

We are needed.



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

We began 19 years ago with 6 women meeting together, supporting one another. Today, we serve 862 individual households and a total of 2075 people.

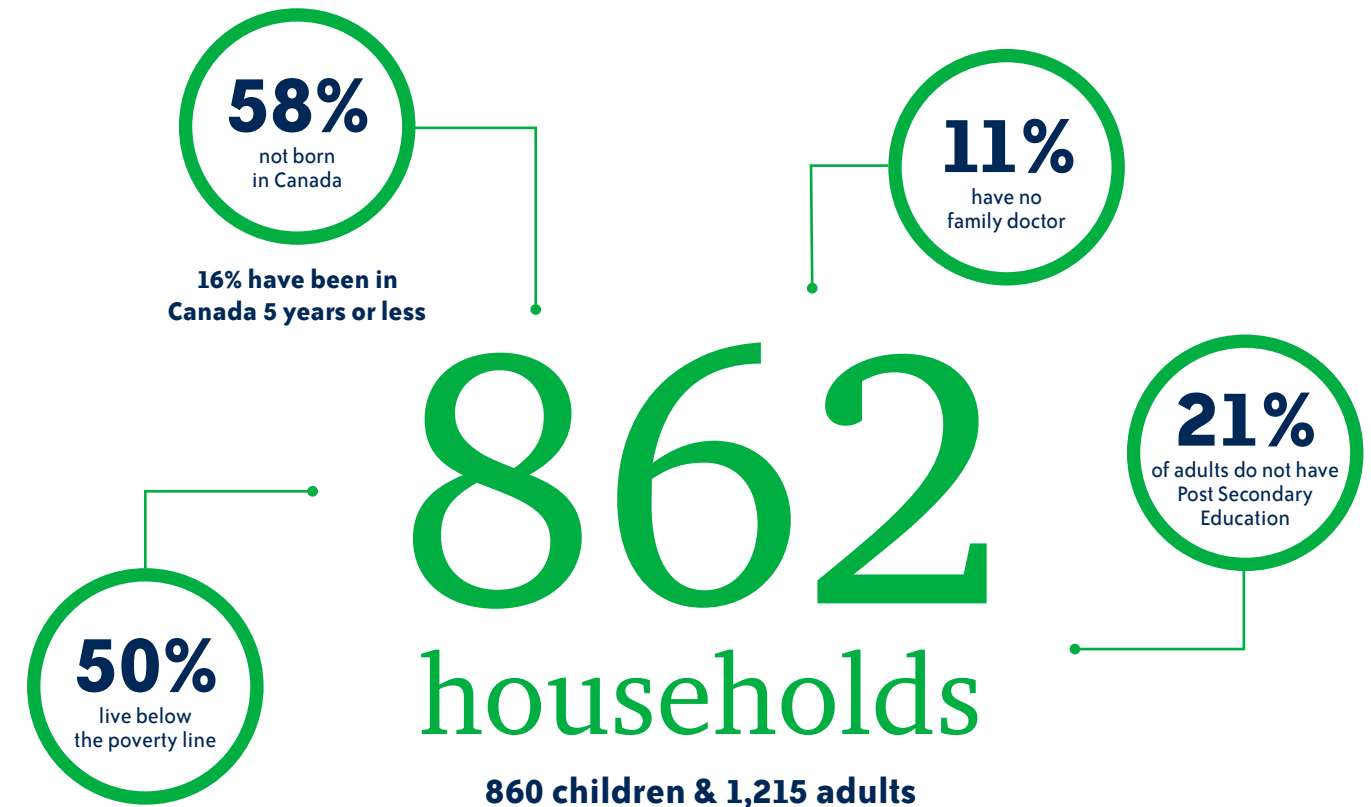
Our centre is a non-institutional, barrier free space, welcoming to everyone. It is a reflection of the needs, talents and gifts of our neighbours and friends to be relevant to the whole community.

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

Since our inception, we have helped thousands of people feel healthier, more capable, and needed.

Our various programs include, multicultural (Spanish, Korean, Russian, South Asian, German, Japanese, Mandarin), LGBTQ+, Parent mental health support, Counseling, Food bank, Community garden, Utility bill payments, Financial literacy, Support for people of all abilities, Tenant support and Poverty support group. We run infant, toddler, preschool, school-age, parent and senior's programs.

