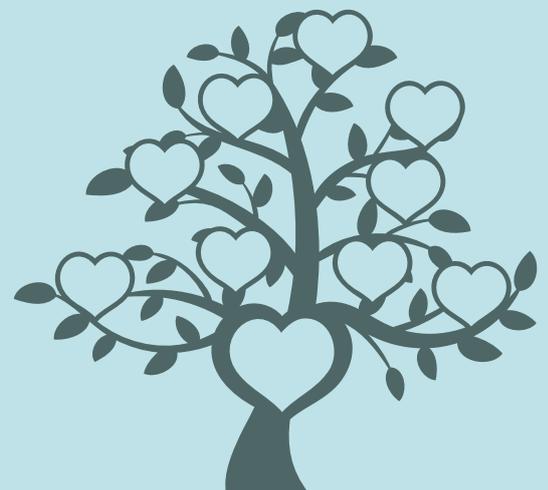
Milton office
917 Nipissing Rd, Unit 2

Thursday, June 20th
6:30pm - 8:00pm

Please contact Anamae to register:

 905-876-1319

 aclaret@summit-housing.ca



COOKING GROUP



Where: Milton office
2-917 Nipissing Rd

When: June 24th
12:00pm - 2:00pm

Please contact Anamae to register:

 905-876-1319

 aclaret@summit-housing.ca

Coffee & Conversation



Milton office
917 Nipissing Rd, Unit 2

Wednesday, June 19
11:00 am - 1:00 pm

Please contact Anamae to register:

 905-876-1319

 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



CONSERVATION WALK



**Friday June 7th:
1:30pm - 2:30pm
Mount Nemo
Burlington, ON**

**Friday June 21st:
1:30pm - 2:30pm
Hilton Falls
Milton, ON**

Please contact Anamae to register:

 **905-876-1319**

 **aclaret@summit-housing.ca**



PAINTING WITH JON

TUESDAY, JUNE 4TH

&

TUESDAY, JUNE 18TH
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**



Summit Housing & Outreach Programs
Health & Wellness

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CRAFTS WITH



Lois

WHEN:

FRIDAY, JUNE 7TH
& FRIDAY, JUNE 21ST

FROM: 11:00AM-12:30 PM

LET'S GET CREATIVE!



MILTON OFFICE

917 NIPISSING RD, UNIT 2

MILTON

Please contact Anamae to register:

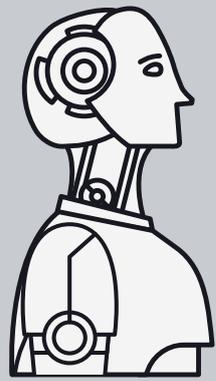
 905-876-1319

 aclaret@summit-housing.ca



Tech Tuesday

Join Dean and Barry



Tuesday
June 11th & 25th
3:00pm - 4:00pm
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



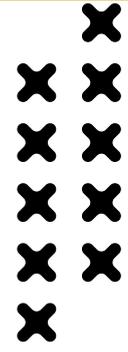
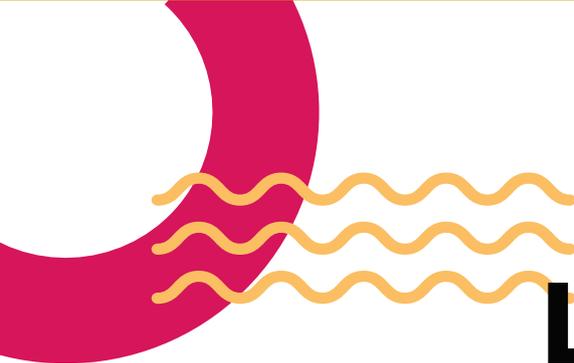
Please contact Anamae to register:



905-876-1319



aclaret@summit-housing.ca



LAUGHTER YOGA

Every Thursday
1:00pm - 2:00pm



Join the Zoom Meetings:
<https://us02web.zoom.us/my/healthwellness>
Meeting ID: 289 795 5847

Please contact Anamae to register:

 aclaret@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 Housing & Outreach Programs
Health & Wellness

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



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

Wednesday June 12th at 7:00 PM – 9:00 PM
Sunday June 23rd at 7:00 PM – 9:00 PM

Alphabet Soup for Grief

Wednesday June 19th at 1:30 PM – 3:30 PM

For questions & registration email or text us:
Tanya | TSanabria@stride.on.ca | 905-749-2389

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



Summit Housing & Outreach Programs
Health & Wellness

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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.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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