



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

FEBRUARY 2022



Accredited by
Canadian Centre
for Accreditation



SUMMIT HOUSING AND OUTREACH PROGRAMS



WE ARE BACK!

MEET LAURA

You may or may not have seen an email from me introducing myself- but I would like to say hello!

I am the new peer social recreation worker here at Summit Housing and Outreach Programs.

Some of my passions are with art, music and animals. I also enjoy photography, creative writing as well as corny jokes.

I am really looking forward to meeting all of you.

YOGA AT HOME

WITH LISA

**11:30AM-12:30AM
EVERY WEDNESDAY**

**JOIN ZOOM
MEETING**

**MEETING ID:
289 795 5847**



MUSICAL MASTERPIECES



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

**TUESDAYS
2 PM - 3 PM**

PLEASE CONTACT LAURA TO REGISTER: LTHOMAS@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 Laura Thomas for more info at lthomas@summit-housing.ca



SUMMIT HOUSING & OUTREACH PROGRAMS

Writing Group

Come hangout & write it out!

**MONDAYS | 12:00-1:30PM
JOIN US ON ZOOM!**

**Join Zoom Meeting
Meeting ID- 289 795 5847**



**SUMMIT HOUSING
AND OUTREACH
PROGRAM**
PEER DROP IN PROGRAM



Wednesday, February 16th
2:30 PM- 3:30 PM

Contact Laura for information.
lthomas@summit-housing.ca



Summit Housing & Outreach Programs



Starting Thursday, February 17th



Please contact Mike Forester to sign up & for more info at mforester@summit-housing.ca

SUMMIT HOUSING & OUTREACH PROGRAMS

Social Hour!
VIRTUAL CHECK-IN



**Tuesdays from
6:30 P.M. to 7:30 P.M.**

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

Please contact Laura for more information
at lthomas@summit-housing.ca



Youthful Minds

Tuesday Evenings
4:00-5:00PM

Join likeminded Peers for weekly
discussions & activities!

Please contact Laura for registration & more info at
lthomas@summit-housing.ca



Summit Housing & Outreach Programs



Summit housing and Outreach Program

ARE YOU INTERESTED IN A GARDEN PLOT THIS YEAR?



CONTACT US TODAY!

LTHOMAS@SUMMIT-HOUSING.CA

HEALTH & WELLNESS ONLINE PROGRAMS

FEBRUARY 2022

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 11:30-12:30PM Yoga with Lisa	3	4	5
6	7 12:00-1:30PM Writing Group	8 Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM	9 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa Social 6:30-7:30PM	10	11 10:00-10:30AM Early Risers	12
13	14 10:00-10:30AM Early Risers 12:00-1:30PM Writing Group	15 Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM Tuesday Social 6:30-7:30PM	16 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 2:30-3:30PM Peer Drop-In	17 Laughter Yoga 1:00-2:00PM	18 10:00-10:30AM Early Risers	19
20	21 10:00-10:30AM Early Risers 12:00-1:30PM Writing Group	22 Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM Tuesday Social 6:30-7:30PM	23 11:30-12:30PM Yoga with Lisa	24 Laughter Yoga 1:00-2:00PM	25 10:00-10:30AM Early Risers	26
27	28 10:00-10:30AM Early Risers No Writing Group today					



Coming soon!

INTERESTED IN JOINING AN ONLINE PROGRAM?
SIGN UP WITH LAURA -LTHOMAS@SUMMIT-HOUSING.CA

FOOD BANK INFORMATION : OAKVILLE

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 | stjohnsuc.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@khicomunity.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 INFORMATION : BURLINGTON

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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