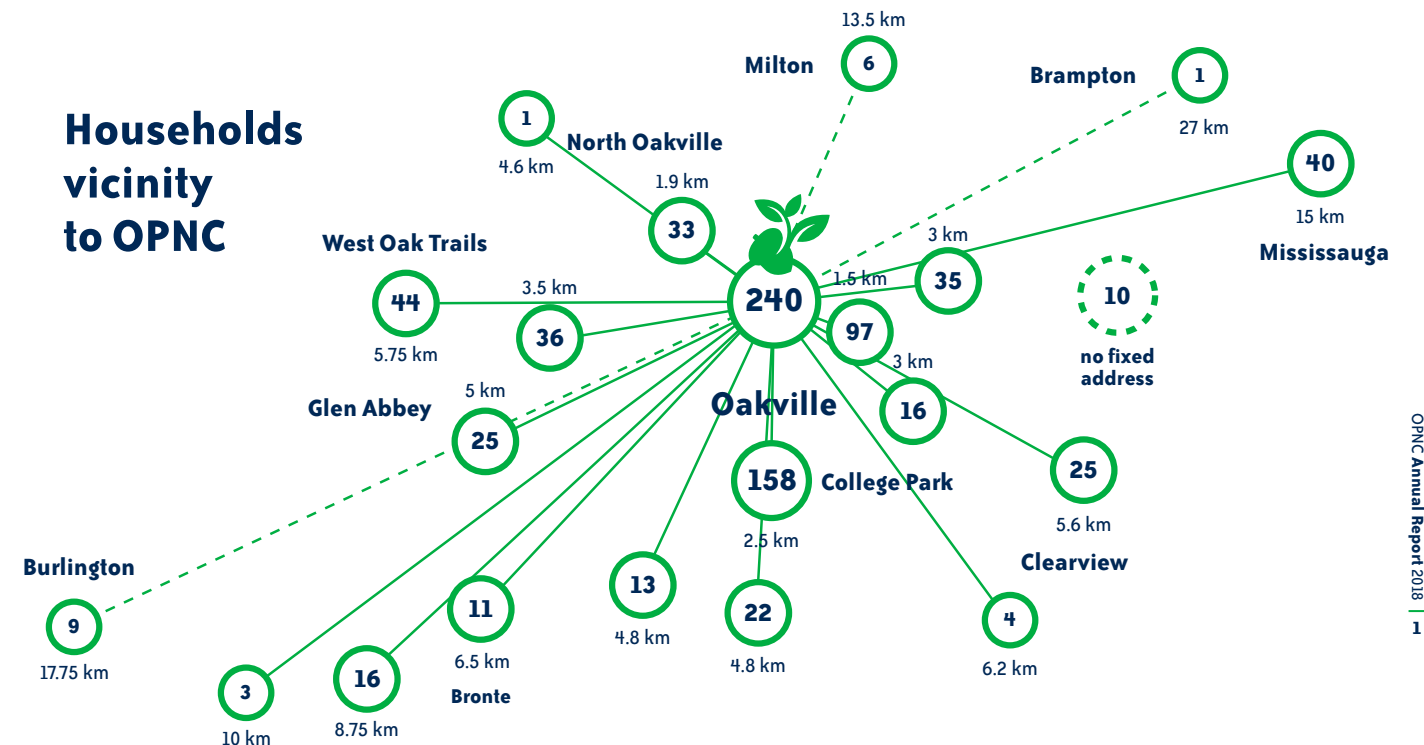
Our centre has become home to many other programs through providing free or affordable space to other local agencies such as Rock, Legal Aid, Stride, Native Family Services, Oakville Library, Halton Region Public Health, Oak Med Family Health, Support & Housing Halton, Our Kids, Optimists, CMHA, HIPPY, and Sand SOS First Aid.



We speak

- | | | | | | | | |
|----------|-----------|----------|----------|----------|-----------|------------|-----------|
| Akan | Bengali | Creole | Filipino | Hebrew | Metis | Portuguese | Tagalog |
| Arabic | Bulgarian | Croatian | French | Hindi | Nigerian | Romanian | Turkish |
| Armenian | Cantonese | Dutch | German | Italian | Norwegian | Russian | Twi |
| ASL | Mandarin | English | Greek | Japanese | Persian | Serbian | Ukrainian |
| Assyrian | Chinese | Farsi | Gurjeet | Korean | Polish | Spanish | Urdu |

Households vicinity to OPNC





76%
More confident as a caregiver

88%
Opportunities to learn new things

86%
Provided Support for my child with special needs

87%
Help have a better relationship with my child

80%
Seniors health improved

81%
Seniors felt less isolated

Support

"The most important thing about OPNC, the staff are very supportive, not only of the kids but also to the parents."

"To the entire team of the OPNC I would like to extend my sincere gratitude and appreciation to everyone at the center for your wonderful "seniors program", and for your welcoming and caring support that you provide on an ongoing basis." **Monica**

"My children have really grown up here and me as well. The programs have helped them develop so much."

