

## 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.

**We** are a welcoming community, supporting each other through a broad depth of diverse programs & resources to build friendships, strengthen our children & create healthy neighbourhoods.

To relieve poverty, provide education, support, recreational & social opportunities for people of all abilities and ages.

We are a registered charity, community-based agency that began in 1999 with 6 women and their children gathering together in their Oak Park homes as Oak park Moms and Tots. From there we expanded year by year to respond to and meet the expressed needs of Halton Region residents.

**Our centre has been set up to be a non-institutional, barrier free space, so that it is welcoming to everyone.** It is a reflection of

the needs, talents and gifts of our neighbours and friends so that it is relevant to the whole community. We believe in supporting the whole community together, regardless of income level, age, or background. We ensure barriers to participation are reduced so that we reflect a multicultural and financially diverse membership.

**We are an agency that steps up when there are no resources available for people who are struggling.** We advocate to find a solution so that people can get back on their feet with dignity.

**We are known as an agency that is a good steward of the funds that are donated to us.** We keep costs low by relying on skilled volunteers, operating within our set budget and being resourceful. Paying off our mortgage last year has significantly reduced our monthly expenses.

5,111  
MEMBERS SERVED  
THIS YEAR ACROSS HALTON

40%  
ARE NOT BORN  
IN CANADA

60%  
LIVE BELOW  
THE POVERTY LINE

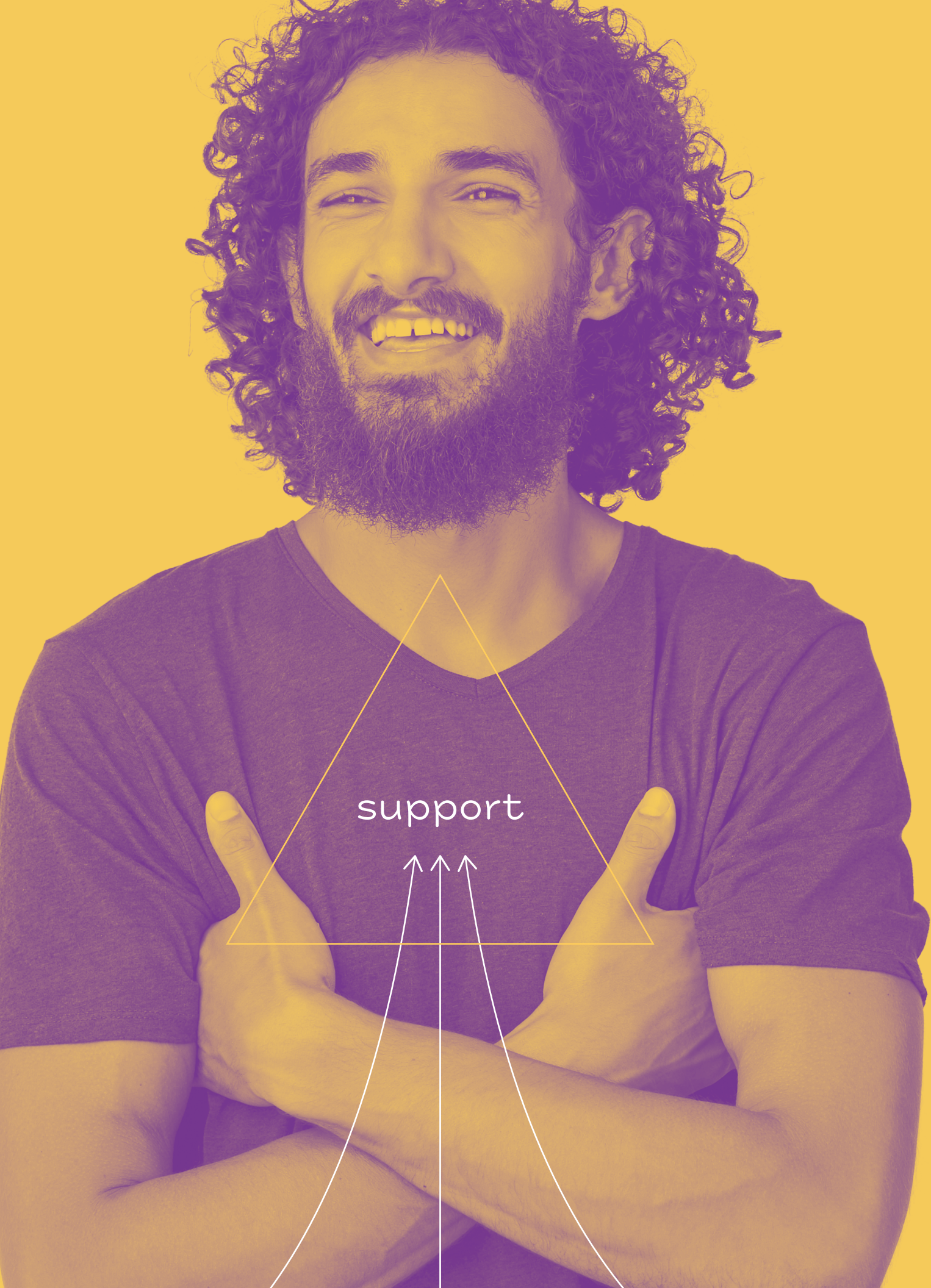
47  
LANGUAGES  
SPOKEN (and we  
speak some too)

