

I've made friends and gained some much needed support as a new mum. It can be isolating to be at home all day with my baby but the programming and flexible opportunities to get involved or learn are invaluable. 🌱 I am astounded by the persistence, determination, and commitment of the OPNC staff to advocate for low income residents. Their work is exemplary and sets the tone for how centres should be run. 🌱 You provide supports in many aspects of my life, including my disability, opportunities for employment and my independence. 🌱 I have food when I need it and an ear to listen to me 🌱 You have made a huge impact in my family. Thank you for all your help 🌱 Staff are always there to listen and help 🌱 I can actually pay my bills because you have provided food. 🌱 Everytime I needed something they were supportive and I appreciate everything. 🌱 You have made a difference in my life. The staff and volunteers always have my back. 🌱 As a volunteer I have gained the confidence and professionalism to help me be successful in my future career 🌱 Having recently immigrated to Canada, we appreciate the social circle you have provided for our family. 🌱 Here have nice staff for help us. They are supporting for everything . Kids can learn here with easy way. 🌱 Made my daughter outgoing and confident and given me a chance to interact in a culturally safe environment. 🌱 Love all the multicultural exposure and inclusiveness. 🌱 My son's speech and social skills have improved 🌱 This centre is incredible and the staff are so loving, caring and welcoming. 🌱 Helps me interact with other parents, learn songs, parenting skills and social skills for baby 🌱 My child comes home from preschool with new words, ideas and stories. This is amazing. 🌱 Thank you for letting me have a space to go after school where I can learn, play and interact with other people. 🌱 "I feel like I belong!" 🌱 You have helped me with socializing and making friends. I've received so much support. 🌱 Thank you for all your hard work. 🌱 Oak Park is a place of so much positive support, encouragement and real life practical help.

OakPark Neighbourhood Centre Annual Report 2019

It is a place that welcomes you and makes you feel comfortable and can help move you forward in life in a truly positive way. 🌱 Thank you for listening to our voices. 🌱 What a difference a suggestion can make to someones life. As a senior I was having difficulty adjusting to being retired with a new budget. I felt lost. When I phoned OPNC it was the start of a journey. To go from an independent person to someone who needs help was hard. I was greeted by so many gracious and cheerful staff and volunteers at the centre. I was tearful when experiencing their compassion and helpful suggestions. I found a safe place to experience all the feelings that were weighing me down. I felt better and no longer wished to give up. Smiles, suggestions, food for dinner and hugs. This was what my soul needed, I was no longer alone in my battle to survive. After five months of support I found a part time job, am happier and feel worthy again. 🌱 After accepting her neighbour's invitation, quiet, rather timid and slightly depressed, she simply arrived one Wednesday at our Finding Hope group. Her pain, lack of confidence, and her struggle with the English language kept her confined within the walls of her home. However with the love, acceptance and encouragement from the group, it wasn't long before she began to feel comfortable enough to enter our conversations in which we learn, stretch and grow together. She opened up about her own personal difficulties, her financial struggles and the deep pain she had carried for so long. She began to join our "ladies' evenings out" designed to spoil participants and deepen relationships. She shared that she wanted to work but did not have suitable clothing. We reached out to the community and received a beautiful wardrobe of work clothing. This immediately brought color, flair and beauty to her somewhat dark and dreary attire. A new person was emerging. This generous gift brought a fresh confidence and beauty inside and out. She started volunteering at the Oak Park Community Centre and more recently has secured a part time job. What a great 'joy' and 'privilege' it has been for the ladies of Finding Hope to join her journey of discovering help, healing and hope! This is a reminder that change is possible when one is loved, accepted, and given an opportunity to find her voice and share her heart. 🌱 You have made a difference in my life specifically and I thank you for all the opportunities you have given me to start a pathway to a fulfilling career.



Oak Park Neighbourhood Center is a welcoming community, supporting each other through diverse programs & resources to build friendships, strengthen our children & create healthy neighbourhoods. As a registered charity, we strive to relieve poverty, provide education, support, and recreational and social opportunities for people of all abilities.

We began 20 years ago with 6 women meeting together, supporting one another. Since our inception we have helped 13,240 people.

Our centre is a non-institutional, barrier free space, welcoming to everyone. It is a reflection of the needs, talents and gifts of our neighbours and friends to be relevant to the whole community.

We believe in supporting the whole community together, regardless of income level, age or background.

