



SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
**40** YEARS

# THE SUMMIT MONTHLY

## NOVEMBER 2021



INSTAGRAM:  
[@SUMMITPROGRAMS](#)

TWITTER:  
[@SUMMITPROGRAMS](#)

FACEBOOK:  
[@SUMMITPROGRAMS](#)



Accredited by  
Canadian Centre  
for Accreditation



SUMMIT HOUSING &  
OUTREACH PROGRAMS

November  
25, 2021  
@5:30pm

# Wellness

## AWARDS

Join us for a night of celebrating those who have made exceptional strides in their own recovery & those who have had a significant impact on the wellness of others.

Please submit your art & writing to [kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca) if you would like it displayed at the event!

PLEASE EMAIL KARLEY AT  
[KDONNELLY@SUMMIT-HOUSING.CA](mailto:KDONNELLY@SUMMIT-HOUSING.CA) TO  
RECEIVE DETAILS ON HOW TO JOIN  
OUR VIRTUAL EVENT

SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
40 YEARS



## Summit Housing & Outreach Programs

*virtual*

# HOLIDAY PARTY

*Thursday, December 16th*  
*@ 5:00pm - 7:00pm*

***Festive Turkey Dinner Included***

\*Gluten-free gravy and cupcakes available in lieu of gravy/mini apple pie

\*Vegetarian meal will be Eggplant Parmesan

RSVP through your worker by November 26th

Monika Szulc, [mszulc@summit-housing.ca](mailto:mszulc@summit-housing.ca)

905-333-4814 x 223

**SIGN OUR VIRTUAL CARD!**



**SEND AN EMAIL TO [INFO@SUMMIT-HOUSING.CA](mailto:INFO@SUMMIT-HOUSING.CA) TO SUBMIT YOUR WELL WISHES AND SAY CONGRATULATIONS ON 40 YEARS!**

# VOLUNTEERS NEEDED!

## VOLUNTEER OPPORTUNITIES

- FRIENDLY VISITOR CALLING
- GROUP LEADERS (REMOTE)
- COMMITTEE MEMBERS
- FUNDRAISING / EVENTS
- ADMINISTRATION WORK

**Interested in  
joining us?**

**CONTACT NIKKI MANDARINO**

*Peer Volunteer Coordinator*

Phone: 905-847-3206 ext: 940

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



SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
**40** YEARS

# Keep Calm & Reflect On



Through mindfully writing we can gain a better understanding of ourselves to move forward with our journey!

Each week we will check-in for new journal prompts and a chance to share what we have wrote that week!

Join us every  
Thursday for our  
check-in

# Social Hour!

VIRTUAL CHECK-IN



Wednesdays from  
1:00 P.M. to 2:00 P.M.

COME JOIN SOCIAL  
TIME WITH PEERS.  
SEE YOU ALL THERE!

Please contact Karley for more  
information at [kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca)

# MUSICAL MASTERPIECES



Relax and get creative!  
Listen to music while creating your  
own art

TUESDAYS  
2 PM - 3 PM

PLEASE CONTACT KARLEY TO  
REGISTER: [KDONNELLY@SUMMIT-HOUSING.CA](mailto:kdonnelly@summit-housing.ca)



# Early Risers

Summit Housing & Outreach Programs

Join us in the morning  
for some light exercise,  
breathing techniques  
self-care & mindfulness  
meditations.



MONDAY | WEDNESDAY | FRIDAY  
AT 10:00-10:30AM

Please contact Karley Donnelly for more info at  
[kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca)



SUMMIT HOUSING & OUTREACH PROGRAMS

# Writing Group

Come hangout & write it out!

**MONDAYS | 12:00-1:00PM**  
**JOIN US ON ZOOM!**

Please contact Karley for sign-up & more information at [kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca)



# BEGINNER YOGA

**Wednesdays**  
**@ 11:30AM**



SIGN UP: [KDONNELLY@SUMMIT-HOUSING.CA](mailto:KDONNELLY@SUMMIT-HOUSING.CA)



# Youthful Minds

Tuesday Evenings at  
4:00-5:00PM

Join likeminded Peers for weekly discussions & activities!