20,552  
SERVED SINCE INCEPTION



For the past 10 years, and after rigorous review, we are proud to be one of **ONLY 10 AGENCIES IN OAKVILLE** to receive this prestigious accreditation for operations and governance. With Imagine Canada Accreditation everyone know that their **GOODWILL IS IN GOOD HANDS.**

We go to **GREAT DEPTHS** to support, connect, & engage.



375

HOUSEHOLDS

552

ADULTS

293

CHILDREN

accessed our **FOOD SECURITY PROGRAMS** available five days a week.

\$6,941,308

put in peoples pockets this year by filing **1,547 TAX RETURNS**, providing utility support for **214 HOUSEHOLDS**, and providing **8 INTEREST FREE LOANS**.

**EMPOWERED AND INFORMED**

A single parent living in social housing had a water leak, putting them in arrears. We coordinated an **ONTARIO ENERGY SUPPORT CREDIT** of \$51/month, paid her outstanding hydro bill, and reached out to the region advocating for the repair. The leak was finally fixed, and they are now armed with valuable information on how to reduce costs and advocate for themselves.

35

PEOPLE ARE  
NO LONGER HOMELESS

1,365

households supported with budgeting,  
FINANCIAL EMPOWERMENT, and financial literacy



409

ADULTS

SUPPORTED IN THE LAST YEAR

191

CHILDREN

165

NALOXONE KITS

distributed, **REDUCING FATAL OVERDOSES** and the number of overdose emergency calls

70

CLIENTS

struggling with mental health and addiction, successfully meeting two or more personal goals to **MOVE TOWARDS INDEPENDENCE**

**A FRESH START**

We supported an unhoused person who was being trafficked and abused, with an **ADAPT NURSE PRACTITIONER**. Together, we filled out paperwork to obtain ID, completed tax returns, and filed a Halton housing application. They are now on their way to recovery.



218

CHILDREN

supported in school age  
and PRESCHOOL PROGRAMS

329

PARENTS AND CHILDREN

participated in family  
DROP-IN PROGRAMS

SNAP<sup>®</sup>

STOP NOW AND PLAN

SNAP HELPS AT-RISK CHILDREN AND THEIR PARENTS LEARN HOW TO EFFECTIVELY MANAGE THEIR EMOTIONS AND “KEEP PROBLEMS SMALL.” SNAP is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI). Delivered in partnership with Milton Community Resource Centre, and with funding from Region of Halton.

\$56,000

raised at our award winning 26TH ANNUAL FALL  
FAIR, hosting over 4000 PEOPLE

56

SENIORS

attended programs up  
to three times a week,  
including LIFEMARK  
SENIORS EXERCISE  
programs and weekly  
social program

12

WOMEN

supported through  
weekly FINDING HOPE  
PEER SUPPORT PROGRAM  
to uplift and encourage  
each other to meet goals

75

FAMILIES

supported through  
COLLABORATIVE PROBLEM  
SOLVING workshops,  
learning new ways to  
respond to their child's  
challenging behaviours.