Since our inception, we have helped thousands of people progress beyond what challenges may have brought them into our door... to a point where they can help others progress as well.

2200 Sawgrass Drive
Oakville, ON L6H 6M8
(905) 257-6029
OPNC.ca

Registered Charitable
No. 855402244RR0001

1,000 households

(2,550 individuals)

46%

live below the poverty line

50%

Not born in Canada

17,270

family visits this year

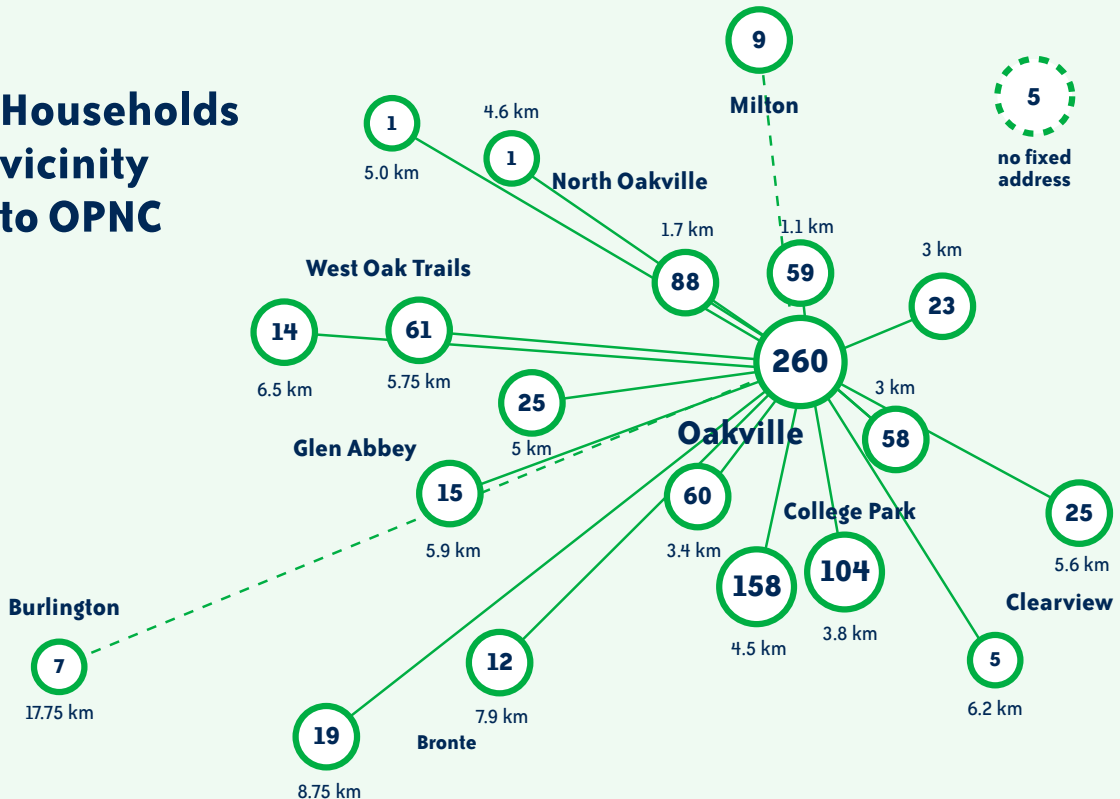
24%

of adults have no post secondary education

We speak

Afrikaans	Bengali	Farsi	Gujarati	Persian	Russian	Telugu
Akan	Chinese	Filipino	Hindi	Polish	Serbian	Turkish
Albanian	Croatian	Filipino	Hungarian	Polish	Sindhi	Twi
Arabic	Danish	French	Italian	Portuguese	Spanish	Ukrainian
Armenian	Dutch	German	Japanese	Punjab	Swahili	Urdu
ASL	Edo	Greek	Korean	Romanian	Tagalog	Vietnamese
	English		Mandarin		Tamil	

Households vicinity to OPNC



A blue-toned, textured illustration of a baby holding a teddy bear. The baby is wearing a light-colored sweater and dark pants. The teddy bear is brown and has a red bow on its head. The background is white with faint, scattered numbers like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Support

“I’ve made friends and gained some much needed support as a new mum. It can be isolating to be at home all day with my baby but the programming and flexible opportunities to get involved or learn are invaluable.”



Our voices project

this year gathered input from over **100 adults living with a developmental disability.**

The report can be found on our website.