"My daughter has attended preschool here for 2 years. She loves it! The teachers are amazing! My daughter was behind in speech and very shy. Through OPNC she has become very confident in social interactions as well as speech. I cannot thank them enough. This is a great place for kids and parents! This is a valuable community resource we are very grateful to have." **Mary-Claire**

A woman came to us who was afraid of her former partner who had been abusive. She felt unsafe as he had threatened her and her children. We coordinated the local community officer to develop a safe plan for her, including bringing a number of women together from her community. The officer also made recommendations to improve site lines around her environment for greater security. The region then came in and trimmed bushes and upgraded her door locks. She took advantage

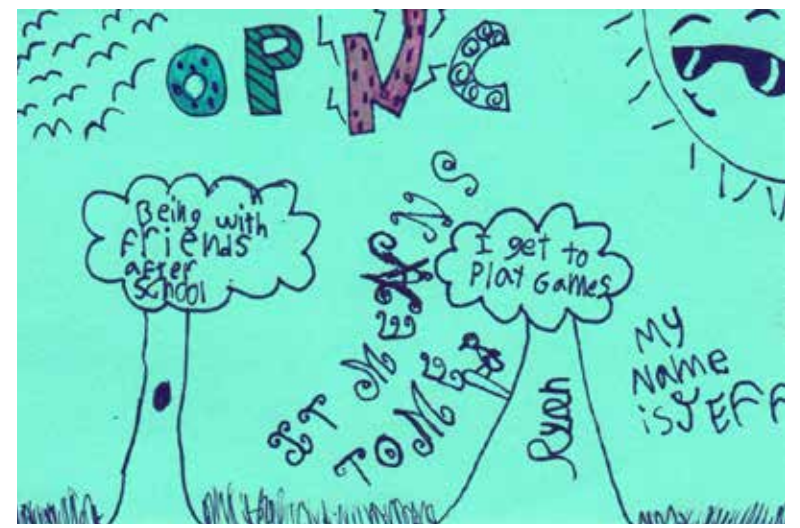
of our Hope support program and we helped her set goals. She started working part time and prepared to reenter school. She is now enrolled in Sheridan College full time.

"Thank you so much... You have added to the quality of my life... God bless you all! P.S! Please keep this program going, we really need this stimulation." **A senior**

This year OPNC brought several Oakville agencies together to move to a system of shared intake to reduce duplication,

92 Seniors supported in seniors programs
178 Households supported in food bank
232 Households assisted with Utility bill payments

We became aware of a woman who was living in her car in our community. Through our food bank program, we provided food and kept in our fridge for her to access when needed. We gave her a place to charge her phone, and