680

WEEKLY MEALS

for vulnerable seniors provided by **FOUR VOLUNTEERS**

79

CHRISTMAS TURKEYS

donated by the community to make the holidays bright

\$50,373

donated by the community, local teams, churches, and businesses, providing holiday cheer for:

195

CHILDREN

177

ADULTS

29

SENIORS

Grand friends

PROGRAM FOR CHILDREN AND OUR SENIOR COMMUNITY TO INTERACT. programs include a watermelon social with a Carnival day with ring toss, chicken toss, hula hoops, and more.

71

CHILDREN'S BACKPACKS

filled with supplies to give them a great start to their year.

8

PEOPLE SUPPORTED

with equipment through our MOBILITY EQUIPMENT PROGRAM with community donations

24,571 lbs

of food to support local food banks from our 11TH ANNUAL OAKVILLE FOOD DRIVE. 500 volunteers from local faith communities collected 2,355 bags.

engage

## Preschool programs

### Family Drop-in & Circle

Mon. to Thurs. 10-11:30am  
Public Health visit  
1st Monday of the month  
ROCK visits 3rd Tuesday of the month

### Family Playtime

0-24 months  
Monday's 12:30-2pm

### Baby Rhyme Time

0-15 months (non-walkers)  
Fri 10-11:30am  
Library 3rd wk &  
Health Dept. 4th wk.

### German Play Group

annelisa\_adam@yahoo.ca

### Japanese Play Group

Thurs. 12:15-2:00pm  
hiyokochickclub@gmail.com

### Infant Food Bank

Mon-Fri 10am-2pm  
Donations accepted

### La Hora Del Cuentro

Tuesdays 10-11:30am  
hello@opnc.ca

### HIPPY

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

### Half-day Preschool \$

Ages 2.5-5  
Mon-Fri half-day

### Breastfeeding Café

3rd Tuesday of the month 1-2pm

## Child & youth programs

### Before & After School Care \$

JK-8  
Mon- Fri 7:30-8:30am & 3-6pm  
youth@opnc.ca

### Acorns Education \$

Mandarin language program  
acornseducation9@gmail.com

### Wu's Taekwondo \$

bwubrown@gmail.com

### Cooking Classes

shyamaladupont@gmail.com

### Wei Yan Art Studio \$

yuran527@yahoo.ca

### Unsinkable-Just Be You

Tuesday 7pm  
Text/Call 289-230-9416

### Just Be You-Adapt

16-24 years  
Thursday 6:30  
Text/Call 905-580-9652

### Halton Math and Coding \$

info@haltonmathcoding.com

### Reader's Theatre Gr 2-5

Tues 4:30-5:30pm  
sknmak@gmail.com

### School Age Summer Camp \$

Mon-Fri 1-5pm  
youth@opnc.ca

### SOS Kids \$

Babysitting & home safe  
www.sosfistaid.ca

### Guides \$

www.girlguides.ca

## Adult programs & poverty support

### First Aid Clinics \$

www.sosfirstaid.ca

### Free Mobility Support Program

Providing mobility equipment  
Donations accepted  
hello@opnc.ca

### Churchill Neighbourhood Centre

125 North Serv Rd E.  
Poverty & harm reduction  
support.navigators@opnc.ca

### Free Seniors Programs 50+

Lifemark Exercise Program  
Tues & Fri. 1-4pm  
1-800-315-4417 to register  
Weekly Seniors Weds chat  
laila.hulays@gmail.com