500

people supported through our weekly food bank

with food, clothes, household goods, holiday gifts, and wrap around asset based supports to increase independence.



\$291,040

of **tax rebates, loans and utility support** received by 396 households



269 families

in **parent & child drop-ins and Preschool Programs**, to support child development, provide multicultural programs, parenting skills and increase community connections and engagement



42

people supported in our **Adults with disabilities recreation programs, monthly meals, and weekly games night.**

We celebrated

6 women hired

and

1 enrolled in college

through the **Finding Hope Program** which supported 20 women living in poverty this year, to build friendships and a support network.



125

children supported in an **affordable \$2 a day after school program and summer camp** to engage in physical activities, nutrition programs and wellness curriculum



Connect

"I Love all the multicultural exposure and inclusiveness."



490

people engaged in 20 **Indigenous Truth & reconciliation activities** to build knowledge and understanding.

55
seniors

supported with **healthy lunch, exercise & a weekly guest speaker programs**, in order to reduce isolation, increase health and community support knowledge

Better together

Oakville Public Library, Halton Legal Services, Halton Region Navigator, Halton Public Health Nurse, SAVIS, Town of Oakville, HIPPY, ROCK, Nelson Youth Centre, Kerry's Place, Support & Housing Halton, FareShare Food Bank, Kerr Street Mission, and Salvation Army.

We work closely with local agencies to reduce duplicating efforts and provide strong wrap around supports: Halton Region, Town of Oakville, Fare Share Food Bank, Kerr Street Mission, and Salvation Army

22nd Annual
Oak Park Fall Fair

\$38,000
raised

4000 visitors

45 companies/agencies
participating



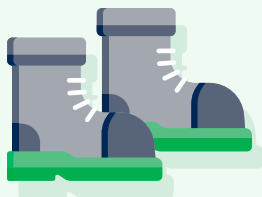
Our
preschool children
visit Chartwell
seniors monthly

to connect with patrons
in songs, crafts and play

A woman with glasses and a dark top is holding a young child. The child's drawing is on the woman's shirt. The drawing depicts a bird on a nest with several small chicks. A thought bubble above the bird contains the text 'NEW FRIENDS'. The entire scene is rendered in a sketchy, blue-toned style.

Engage

“This centre is incredible and the staff are so loving, caring and welcoming.”



little things; great results

Work boots donated

by a community member enabled an Oak Park member to be hired for a full time job

Oakville Food Drive

14

faith communities

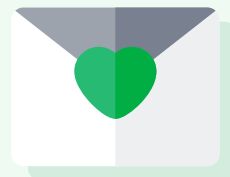
500

volunteers

2844

bags of food

Supporting Oakville foodbanks through the summer months



Sweet gestures

Children made and decorated 400 valentines and **distributed them to local seniors**

630

volunteers

8,640

hours

A huge thank you to our volunteers this year. We could not provide the extensive quality programs we do without your involvement.

A special thank you to those who provide weekly support by running our programs...

Ashley Picket

Baby Wearing

Lina Cooke

Community Garden

Kirstie Jermark

Food Bank

Jessica Carrasco

Homeschool Drop-in

Lisa MacPherson

Intake

Madoka McGee

Japanese Drop-in

Likely Kim

Korean Drop-in

Adrienne Everitt

Momi

Christine Sun

Mandarin Drop-in

Senoli Jayaratha

Music Lessons

Wilhelmina & Cornelis

Van der Want

Seniors Program

Sara Chaves

Spanish Drop-in

Maye Abdul Shafy

Tawasol

Anne Adam

German Drop-in

Don Arsenault Blair

Ulmer Keith Garten

Fix it

James Haye, Eugene

Halfon and Keri Tabet

Tax Clinics

Nic Ulmer

Games Night & Pot Luck

Coordinator

Phillipe Guay

Thrive

Geraldine Mcrae

Silent Auction

Sharon deVellis

Volunteer Hours

Wendy Alderdice

Human Resources

Hani Enan

Bookkeeping

Preschool Programs

Half-day Preschool \$

2.5 - 5 years, Mon.-Fri.

