

SUMMIT NEWSLETTER









Agréé par Centre canadien de l'agrément









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











JULY 2024

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	HAPPY CANADA DAY Offices closed	Painting with Jon 1:00 - 3:00 pm Milton office	3	Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	Conservation Walk 1:30 - 2:30 pm	6
7	Gardening Group (Memorial Gardens) 12:00 - 1:00 pm Men's Group 2:00 - 3:00 pm	Beginners Drawing 12:30pm - 1:30pm	In-Person Yoga 11:00 am - 12:00 pm Milton Office	Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	Crafts with Lois 11:00 am - 12:30 pm Milton Office	13
14	15 Men's Group 2:00 - 3:00 pm	Client Picnic Event 11:30 am - 2:30 pm Country Heritage Park	17	18 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	19	20
21	Gardening Group (Memorial Gardens) 12:00 - 1:00 pm Men's Group 2:00 - 3:00 pm	STAFF TEAM DAY No programming	Open Mic 1:30pm - 3:00pm Milton office	Laughter Yoga 1:00 - 2:00 pm Productivity Group 2:00 - 3:30 pm	Crafts with Lois 11:00 am - 12:30 pm Milton Office	27
28	Cooking Group 12:30pm - 2:30pm Milton office Men's Group 2:00 - 3:00 pm	Painting with Jon 1:00 - 3:00 pm Milton office	Coffee & Conversation Milton Office 11:00 am - 1:00 pm			

In-Person groups are in RED FONT

Online Groups via Zoom are in BLACK FONT

INTERESTED IN A PROGRAM?

<u>REGISTER WITH ANAMAE</u>:

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.



Let the games GIN

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





Summit Housing & Outreach Programs is looking for artwork that reflects the agency to include in this year's Annual Report!

The Annual Report is prepared for our clients, funders, community members, and is available on our website.

ARTIST WHOSE ARTWORK IS SELECTED WILL RECEIVE A GIFT CARD.

EMAIL YOUR ARTWORK TO: info@summit-housing.ca DEADLINE: JULY 31, 2024





12:00 - 1:00 PM

WHERE: MEMORIAL GARDENS

120 OAK PARK BLVD., OAKVILLE

Please contact Anamae to register:

905-876-1319









Come join us for an afternoon of artistic expressions through music, song, poetry and story.



Wednesday, July 24th
1:30pm - 3:00pm
Milton office
2-917 Nipissing Rd., Milton

Please contact Anamae to register: 905-876-1319 aclaret@summit-housing.ca





COOKING GROUP



Where: Milton office When: July 29th 2-917 Nipissing Rd 12:30pm - 2:30pm

Please contact Anamae to register:

905-876-1319







In-Person Yoga

Milton office 917 Nipissing Road, Unit 2 Milton

Wednesday
July 10th
11:00 am - 12:00 pm

Please contact Anamae to register:

905-876-1319







FAMILY SUPPORT GROUP



Milton office 917 Nipissing Rd, Unit 2

Thursday, July 18th 6:30pm - 8:00pm

Please contact Anamae to register:

() 905-876-1319







Offee & Convergation



Milton office 917 Nipissing Rd, Unit 2

Please contact Anamae to register:

905-876-1319

aclaret@summit-housing.ca

Wednesday, July 31 11:00 am - 1:00 pm







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



Isolation Addictions

and much more. Join us

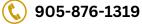
MONDAY'S 2:00-3:00 PM

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

Please contact Anamae to register:









Friday, July 5th:
1:30pm - 2:30pm
Mountsberg Conservation,
Halton

Please contact Anamae to register:









PAINTING WITH JON

TUESDAY, JULY 2ND

TUESDAY, JULY 30TH FROM 1:00-3:00 PM

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

Please contact Anamae to register:

© 905-876-1319











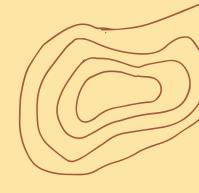












Productivity Group

- 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





Join the Zoom Meetings:

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

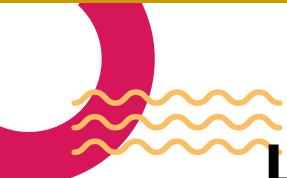
Meeting ID: 289 795 5847

Please contact Anamae to register:

905-876-1319



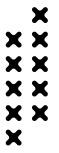






LAUGHTER YOGA

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:









Mental Health & **Substance Use Webinars**

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



Check-N'-Chat

Sunday, July 21st 7:00 PM - 9:00 PM

Success, Your Way

Wednesday, July 24th 1:30 PM - 3:30 PM

For questions & registration, email or text us between the hours of 9:00 AM - 5:00 PM, Monday-Friday:

Tanya | TSanabria@stride.on.ca | 905-749-2389















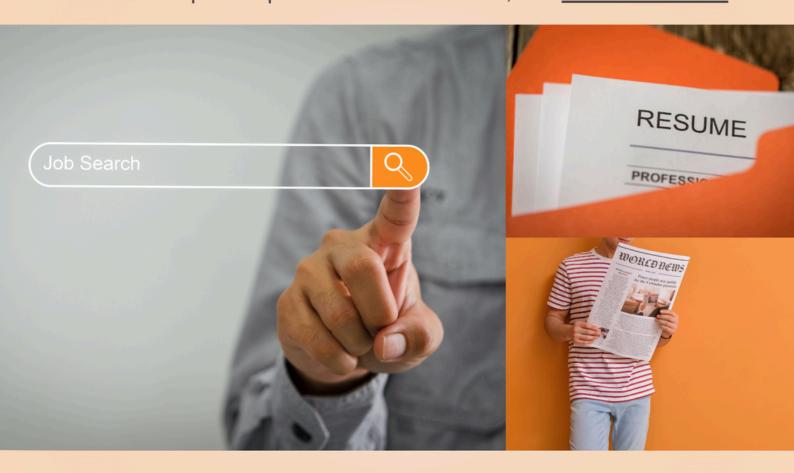






JULY EMPLOYMENT READINESS WORKSHOP

Join us for our FREE virtual employment readiness workshop For workshop description & more information, visit www.stride.on.ca



RESUME SKILLS THURSDAY, JULY 11TH, 2024 FROM 1:30 PM - 3:00 PM

JOB SEARCH THURSDAY, JULY 25TH, 2024 FROM 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:

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.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 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





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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