Please contact Karley Donnelly for registration & more info at [kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca)

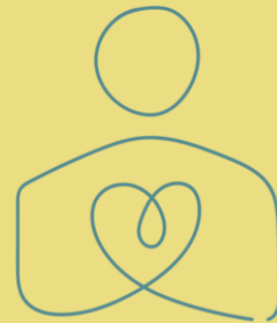


Summit Housing & Outreach Programs



# BREATHE

It's time for some Self-care  
Mondays @ 10:30AM



Start your week off with a healthy reminder! Come join us & learn tips/tricks for your self-care. Each week will focus on a wellness tip!



Please contact Karley for more info at [kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca)

MUSIC • DEEP BREATHING • DANCE  
MOVEMENT • PHYSICAL HEALTH

# DANCE THERAPY

with Taiwo & Mei

THUR. NOVEMBER 11TH, 2021  
11AM - 12PM

SUMMIT HOUSING & OUTREACH PROGRAM

## FOCUS GROUP

Tuesday, November 16th  
12:00-1:00PM

COME JOIN THE MONTHLY HEALTH & WELLNESS PROGRAM CHECK-IN. YOU WILL HAVE A CHANCE TO SHARE YOUR FEEDBACK WITH THE TEAM!



Let us know your thoughts!

- feedback on current Zoom programs
- future program suggestions

Please contact Karley at [kdonnelly@summit-housing.ca](mailto:kdonnelly@summit-housing.ca) for more information.

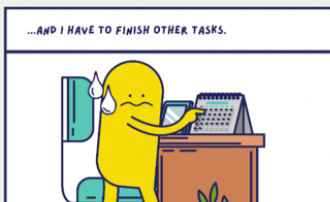
## OVERCOMING PROCRASTINATION

with Taiwo & Michelle

TUESDAY NOVEMBER 30TH, 2021  
12PM - 1PM

LEARN HOW TO PROPERLY MANAGE YOUR TIME

... EVERY MINUTE IS PRECIOUS ...



### Summit ACTT Wellness Group

Lunch and Learn

Nov. 18 /21 11:00am – 12:00pm

“Smoking Cessation”



Do You - want to quit or cut down.....

- know someone who wants to quit or cut down...
- want to learn about alternatives (e-cigarettes, hookah ) to...

## 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.



# HEALTH & WELLNESS ONLINE PROGRAMS

## NOVEMBER 2021

SUMMIT HOUSING & OUTREACH PROGRAMS  
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
	1 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group 3:00-4:00PM Peer Drop-In	2 No Programming Today!	3 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	4 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	5 10:00-10:30PM Early Risers	6
7	8 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group 3:00-4:00PM Peer Drop-In	9 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	10 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	11 11:00-12:00PM Lunch & Learn 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	12 10:00-10:30PM Early Risers	13
14	15 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group 3:00-4:00PM Peer Drop-In	16 12:00-1:00PM Focus Group 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	17 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	18 11:00-12:00PM Lunch & Learn 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	19 10:00-10:30PM Early Risers	20
21	22 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group 3:00-4:00PM Peer Drop-In	23 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	24 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	25 11:00-12:00PM Lunch & Learn 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	26 10:00-10:30PM Early Risers	27
28	29 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group 3:00-4:00PM Peer Drop-In	30 12:00-1:00PM Lunch & Learn 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds				

11th@ 11:00-12:00pm  
**Topic: Dance Therapy**  
Presenter- Taiwo + Mei

18th@ 11:00-12:00pm  
**Topic: Quit Smoking**  
Presenter- Brad

25th@ 11:00-12:00pm  
**Topic: Budgeting + Spending**  
Presenter- Pam + Erin T

30th@ 12:00-1:00pm  
**Topic: Overcoming Procrastination**  
Presenter- Taiwo + Michelle

Interested in joining an online program?