Family Drop-in & Circle

Mon. to Fri. 9:30 - 11:30 am

Baby Rhyme Time

0 - 2yrs, Tues. 1:00 - 3:00 pm

Library & Nurse visits

Korean Play Group

Mon. (Oct - June)

11:45 am - 1:30 pm

lilyby@hotmail.com

ROCK Drop-in and Chat

2nd Tues. 9:30-11:30am

Baby Wearing & Drop-in

3rd Weds. 1:00- 3:00 pm

pickett@abatonim.com

German Play Group

annelisa_adam@yahoo.ca

Japanese Play Group

Thurs. 11:45 - 1:30 pm

hiyokochiclub@gmail.com

Number & Literacy Programs \$

community@opnc.ca

La Hora Del Cuentro

Monday 10:00 - 12:00 am

sarachaves123@hotmail.com

HIPPY- Home Instruction

coordinator@hippyoakville.org

Stroller Walk & Story Time

Fridays at 10:00 -11:30 am

Children must be in a stroller

Grandparents Play Date

Monday 9:30-11:30 am

Mandarin Drop-in

4th Saturday 9:30-11:30 am

Child & Youth Programs

After School Program

Gr. 4 - 8, Mon. - Fri., 3:00 - 6:00pm

youth@opnc.ca

Nelson Youth Centres

Social Skills Program

office@nelsonyouthcentres.com

Guides \$

www.girlguides.ca

My French Club \$

www.myfrenchclub.ca

Homework & Reading Club

Gr. SK to 3. Thurs 3:30 - 4:45 pm

February to May

Russian Kids Drama Studio \$

4-14 years

mmpbel@gmail.com

Wu's Taekwondo \$

Tuesday's

bwugbrown@gmail.com

Kerry's Place Autism Services

Thurs 4:00 - 8:00 pm

www.kerrysplace.org

Our Kids Network

Thursdays

Just Be You

- Peer to peer support

15 - 22 yrs, Fri. 7:00 - 10:00 pm

289-291-5434

Summer Camp

6-12 yrs, July & August

Mon - Fri 1:00 -5:00 pm

SOS Kids \$

Babysitting & home safe

www.sosfistaid.ca

Wei yan Art Studio

Adult & family programs

Utility Support & OESP

Weds. & Thurs. 11:30 am - 2:30 pm

Support@opnc.ca

First Aid Clinics \$

www.sosfirstaid.ca

MOMI Peer to Peer

Mum Mental Health Support

Thursday. 1:30 - 3:00 pm

Mom's Club Drop-in

Thurs 2:00 - 3:15 pm

The Community Oak Park

- All Abilities

Last Wed of each month

6:00 - 8:00 pm

Finding Hope Support Group

Wed. 10 - 11:30am

Food Bank

registration required

Wed. 12:00 - 12:30 pm

Seniors Program

Fri. 12:15-3:00 pm

Oak Med Family Health Team

Workshops and Free Counselling

905-901-5111

Community Potluck (family)

Last Saturday of each month

Homeschool Board Game Evening

1st & 3rd Saturday

Tawasol Newcomer Support

mayeabdelshafy@yahoo.com

Legal Aid

Wed. afternoon, once a month

Indigenous Workshops

s.stone93@outlook.com

Tax Clinic

By appointment

Community Garden

Happy Fridays Drop-in

3:00 - 7:00 pm

Key Financial Sponsors

*The Charis Foundation
Province of Ontario
Ministry of Tourism,
Culture & Sport*

*Halton Region
Canada Summer Jobs
Cockwell Family
Kenny Family*

*Film.ca Cinemas
Mattamy Homes
Catalyst Foundation
Toronto Pearson*

*Civitan International
Optimists
Altruists
Cortel Group*

Board List

Joe Mauro, *Chairperson*

Lambrina Nikolaou, *Vice chairperson*

Frances Fu, *Secretary*

Christine Sun, *Treasurer*

Chris Alexiou, *Director*

Preeti Alwani, *Director*

Insha Haider Rizvi, *Director*

Kimberlee Shelley-Ajibolade, *Director*

Staff List

Michelle Knoll, *Executive Director*

Paige Lauer, *Preschool & Community
Outreach Manager*

Kelly Luscombe, *Facilities Coordinator*

Shannon Puma, *Lead Preschool Teacher*

Andree Hauschild, *Assistant Preschool Teacher
& Youth Program coordinator*

Heather Tompkins, *Finding Hope Support Leader*

Tammy Hand, *Seniors Exercise*

Stephen Paquette & Sarah Stone,
Indigenous Advisor

Sue Vernon-Smith, *Special Projects*



People belong,
families are strong,
neighbours care,
everyone shares.

