



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

DECEMBER 2021



INSTAGRAM:
[@SUMMITPROGRAMS](#)

TWITTER:
[@SUMMITPROGRAMS](#)

FACEBOOK:
[@SUMMITPROGRAMS](#)



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Canadian Centre
for Accreditation



WELLNESS AWARD RECIPIENTS

CLIENT AWARDS:

Carol Y

Tarek N

Tony H

Michael M

Kurtis D

Lisa L

Samantha M

COMMUNITY PARTNER AWARD:

Meal Bag Program (at Wellington Square)

Buddy Group

(Wellington Square United)

Parlatos Catering

Situation Table

DONOR AWARD:

Equilibrium Burlington

ALANIA FRENCH AWARD:

Antonio D

Summit Self-Care: Holiday Playlist



Please visit
linktr.ee/summitprograms
to listen!

Summit Housing & Outreach Programs

HOLIDAY COOKIE DECORATING



**December 24th @ 11:00-12:00PM
LIMITED SPOTS AVAILABLE!!**

Cookie decorating kits will be provided

**For registration please contact Amanda or
Karley at athomson@summit-housing.ca OR
kdonnelly@summit-housing.ca**



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



SUMMIT HOUSING & OUTREACH PROGRAM

FOCUS GROUP

Tuesday, December 21st
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 for more information.



SUMMIT HOUSING & OUTREACH PROGRAMS

OPEN MIC NIGHT

JOIN US IN CELEBRATING
OUR 40TH ANNIVERSARY!



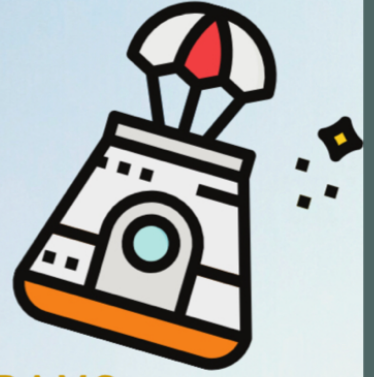
SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

DECEMBER 8TH
@ 6:00PM - 8:00PM

PLEASE SIGN UP & SEND
ARTWORK TO KARLEY AT
KDONNELLY@SUMMIT-HOUSING.CA





SUMMIT HOUSING & OUTREACH PROGRAMS

Celebrating Summit's 40th Anniversary

VIRTUAL TIME CAPSULE DEDICATION!

**3:00-4:00PM ON MONDAY
DECEMBER 20TH, 2021**

**PLEASE CONTACT LAURA AT
LVELENO@SUMMIT-HOUSING.CA
FOR MORE INFORMATION**

**Come join us in packing up our time capsule filled
with personally selected items from Clients,
Staff & Volunteers! We will be opening this capsule
up in 10 years time from now.**



SUMMIT HOUSING &
OUTREACH PROGRAMS
CELEBRATING
40 YEARS



NEW YEARS EVE

celebration

Join us for a NYE social!

FRIDAY 31ST DECEMBER
12-1PM | EVERYONE WELCOME!

**PLEASE CONTACT KARLEY AT
KDONNELLY@SUMMIT-HOUSING.CA FOR
MORE INFORMATION**



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

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



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



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

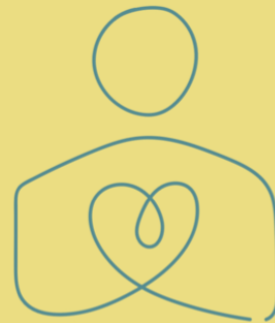


Summit Housing & Outreach Programs



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

HEALTH & WELLNESS ONLINE PROGRAMS

DECEMBER 2021

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour	2 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	3 10:00-10:30AM Early Risers	4
5	6 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group	7 No Programming Today!	8 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 6:00-8:00PM OPEN MIC NIGHT	9 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	10 10:00-10:30AM Early Risers	11
12	13 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group	14 11:00-12:00 Lunch & Learn 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	15 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour	16 11:00-12:00PM Lunch & Learn 1:00-2:00PM Laughter Yoga 5:00-7:00PM Virtual Holiday Party!!	17 10:00-10:30AM Early Risers	18
19	20 10:00-11:00AM Early Risers/Self-Care 12:00-1:30PM Writing Group 3:00-4:00PM Time Capsule Dedication	21 12:00-1:00PM Focus Group 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	22 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour	23 1:00-2:00PM Laughter Yoga 2:00-3:00PM Keep Calm & Reflect On	24 10:00-10:30AM Early Risers 11:00-12:00PM Holiday Cookie Decorating 12:30 CLOSED	25
26	27 CLOSED	28 CLOSED	29 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa	30 1:00-2:00PM Laughter Yoga	31 10:00-10:30AM Early Risers 12:00-1:00PM New Years Eve Social 3:00PM CLOSED	



14th@ 12:00-1:00pm
**Topic: Preparing for the
Holidays**
Presenter- Baljit + Olga

16th@ 11:00-12:00pm
Topic: Sleeping Habits
Presenter- Pam + Igor

Interested in joining an online program?

Sign up with Karley KDonnelly@summit-housing.ca



JOIN US FOR OUR VIRTUAL
EMPLOYMENT READINESS WORKSHOPS

DECEMBER 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



TIME MANAGEMENT

TUES DEC 7

1:30 - 3:30 P.M.



RETURNING TO WORK

TUES DEC 14

1:30 - 3:30 P.M.

NEW

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

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

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

We'll respond to messages Monday-Friday.



@STRIDE4WORK



Canada

EMPLOYMENT
ONTARIO



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:



United Way
Halton & Hamilton

THE STRIDE SOCIAL: HOLIDAY HANGOUT

WEDNESDAY, DECEMBER 22ND
VIA ZOOM 1:30 PM-3:30 PM

For questions or registration please contact:

Tanya Sanabria

Phone: 905-749-2389

Email: tsanabria@stride.on.ca

or

Brandi Saunders

Phone: 905-749-2350

Email: bsaunders@stride.on.ca



@STRIDE4WORK



Canada



COMMUNITY PARTNERS

THE EMPLOYMENT PEER MENTOR PROGRAM PRESENTS
Check-N-Chat

Sunday, December 5th, 12th & 19th
from 7 pm-8:30 pm via zoom

For questions or registration please contact

Tanya Sanabria

Phone: 905-749-2389

Email: tsanabria@stride.on.ca

or

Brandi Saunders

Phone: : 905-749-2350

Email: bsaunders@stride.on.ca



@Stride4Work



Canada



FOOD BANK : OAKVILLE INFORMATION :

Oakville Meals on Wheels | (905) 842-1411 | 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

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

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

Gmsabry@hotmail.com

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

admin@kerrstreet.com

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

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

oakville@supperworks.com

*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 : BURLINGTON INFORMATION

Salvation Army, Burlington | Open Mon - Fri 9am - 12pm | (905) 637-3893
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

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

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

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