

### SUMMIT NEWSLETTER





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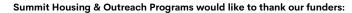




















### **OCTOBER 2024**

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	Laughter Yoga (Zoom) 1:00pm - 2:00 pm	4	5
6	Men's Group (Zoom) 2:00pm - 3:00pm	Painting with Jon 1:00pm - 3:00pm Milton office	9	Laughter Yoga (Zoom) 1:00pm - 2:00 pm Productivity Group (Zoom) 2:00pm - 3:30 pm	Crafts with Lois 11:00 am - 12:30 pm Milton Office  Conservation Walk 1:30pm - 2:30pm	12
13	Happy Thanksgiving  OFFICES CLOSED	15 Summit WELLNESS AWARDS	In-Person Yoga 11:00 am - 12:00 pm Milton Office	Laughter Yoga (Zoom) 1:00pm - 2:00 pm  Family Support Group Milton Office 6:30pm - 8:00pm	18	19
20	Men's Group (Zoom) 2:00pm - 3:00pm	Painting with Jon 1:00pm - 3:00pm Milton office	23	Laughter Yoga (Zoom) 1:00pm - 2:00 pm Productivity Group (Zoom) 2:00pm - 3:30 pm	Crafts with Lois 11:00 am - 12:30 pm Milton Office Conservation Walk 1:30pm - 2:30pm	26
27	28  Men's Group (Zoom) 2:00pm - 3:00pm	Beginner's Drawing (ZOOM) 12:30pm - 1:30pm	30	Laughter Yoga (Zoom) 1:00pm - 2:00 pm Productivity Group (Zoom) 2:00pm - 3:30 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.



## CALL FOR ART 2024 WELLNESS AWARDS













at our 2024 Wellness Awards,
please email:

Naomi- nyu@summit-housing.ca
Deadline will be October 10, 2024





## In-Person Yoga

Summit Health & Wellness Hub 917 Nipissing Road, Unit 2 Milton, ON L9T 5E3

Wednesday, October 16th 49-11:00 am - 12:00 pm

Please contact Anamae to register:

905-876-1319







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



, radiction

and much more. Join us!

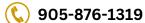
MONDAYS 2:00-3:00 PM

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

Please contact Anamae to register:







#### **BEGINNER'S**

# DRAWING GROUP



Interested in art, but not sure where to start with drawing skills? Look no further!



OCTOBER 29TH- 12:30PM-1:30PM

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

Please contact Anamae to register:



905-876-1319







CONSERVATION WALK



★ Friday, October 11th

★ Friday, October 25th

From 1:30pm - 2:30pm

Please contact Anamae to register:

**Q** 905-876-1319







# FAMILY SUPPORT GROUP



Summit Health & Wellness Hub 917 Nipissing Road, Unit 2, Milton ON L9T5E3

Thursday, October 17th 6:30pm - 8:00pm

Please contact Anamae to register:











## PAINTING M JON





Tuesday, October 8th Tuesday, October 22nd FROM 1:00-3:00 PM

WHERE: SUMMIT HEALTH & WELLNESS HUB
917 NIPISSING RD, UNIT 2, MILTON

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













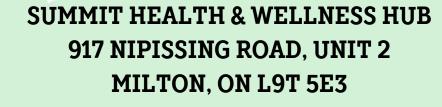






WHEN:
FRIDAY, OCTOBER 11TH
FRIDAY, OCTOBER 25TH
FRIDAY, OCTOBER 25TH
FROM: 11:00AM-12:30 PM

LET'S GET GREATIVE!





( 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

October 10th, 24th, 31st

FROM: 2:00PM - 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









THURSDAYS
OCTOBER 10, 17, 24, 31
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

Wednesday, October 9th 1:30 PM - 3:30 PM NEW TIME

Sunday, October 20th 7:00 PM - 9:00 PM

## **Challenging Your Inner Critic**

Wednesday, October 16th 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





















# OCTOBER EMPLOYMENT READINESS WORKSHOP

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



Job Search Workshop THURSDAY, OCTOBER 24TH, 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



















# Young Adult Program

A fresh community designed for peers aged 18 to 29.

#### **About This Space**

This initiative is a collaboration between Stride's Youth Employment and Peer Teams. Our aim is to grow, learn, and share insights on mental health and employment-related topics. Together, we'll delve into what these themes mean for young adults embarking on their employment journey.

#### **Upcoming Sessions:**

Virtual Resource Fair: Highlighting Events in Halton & Peel this Fall.

Thursday, October 17th, from 1:30 PM to 3:00 PM via Zoom.

Halloween Social & Discussion: Confronting workplace fears, self-doubt, and more with a fun, spooky theme. Enjoy pumpkin carving and snacks!

Thursday, October 31st, from 3:00 PM to 5:00 PM at our Oakville Office, located at 247 North Service Road, Suite 200.



## 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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