



# SUMMIT NEWSLETTER



# WELCOME *December* 2024

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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)



# DECEMBER 2024

## SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3  <b>Painting with Jon</b> 1:00pm - 3:00pm Milton office	4	5 Laughter Yoga (Zoom) 1:00pm - 2:00 pm  Productivity Group (Zoom) 2:00pm -3:30 pm	6	7
8	9 Men's Group (Zoom) 2:00pm - 3:00pm	10  STAFF BI-ANNUAL TRAINING  No Programming	11  <b>In-Person Yoga</b> 11:00 am - 12:00 pm Milton Office	12  <b>Smoking Cessation Session with Brad</b> 1:00 pm - 2:30 pm Oakville Office  Laughter Yoga (Zoom) 1:00pm - 2:00 pm	13  <b>Stretching with Mei</b> 1:00 pm - 2:00 pm Milton Office	14
15	16 Men's Group (Zoom) 2:00pm - 3:00pm	17  <b>Client Holiday Party</b> Country Heritage Park 4:30PM- 8:30PM	18	19 Laughter Yoga (Zoom) 1:00pm - 2:00 pm	20  <b>Conservation Walk</b> 1:30pm - 2:30pm	21
22	23 Men's Group (Zoom) 2:00pm - 3:00pm	24 OFFICE HOURS: 8:30AM- 12:30PM	25  <b>Christmas Day</b> OFFICES CLOSED	26  <b>Boxing Day</b> OFFICES CLOSED	27  <b>We are Closed!</b> OFFICES CLOSED	28
29	30 Men's Group (Zoom) 2:00pm - 3:00pm	31 OFFICE HOURS: 8:30AM- 12:30PM				

**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](mailto: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.



# Summit Housing & Outreach Programs HOLIDAY OFFICE HOURS

TUESDAY, DECEMBER 24 8:30 AM - 12:30 PM

WEDNESDAY, DECEMBER 25 CLOSED

THURSDAY, DECEMBER 26 CLOSED

FRIDAY, DECEMBER 27 CLOSED

TUESDAY, DECEMBER 31 8:30 AM - 12:30 PM

WEDNESDAY, JANUARY 1 CLOSED

THURSDAY, JANUARY 2 8:30 AM - 4:30 PM



Summit Housing & Outreach Programs  
Health & Wellness

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



# Holiday PARTY

PLEASE JOIN US FOR FUN, DANCING & A TURKEY DINNER  
ON

TUESDAY, DECEMBER 17, 2024  
4:30 PM - 8:30 PM



COUNTRY HERITAGE PARK - GAMBREL BARN  
8560 TREMAINE ROAD, MILTON ON L9T 2X3



**SPOTS ARE LIMITED!**

Please **RSVP** to your Summit worker or  
to Anamae ([aclaret@summit-housing.ca](mailto:aclaret@summit-housing.ca))  
by **November 29, 2024** for any food allergies  
and accessibility needs



Transportation is limited: Bus pick-up and  
drop-off are at designated areas



**SUMMIT ACTT – WELLNESS GROUP**  
**presents**

# Smoking Cessation

**DECEMBER 12, 2024**  
**1:00PM- 2:30PM**

**Summit Oakville Office - Boardroom**  
**2305 Wycroft Road, Suite 200, Oakville**

## **DO YOU:**

- WANT TO QUIT OR CUT DOWN
- KNOW SOMEONE WHO WANTS TO QUIT OR CUT DOWN
- WANT TO LEARN ABOUT ALTERNATIVES TO (E-CIGARETTES, HOOKAH)

## **SMOKING?**

AN INFORMATIVE AND RESOURCE-FILLED SESSION. THIS GROUP WILL OUTLINE THE REASONS BEHIND CIGARETTE ADDICTION, STRATEGIES FOR HARM REDUCTION OR QUITTING, AND PROVIDE CONTACT INFORMATION FOR COMMUNITY RESOURCES. THIS IS A WORKSHOP FOR ANY SMOKER AND WILL PROVIDE INFORMATION AND HELP FOR THOSE WHO DON'T WANT TO QUIT, THOSE THAT ARE THINKING ABOUT QUITTING OR CUTTING BACK, AND THOSE ACTIVELY TRYING TO STOP.

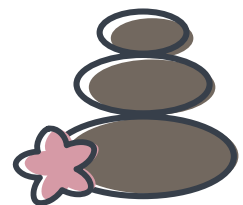
**PLEASE CONTACT 905-847-3206 EXT. 902 TO REGISTER**



**Suffering from back pain? Mei will be teaching you some exercises to relieve back pain.**



December 13, 2024, Friday  
1:00pm - 2:00pm  
Summit Health & Wellness Hub  
917 Nipissing Road, Unit 2, Milton



Please contact Anamae to register:

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





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## *In-Person Yoga*

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

 **Wednesday, December 11th**   
**11:00 am - 12:00 pm**

Please contact Anamae to register:

 905-876-1319

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



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# Men's Group

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



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:

 905-876-1319

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





# CONSERVATION WALK



👣 *Friday, December 20th - Mount Nemo*  
*1:30pm - 2:30pm*

Please contact Anamae to register:

☎ 905-876-1319

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



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# PAINTING

with **JON**



Tuesday, December 3rd

1:00pm-3:00pm

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



Please contact Anamae to register:

905-876-1319

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


**THURSDAY  
DECEMBER 5th  
2:00PM - 3:30 PM**



Join the Zoom Meetings:  
<https://us02web.zoom.us/j/9058761319>  
Meeting ID: 289 795 5847

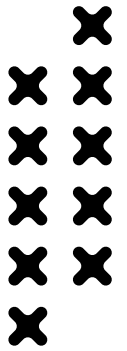
Please contact Anamae to register:

 905-876-1319

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



# LAUGHTER YOGA



OA1



**Join the Zoom Meetings:**

<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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UPCOMING  
EVENTS

# Winter Blues Session

coming January 2025

Health teaching on Seasonal  
Affective Disorder and  
maintaining mental health  
throughout the winter months.

# 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](http://www.stride.on.ca)



## Winter Social: Games & Check-In

Wednesday, December 11th

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](mailto:TSanabria@stride.on.ca) | 905-749-2389



# DECEMBER EMPLOYMENT READINESS WORKSHOP

Join us for our **FREE virtual** employment readiness workshop  
For workshop description & more information, visit [www.stride.on.ca](http://www.stride.on.ca)



**Resume 101**  
**THURSDAY, DECEMBER 19TH, 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](mailto: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:

**Talk it out: Self-Compassion over the Holiday:**

Thursday, December 12th, from 3:00 PM to 5:00 PM at our Oakville Office, located at 247 North Service Road, Suite 200.

Join us for a conversation on practicing kindness and patience to ourselves over the holiday season. We'll chat, enjoy some holiday crafts, and snacks.

Visit, [www.stride.on.ca](http://www.stride.on.ca) to register.

For any questions, please reach out to Alyssa at [asmith@stride.on.ca](mailto:asmith@stride.on.ca) or Alex at [anagy@stride.on.ca](mailto:anagy@stride.on.ca).





# 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](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

### **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

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