### Tawasol Newcomer Support

mayeabdelschafy@yahoo.com

### Finding Hope Support Group

Wed 10-11:30am  
hope@opnc.ca

### Food, Clothing, General Support

Registration required  
hello@opnc.ca

### Utility Funds & Budget Support

Wed & Thur 11:30am-2:00pm  
community@opnc.ca

### Year Round Free Income Tax

Completion support@opnc.ca

### Micro Loan Program

Interest Free short-term loans  
support@opnc.ca

## A SPECIAL THANK YOU to those volunteers who provide weekly support and programs

### COMMUNITY GARDEN & MEAL

Patty O'Connor  
Aki Tanaka  
Sue Manson  
Mary Beth Neibert

### FOOD BANK

Jean Mohamed  
Lisa Brown  
Jacquie Tancoo  
Rahila Dhansi  
Wendy Long  
Marko Stupar  
Steven Reist  
Jay Shirodker  
Judy Taylor  
Barb Sheehan

### CHURCHILL

David Knoll  
Ryan Sinai  
Laila Hulays  
Ron Ball  
Kyla Guerriero  
Esha Garrioch  
Susana Yrigoyen  
Nabil Haider  
Ryszard Geboryst  
Sean Lawrie  
Nargis Taylor  
Josh Churchill  
Joo-Meng Soh  
Rosanna Soh  
Rose Gamble  
Robyn Michell  
Carrie Turcotte

### TAWASOL

Maye Abdul Shafy  
**FRONT DESK SUPPORT**  
Arielle Reid  
**HOPE SUPPORT VOLUNTEER**  
Carole Bertuzzi  
**MAINTENANCE COMMITTEE**  
Sean Lawrie  
Jamie Bay  
Todd Frith  
Jonathan Flores  
**SILENT AUCTION**  
Geraldine McRae