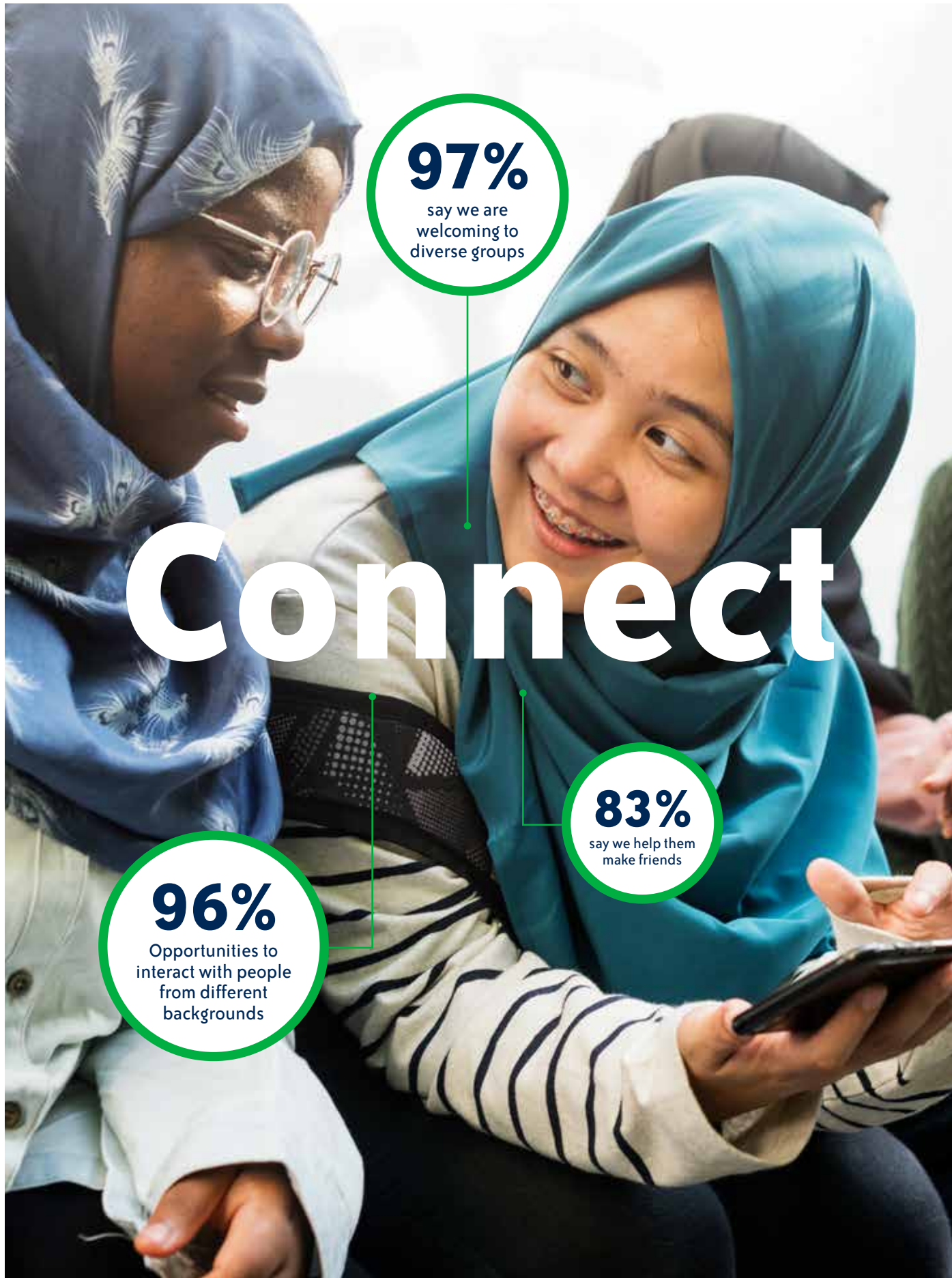
better support clients and reduce red tape. We are now working more closely with Kerr St Mission, Town of Oakville, Halton Region and Clearview Church to better support people in need.

"When you're feeling negative about yourself and you think the whole world is against you. You can come in here and someone smiles at you and it makes you feel good about yourself and positive. You forget about the little things. That's the greatest gift." **Dina**

purchased a cooler so she could keep food with her. We called Munn's Church, who was able to provide gas money. She is now living in her own apartment.

"They provide love & care, it's enough."

"The programs are wonderful with informative speakers, I have gained so much from the seniors program."



97%

say we are welcoming to diverse groups

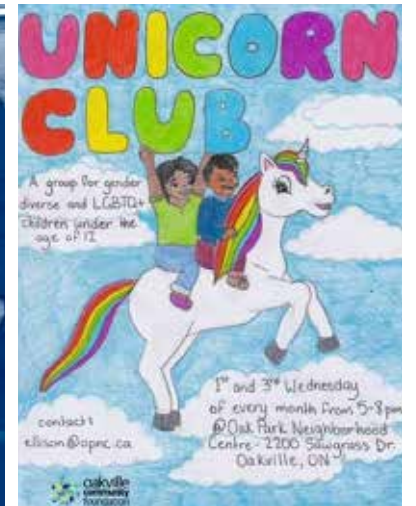
Connect

83%

say we help them make friends

96%

Opportunities to interact with people from different backgrounds



“Makes me feel like I am part of the community”

“Thank you for all the careful planning and thinking that goes into making OPNC a wonderful place to all. You are making a difference in hundreds of lives! Congratulations and thank you!”
Ian & June Cockwell

“My children have really grown up here and me as well. The programs have helped them develop so much.”

OPNC held a community screening and conversation on the depiction of Indigenous people in movies. This was in an effort to have a better understanding of their experiences and bring truth & reconciliation. Our staff continue to learn from local Indigenous leaders on how we can be more welcoming at OPNC.

“It is part of my culture to not talk about our issues. I decided to give it a try because people looked friendly. I warmed up to them and could share and there was no judgement and I got good advice and support. I’m in love!”
Gina

As a partner with Our Kids North Oakville Youth development Council we ran a local community event attracting 75 people where local youth shared their views in workshops and presentations.

