


# Stability.

We all need it. We all strive for it. In 2022, Oak Park Neighbourhood Centre continued its mission, providing some stability to our members, friends and neighbours, whatever it takes. 

# This year, Oak Park Neighbourhood Centre & our satellite, Churchill Neighbourhood Centre, helped stabilize over 3,700 people.

We began in 1999, when six women met to help and support one another, forming Oak Park Moms and Tots.

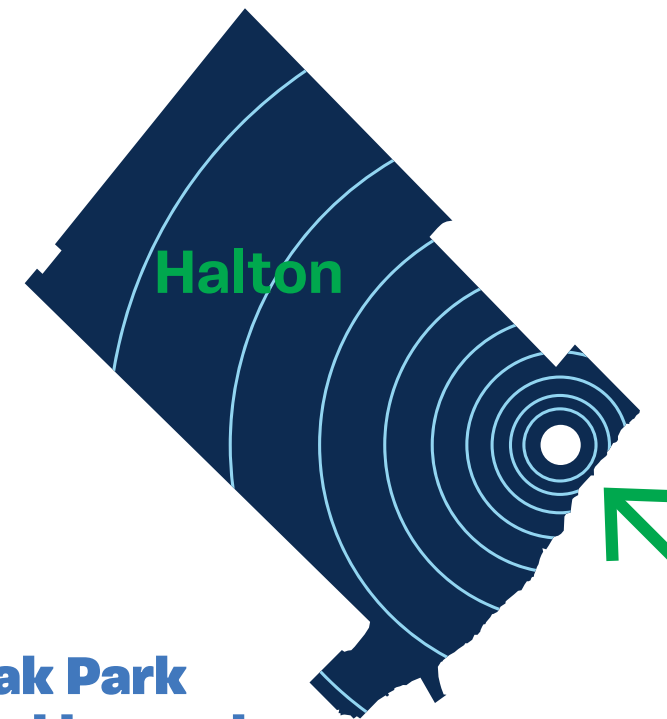
**Our centre is a non-institutional, barrier-free space that welcomes everyone.** It's a reflection of the needs, talents, and strengths of all our neighbours and friends.

We continue to provide stability and support for the whole community; regardless of income level, age, or background.

We made it through the worst of the pandemic stronger than ever, and with the communities outpouring of support, and matching funds from Ian & June Cockwell, we raised the \$244,000 needed to pay off our mortgage. Paying off the mortgage not only

## Oak Park and beyond

Our members live well beyond the border of our Oakville neighbourhood. Many of our services help people across all of Halton.



means a sense of stability for the centre, but also the \$24,000 a year that used to go towards the mortgage, can now be directed towards programs.

**Just like every milestone at Oak Park Neighbourhood Centre, our community steps up and makes the impossible, possible.**

This year we saw an increase in the need for food support. Our food programs have doubled in size this past year. Included in this growth was our support of many Ukrainian refugees who were just starting out and found temporary homes at Sheridan college. We were able to provide food

through our Food for Life program and also assist with setting up Oakville Hydro support.

Although some programs, including all our poverty support, ran during the pandemic, many stayed virtual or outdoors. It has been wonderful to welcome the community back indoors this past year.

As always, we are here to build stability and community, to ensure that people belong, families are strong, neighbours care and everyone shares.

**If you haven't already... come join us in making a difference.**

# 60%

live below the poverty line

# 18,810

served since inception

# 3,736

members across Halton  
(60 of those were homeless)

# 40%

are not born in Canada

# 47

languages spoken  
(and we speak some too)

**SUPPORT**

**With our mortgage fully paid, more funds are available for programs.**



A huge success, 72 people, including matched funds from Ian & June Cockwell, contributed to pay off our \$245,000 mortgage

**50**  
people are no longer homeless

having received stable residence in housing or a shelter.