### VOLUNTEER HOURS

Sharon DeVellis  
**HUMAN RESOURCES**  
Wendy Alderdice

### BOOKKEEPING

Hani Enan  
Lisa Yukich

### IT SUPPORT

Jeff Knoll  
Evan Williams

### COMMUNICATION DESIGN & BRAND MANAGER

Carmelo Galati

### WEBSITE COMMITTEE

Giselle Arnold  
Gisela Briceno

### JAPANESE PROGRAM

Kanna Suzuki

### GERMAN PROGRAM

Annelisa Adam

### TAX VOLUNTEERS

Kevin Farrell  
Keri Tabet  
Natalia Chang  
Xin Zhang  
Kellin Enslev

10,513 hours contributed by 651 volunteers last year

### Staff

**Michelle Knoll,**  
Executive Director

**Paige Lauer,**  
Early Years & Community Support Manager

**Charlene Abrahams,**  
Family Resource Manager

**Teresa Casciani,**  
Administrator

**Nurali Mukha,**  
Community Financial Worker

**Anna Plichtowski,**  
School Age Care Teacher

**Shifaa Malik,**  
School Age Care Teacher

**Vesna Rabba,**  
Preschool Lead Teacher

**Isabella Rossit,**  
Youth Program Manager

**Latifah Thompson,**  
Churchill Neighbourhood Centre Manager

**Heather Tompkins,**  
Finding Hope Support Leader

**Carrie Turcotte,**  
Special Events Coordinator

**Sue Vernon-Smith,**  
Financial Literacy Coordinator

**Chris Alexiou,**  
CPS Parenting Workshops

### Board

**Joe Mauro,** Chairperson

**Elizabeth Peck,** Vice Chair

**Star Helmer,** Secretary

**Rachel Li,** Treasurer

**Anne Cesak,** Director

**Jamie Bay,** Director

**Lambrina Nikolaou,** Director

**Diane Melo,** Director

**Patty Whyte,** Director

**Jesse Leonard,** Director

### Key financial sponsors

Halton Region

Ontario Trillium Foundation

Ian & June

Canada Summer Jobs Program

Oakville Hydro

CLV InterRent

The Charis Foundation

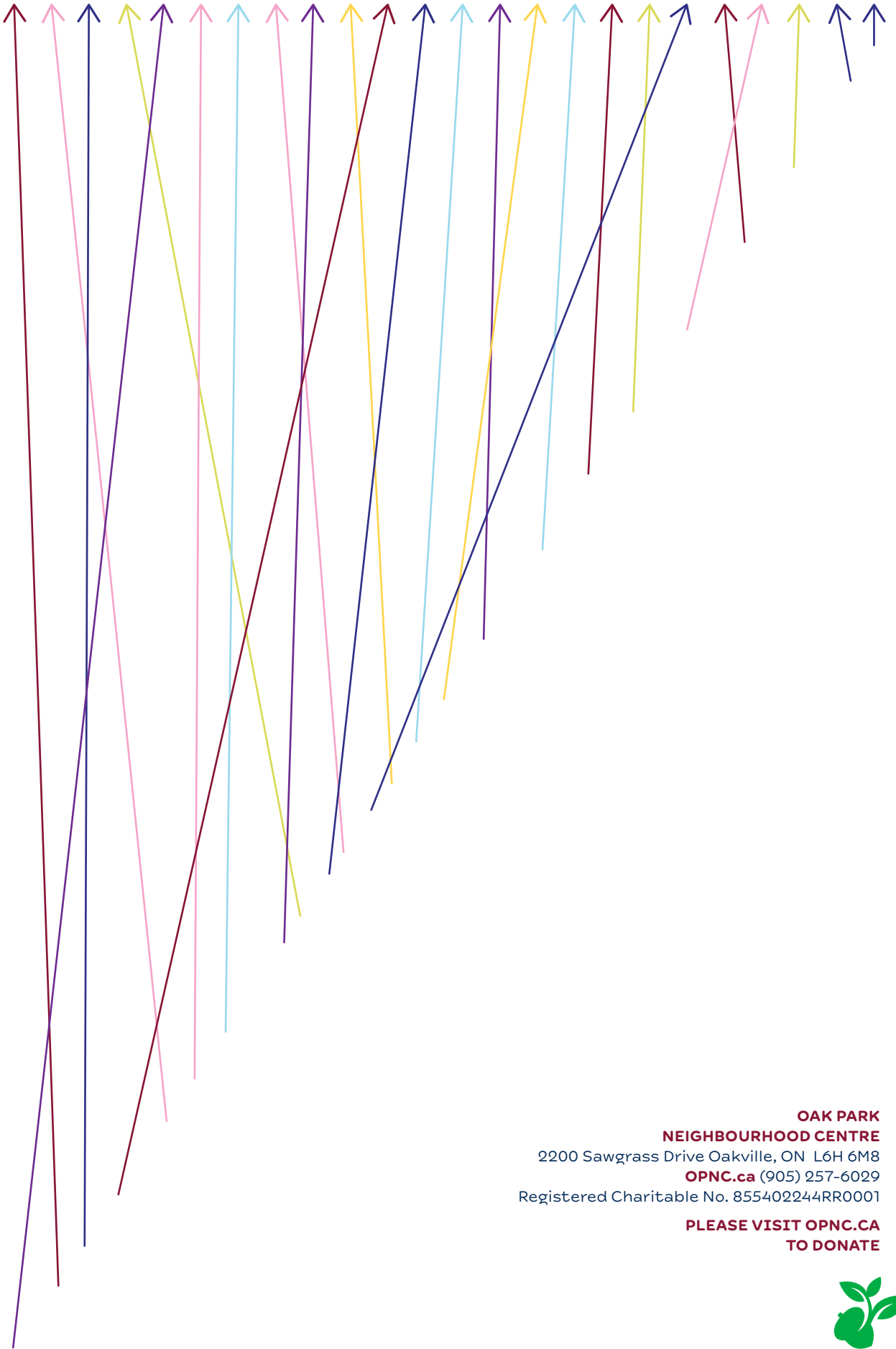
Province of Ontario, Ministry of Tourism, Culture & Sport

Carma Inc.

Co-Operators, Matthew Donohue Insurance Associates Inc.

Film.ca

Councillor Jeff Knoll



**OAK PARK**  
**NEIGHBOURHOOD CENTRE**  
2200 Sawgrass Drive Oakville, ON L6H 6M8  
**OPNC.ca** (905) 257-6029  
Registered Charitable No. 855402244RR0001

**PLEASE VISIT OPNC.CA  
TO DONATE**