“Thank you for your continued support and always believing in me. Your support has made me believe in myself. OPNC is an agency I am proud to be apart of.”
Kelly

After accepting her neighbour’s invitation, Ana arrived one Wednesday at our Finding Hope group. Ana’s pain, lack of confidence, and her struggle with the English language kept her confined within the walls of her home. With the

love, acceptance and encouragement from the group, it wasn’t too long before Ana began to feel comfortable enough to join our lively conversations in which we learn, stretch and grow together. Soon Ana started opening up about her own personal difficulties, her financial struggles and the deep pain she carried. Ana began to join our special “ladies’ evenings out” designed to simply spoil participants and deepen relationships in Finding Hope. She benefited from clothes donated to the group that brought color, flair and beauty to her somewhat dark and dreary attire. A new Ana was emerging. This generous gift to Ana brought a fresh confidence and beauty inside and out. Ana started volunteering at the centres food bank and is now working four days a week. Ana has become a constant reminder that change is possible when one is loved, accepted, and given an opportunity to find their voice and share their heart.



91%
say we are focused
on the needs of
the community

86%
say there are
opportunities to
get involved

58%
opportunities to
share our culture,
traditions, skills,
heritage

86%
encourage sharing
of skills &
knowledge

Engage

"Thank you for being with us at Knox 16 on Sunday to speak with us about the issue of poverty- especially as it effects our community of north Oakville. Your words and wisdom were well received. Thank you for your passion and dedication. - blessings" Pat

"I am grateful that our Spanish group has a place to gather and share our culture with our children."

"I just wanted to thank you for all your help this past year in helping me fulfill my dreams in social work. Because of you and OPNC, I feel that I am prepared and eager to enter this field. Thanks again for all your wisdom, kindness and help along the way!" Shanna

"Thank you for giving me the opportunity to be apart of you team at OPNC. It has been such an amazing learning experience and you have been an incredible mentor. Thank you for your guidance and supervision during my placement". Alex

Oakville Food Drive
3,150
bags of food
545
volunteers
1,090 hours

"Thank you so much Heather for dropping off such a wonderful gift from the food bank and thank you for the amazing gift card!! I am so grateful for having you all for my support



Through community generosity, volunteers, donors and church support we provided Halloween costumes, 2 wheelchairs, 2 canes, a hospital bed, dental care, Thanksgiving food, Christmas turkeys, holiday gift bags for our seniors, clothing, can openers, socks, bicycle pumps, child car seats, quilts, hockey tickets, 300 valentines to seniors in long term care, two dryers and a washer, baked cookies, gifts and gift cards, purses filled with toiletries.

On behalf of Sheridan home church and meeting house. Thank you so much for gifting us with band aid boxes fir the relief kits. Blessings" Andrea

"Thank you so much for supporting the German community in Oakville for so many years" Anne

and so humbled by all of your kindness!... I am overwhelmed with this amazing group of people at OPNC, Kelly you are an amazing woman and I consider you my angel.

Thank you Michelle for taking on this incredible place and turn into a safe haven and another home away from home for all of us. Wishing you all a Happy and Blessed Thanksgiving."

Brenda Wigley



648 | 6,220 hrs
volunteers | this year

A huge thank you to our volunteers this year. We couldn't provide the extensive and quality programs that we do without your involvement.

Especially to our volunteers who provide weekly support by running our programs.

Baby Wearing – Ashley Pickett

Food Bank – Denis Ross

Front Desk – Ramya Kannan & Rong Chen

German Drop In – Anne Adam

Handy Man – Don Arsenault

Japanese Drop in – Madoka McGee

Korean Drop in – Lily Kim

MOMI – Adrienne Everitt

Spanish Drop In – Sara Chaves

Tawasol – Maye Abdul Shafy

The Community Oak Park

– Vicki McCallum

Thrive – Phillippe Guay

As our membership evolves, we evolve with them.

At OPNC, we continue to support our members with programs they request and require. Over the next year we will be considering new opportunities including:

Parenting skills supports

Parenting youth workshop

Updated strategic plan

High school mental health peer support workshops

Community drop in opportunities

Support group for those affected by attempted suicides

Affordable short term loans for people in poverty

Board List

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Jamie Bay, Secretary

Paulette Jervis, Treasurer

Alvaro Queijo

Bryn Perras

Maria Moutsalsos

Siobhan Juniku

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Michelle Knoll, Executive Director

Paige Lauer, Preschool & Community Outreach Manager

Kelly Luscombe, Facilities Coordinator

Krysin Hawkins, Lead Preschool Teacher

Amanda Micu, Assistant Preschool Teacher & Youth Program Coordinator

Heather Tompkins, Hope Support Leader

Gina Moustaffa, Seniors Exercise Leader

Heryka Miranda, Inclusive Community Engagement

Stephen Paquette, Indigenous Advisor

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