Sign up with Karley KDonnelly@summit-housing.ca

# NOVEMBER LUNCH & LEARNS

Tuesday, November 11th @ 11:00 - 12:00

Topic: Dance Therapy

Presenter: Taiwo & Mei

Thursday, November 18th @ 11:00 - 12:00

Topic: Quit Smoking

Presenter: Brad

Thursday, November 25th @ 11:00 - 12:00

Topic: Budgeting & Spending

Presenter: Pam & Erin T.

Tuesday, November 30th @ 12:00 - 1:00

Topic: Overcoming Procrastination

Presenter: Taiwo & Michelle

Interested in joining a Lunch & Learn?

Sign up with Karley KDonnelly@summit-housing.ca

# COMMUNITY PARTNERS





JOIN US FOR OUR VIRTUAL  
EMPLOYMENT READINESS WORKSHOPS

## NOVEMBER 2021 WEBINARS

1:30-2:30 p.m. - Informational Webinar & 2:30- 3:30p.m. - Discussion Webinar  
For workshop description & more info visit [www.stride.on.ca](http://www.stride.on.ca)



 **GOAL SETTING**  
THUR NOV 4  
1:30 - 3:30 P.M.

 **JOB SEARCH**  
THURS NOV 11  
1:30 - 3:30 P.M.

 **RESUME SKILLS**  
THURS NOV 18  
1:30 - 3:30 P.M.

 **CONFLICT RESOLUTION**  
THURS NOV 25  
1:30 - 3:30 P.M.


For questions & registration call, text or e-mail:

Tanya | [tsanabria@stride.on.ca](mailto:tsanabria@stride.on.ca) | 905-749-2389

Brandi | [bsaunders@stride.on.ca](mailto:bsaunders@stride.on.ca) | 905-749-2350

We'll respond to messages Monday-Friday.



 @STRIDE4WORK

  
you can work • we can help









The Lunch Lady  
has graduated  
to serving supper  
to seniors!

### HAVE YOU HEARD?

We're partnering with  
The Lunch Lady to offer

## Supper on Wheels!

Only \$9.60

Tuesdays, starting June 1

Gift certificates available

Order now!

(spread the news)

seniors & adults  
with disabilities  
in Halton Hills

  
Links2Care

905-873-6502  
[www.links2care.ca](http://www.links2care.ca)  
[info@links2care.ca](mailto:info@links2care.ca)

THE EMPLOYMENT PEER MENTOR  
PROGRAM PRESENTS

# Virtual Check-N- Chats

**Stride Employment Services**

**SUNDAY, NOVEMBER 7TH, 14TH & 21ST  
VIA ZOOM 7 PM-8:30 PM**

For Questions And Registration Contact:

Tanya: 905-749-2389  
tsanabria@stride.on.ca

Brandi: 905-749-2350  
bsaunders@stride.on.ca

Will Respond Between:  
8:30 am-4:30 pm Monday-Friday

**Follow Us On Social Media @STRIDE4WORK**



A caring voice, a  
compassionate ear,

If you need to talk,  
we're #HereToHear

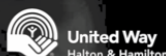
Available 24/7

Toll Free: 1-833-924-1946  
dchalton.ca



**Distress  
Centre  
HALTON**

Funded by:



# FOOD BANK : BURLINGTON INFORMATION

Salvation Army, Burlington | Open Mon - Fri 9am - 12pm | (905) 637-3893  
[www.salvationarmyburlingtonfamilyservices.ca](http://www.salvationarmyburlingtonfamilyservices.ca)

Brant Hills Presbyterian Church | 2138 Brant St. | Weds 1:30pm | (905) 335 - 2640

Compass Point Bible Church | 1500 Kerns Rd. | (905) 336 - 0500 ext. 272  
[Foodmarket@compaspointbc.com](mailto:Foodmarket@compaspointbc.com)

St. Christopher's Anglican Church | 662 Guelph Line | Tues 4pm - 6pm  
(905) 634 - 1809 | <https://STCB.ca/open-doors-2/>