**Churchill**

**600**  
clients

**239**

Naloxone kits distributed resulting in a significant reduction in emergency calls for overdoses

**155**

People trained to administer Naloxone

**253**

clients achieve two or more life goals

**\$5,049,906**

helped 2,200 people with tax funds, rebates, credit, microloans, and utility support  
(1,357 tax returns filed and 364 utility bills paid)

Over  
**2,000**

clothing items provided to families in need



**888**  
people accessed our Food bank

**640**

weekly meals for isolated seniors (made by 5 volunteers)

CONNECT

**Our 25th Annual  
Fall Fair was our  
biggest ever, raising  
over \$60,000!**



**55  
families**

supported through **collaborative  
problem solving parenting  
workshops**. A new way of  
understanding and responding to  
challenging behaviours in children.

**370**

parents & children participated  
in **drop-in family programming**

Seniors attending our **Lifemark  
seniors exercise program** for  
fall prevention and reduction of  
isolation as well as our monthly  
social activities:

**521**

**Finding Hope Peer  
Program** supported

**16**

women who met weekly  
to encourage each other  
to meet their goals

**1,394**

people participated in  
our **virtual story times**  
during COVID closures

ENGAGE

# Oakville Food Drive collected 1,887 bags by 250 volunteers.



**62** filled back packs for children in need heading back to school.

People provided with mobility equipment:

**11**



**\$65,972**

donated by the community, teams, churches and businesses to brighten the holidays for:

**232**  
children

**178**  
adults

**48**  
seniors

## Preschool programs

**Family Drop-in & Circle**  
Mon. to Thurs., 10-11:30am

**Baby Rhyme Time**  
0-15 month Fri 10-11:30  
Library visits 3rd Friday

**ROCK Drop-In "Reach Out"**  
Returning soon

**German Play Group**  
annelisa\_adam@yahoo.ca

**Japanese Play Group**  
Thurs. 12:15-2:00  
hiyokochiclub@gmail.com

**Infant Food Bank**  
Mon.-Fri., 10am-2pm  
Donations accepted

**La Hora Del Cuento**  
Monday 10-12am  
Looking for a volunteer leader

**HIPPY- Home Instruction for Parents of Preschool Youngsters**  
coordinator@hippyoakville.org

**Half-day Preschool \$ 12 a day**  
Mon.-Fri., mornings or afternoons for ages 2.5-5

## Child & youth programs

**After School Program \$**  
Gr. 3-8, Mon.-Fri., 3-6pm  
youth@opnc.ca

**Before/After School Program \$**  
Gr. JK-3, Mon.-Fri., 7-8:30am & 3-6pm  
bacare@opnc.ca

**Acorns Education \$**  
Mandarin language program  
acornseducation9@gmail.com

**Wu's Taekwondo \$**  
bwugbrown@gmail.com

**Guides \$**  
www.girlguides.ca

**Wei yan Art Studio \$**  
yuran527@yahoo.ca

**Takallam Academy \$**  
Arabic language instruction  
info@takallam.ca

**Just Be You - Peer to peer support**  
15-22 yrs. Fri., 7-10pm  
289-291-5434

**Summer Camp & PD Day Program \$**  
7-12yrs., Mon.-Fri., 1-5pm  
youth@opnc.ca

**SOS Kids \$**  
Babysitting & home safe  
www.sosfistaid.ca

## Adult programs & poverty support

**First Aid Clinics \$**  
www.sosfirstaid.ca

**Adult Recreation Summer Camp \$**  
16yrs. and up, Mon.-Fri., 1-5pm

**Mobility Support Program**  
Donations accepted  
hello@opnc.ca

**Yoga \$**  
susannetoito@gmail.com

**Free Seniors Program 50+**  
Exercise Programs Mon & Tues  
by Lifemark. To register  
call 1-800-315-4417

**Once a month Friday chat**  
hello@opnc.ca

**Tawasol Newcomer Support**  
mayeabdelshafy@yahoo.com

**Finding Hope Support Group**  
Wed. 10-11:30am  
hope@opnc.ca

**Churchill Harm Reduction**  
Supports for people in the  
College Park area  
connector@opnc.ca

**Food Bank, Clothing, Household & Housing Supports**  
Registration req'd  
hello@opnc.ca

**Utility, OESP & Budget Support**  
Weds. & Thurs., 11:30-2:00pm  
community@opnc.ca

**Tax Completion**  
support@opnc.ca

**Micro Loan Program**  
Interest Free short term loans  
support@opnc.ca

\$ - paid program

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

Community Garden & Meal Program  
**Patty O'Connor**

Japanese Program  
**Madoka McGee**

Food Bank  
**Jean Mohamed**  
**Julie Verhoeven**  
**Jay Shirodker**  
**Judy Taylor**  
**Robyn Michell**  
**Wendy Long**  
**Steven Reist**  
**Ulyanna Doubysh**

Churchill Program  
**Jen De Freitas**  
**Laila Hulays**  
**Ryszard Geborys**  
**Carrie Turcotte**  
**Seon Lawrie**  
**Nargis Taylor**  
**Josh Churchill**  
**Joo-Meng Soh**  
**Rosanna Soh**  
**Mike Hauser**  
**Ryan Sinai**  
**Laila Hulays**  
**Suzanne Mak**

Front Desk Support  
**Arielle Reid**  
**Mayling Robinson**

Tawasol  
**Maye Abdul Shafy**

Thrive  
**Philippe Guay**

Maintenance Committee  
**Blair Ulmer**  
**Seon Lawrie**  
**Jamie Bay**

Tax Preparers  
**Keri Tabet**  
**Sara Chin**  
**Kellin Enslev**  
**Renzie Persad**  
**Kevin Farrell**  
**Eugene Halfon**  
**Rashed Chowdury**

Silent Auction  
**Geraldine McRae**  
**Star Helmer**

Volunteer Hours  
**Sharon DeVellis**

Human Resources  
**Wendy Alderdice**

Bookkeeping  
**Hani Enan**

IT Support  
**Jeff Knoll**  
**Evan Williams**

Communication Design & Brand Manager  
**Carmelo Galati**

Volunteers:

332

Accumulated volunteer hours:

7,480

### Board list

**Joe Mauro**, Chairperson  
**Elizabeth Peck**, Vice chair  
**Star Helmer**, Secretary  
**Rachel Li**, Treasurer

**Qiang (Frances) Fu**, Director  
**Devinder Kaur Lamsar**, Director  
**Insha Haider Rizvi**, Director

**Kimberlee Shelley**, Director  
**Elizabeth Anne Cesak**, Director  
**Jesse Leonard**, Director

### Staff list

**Michelle Knoll**, Executive Director  
**Paige Lauer**, Childcare & Community Outreach Manager  
**Crystal Martin**, Churchill Program Co-ordinator (Harm Reduction) & Indigenous Advisor

**Vivian Huang**, Lead Preschool Teacher  
**Isabella Rossit**, Assistant Preschool teacher & Youth Program Coordinator  
**Kaitlyn Robinson**, Before & After School Lead Teacher  
**Nurali Mukhi**, Tax worker

**Sue Vernon-Smith**, Financial Literacy  
**Heather Tompkins**, Finding Hope Support Leader  
**Tammy Hand**, Seniors Exercise  
**Chris Alexiou**, CPS Parenting Workshops

### Key financial sponsors

Ian & June  
CLV Group InterRent Reit  
Minto Communities  
Province of Ontario, Ministry of Tourism, Culture & Sport  
Halton Region  
Canada Summer Jobs Program  
Ontario Trillium Foundation  
Oakville Hydro  
Co-Operators  
Matthew Donohue Insurance  
Film.ca  
Councillor Jeff Knoll  
Branthaven Homes



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

We continue to do our work through your ongoing support.  
**Please visit [OPNC.ca](https://www.opnc.ca) to donate.**