Partnership West | 1254 Plains Rd. East | (905) 637-2273  
[www.partnershipwest.org](http://www.partnershipwest.org)

Wellington Square United Church | 2121 Caroline St. | (905) 634 - 1849

St. Luke's Anglican Church | 1282 Ontario St. | (905) 634-1826  
Food for Life: Tues 11:30am

Compassion Society of Halton | 484 Plains Rd. East  
Mon, Weds, Fri 12:00pm - 2:00pm | (905) 592-3722

Burlington Food Bank | 1254 Plains Rd. East | [info@burlingtonfoodbank.ca](mailto:info@burlingtonfoodbank.ca)

\*ALWAYS CALL BEFORE UTILIZING A SERVICE TO CONFIRM THAT NO CHANGES HAVE BEEN MADE

# FOOD BANK : NORTH HALTON INFORMATION

Acton Foodshare | 352 Queen St. | (519) 853-0457

Tues 8:30am - 11:45am & 12:30pm - 2:30pm

Salvation Army, Acton | 130 Mill St. East | (519) 853-1140

Mon, Weds, Fri 9:00am - 3:00pm. Tues 9:00am - 2:00pm

St. Alban's Anglican Church | 19 St. Alban's Dr. | Thurs 10:00am | (519) 853-3583

Salvation Army, Georgetown | 271 Mountainview Rd. South

(905) 877-1374 ext. 101

Georgetown Bread Basket | 49B Mountainview Rd. North | (905) 873-3368

Tues 5:00pm - 7:00pm, Weds & Sat 8:30am - 12:00pm

Georgetown, St. John's United Church | 11 Guelph St.

(905) 877-2531 | Tues 10:00am | stjohsuc.ca

St. Alban the Martyr Anglican Church | 537 Main St. | (905) 877-8323

Salvation Army, KHI Community Milton | 820 Nipissing Rd.

Unit 4 | Food Bank & Infant Food Bank

(905) 875-1022 | info@khicommunity.com

Milton Bible Church | 121 Chisholm Dr. | (905) 876-3586

Milton Meals on Wheels | \$6 for hot meals | (905) 878-6699

Miltonmeals@gmail.com

**\*ALWAYS CALL BEFORE UTILIZING A SERVICE TO CONFIRM THAT NO CHANGES HAVE BEEN MADE**

# FOOD BANK : OAKVILLE INFORMATION :

Oakville Meals on Wheels | (905) 842-1411 | [info@oakvillemealsonwheels.com](mailto:info@oakvillemealsonwheels.com)

St. Luke's Anglican Church | 3114 Dundas St. West

Nourishing Neighbours Food Bank: (905) 825-3364

Salvation Army, Oakville | 1225 Rebecca St. | (905) 808-3406

[TSAOakvilleCFS@cogeco.net](mailto:TSAOakvilleCFS@cogeco.net)

Hope Bible Church | 500 Great Lakes Blvd. | (905) 827-4888

Call & leave a voicemail with your name

Clearview Church | 2300 Sheridan Garden Dr. | (905) 829-2242

Fare Share Food Bank Oakville | 1240 Speers Rd.

(905) 847 - 3988 | [www.oakvillefoodbank.com](http://www.oakvillefoodbank.com)

Dar Foundation | 485 Morden Rd. | (416) 904 - 0195 or (416) 254 - 1839

[Gmsabry@hotmail.com](mailto:Gmsabry@hotmail.com)

Kerr Street Mission | 485 Kerr St. | (905) 845-7485

[admin@kerrstreet.com](mailto:admin@kerrstreet.com)

Oak Park Neighbourhood Centre | (905) 257-6029 ext. 101 | [michelle@OPNC.ca](mailto:michelle@OPNC.ca)

Supperworks | 481 North Service Rd. West | (905) 827-8433

[oakville@supperworks.com](mailto:oakville@supperworks.com)

\*ALWAYS CALL BEFORE UTILIZING A SERVICE TO CONFIRM THAT NO CHANGES HAVE BEEN MADE