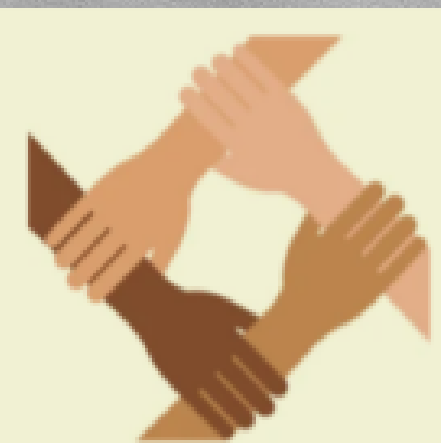


SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

MARCH 2022



Accredited by
Canadian Centre
for Accreditation



SUMMIT HOUSING AND OUTREACH PROGRAM

Meet Riyan!



Greetings Earthlings!

My name is Riyan, I am the new Peer Social Recreation Assistant at SHOP.

I love playing sports and have found a major connection between physical activity and my own personal recovery and happiness. Just last week I went skiing for the first time in 10 years and it was a blast!

As they say, we can't pour from an empty cup. Some of my favourite self-care practices besides getting active are cooking, connecting with friends, going for a dog-walk at Cherry Beach, and watching Supermarket on Netflix.

Thanks for reading my blurb, and if you haven't already, get outside today!

YOGA AT HOME

WITH LISA

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

**JOIN ZOOM
MEETING**

**MEETING ID:
289 795 5847**



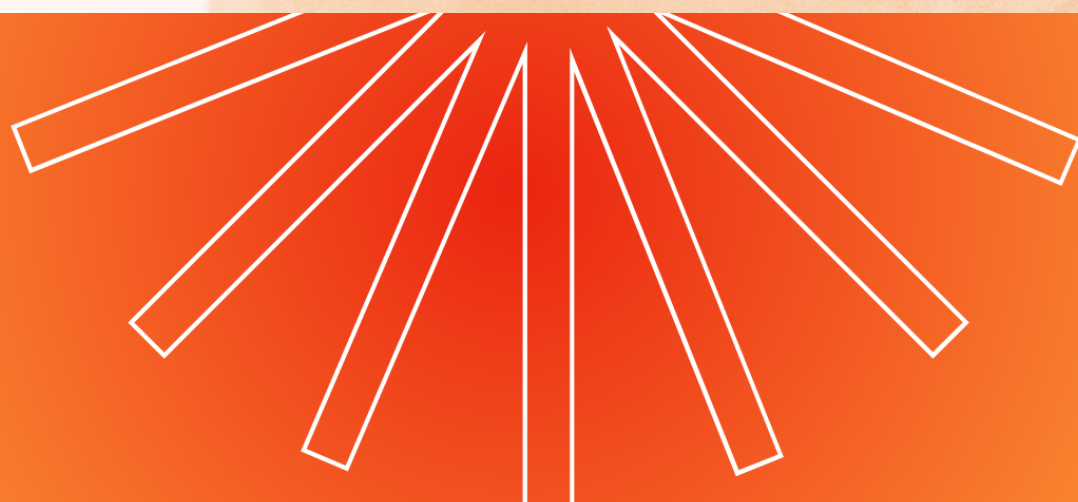
MUSICAL MASTERPIECES



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**



Productivity Group

Thursdays at 2:30 PM

- 1 Make SMART goals
- 2 Set intentions for the week
- 3 Make and take time for the things you want to get done




Laughter Yoga



Thursdays at 1PM



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

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 AND OUTREACH PROGRAM

PEER CONVERSATIONS & CONNECTIONS



Wednesday, February 23rd
2:30 PM- 3:30 PM

For more information contact
mlepinskie@summit-housing.ca



Summit Housing and Outreach Programs

Are you over the age of 55?

**Looking for a group of like-minded peers to engage in
trivia, games and music of the decades?**

Introducing..

The Golden Gems



*Friday's at 3pm-
starting March 11th*

**Contact Laura at lthomas@summit-housing.ca
for more information**



SUMMIT HOUSING AND OUTREACH PROGRAMS

OPEN MIC NIGHT

When?

Date to be announced
Week of March 21st.

Where?

Online

How?

Contact Laura @
lthomas@summit-
housing.ca



Pizza will be included this month- please include preferences
in your RSVP on Survey Monkey.



**SUMMIT HOUSING AND OUTREACH
PROGRAMS**

New!

Beginners Drawing Lessons



**Interested in art but not sure where to start with
drawing skills?
Look no further!**

**Friday's from
11:30-12:30**



**PLEASE CONTACT LAURA AT
LTHOMAS@SUMMIT-HOUSING.CA IF
YOU ARE INTERESTED!**

SUMMIT HOUSING AND OUTREACH PROGRAMS

New!



MEN'S GROUP

COMING MARCH 28TH, 2022

2-3PM



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

CONTACT RIYAN- [RVISRAM@SUMMIT-HOUSING.CA](mailto:rvisram@summit-housing.ca)

New!

Armchair Travel Group

Join us weekly as we travel from place to place from our chairs!

**THURSDAYS FROM
12PM-PM**



Contact Laura- lthomas@summit-housing.ca

March Lunch & Learns



MARCH 8TH @12-1PM
EXERCISE AND MENTAL
HEALTH



***MORE TO COME..
STAY TUNED FOR MORE
UPDATES FROM LAURA.***



Summit housing and Outreach Program

ARE YOU INTERESTED IN A GARDEN PLOT THIS YEAR?



CONTACT US TODAY!

LTHOMAS@SUMMIT-HOUSING.CA

THE HEALING POWERS OF GARDENING

Gardening strengthens the heart

Working outside benefits your cardiovascular health and boosts your Vitamin D.

Gardening can improve self-esteem

Becoming a better gardener displays your capabilities and strengths.

Gardening reduces stress

Gardening reduces cortisol levels and can enhance your mood.

Gardening protects the brain

Daily gardening reduces the risk of dementia.

Source: 8 Surprising Health Benefits of Gardening | UNC Health Talk (unchealthcare.org)



HEALTH & WELLNESS ONLINE PROGRAMS

MARCH 2022

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM Social 6:30-7:30PM	2 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM	3 Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	4 10:00-10:30AM Early Risers	5
6	7 10:00-10:30AM Early Risers Writing Group 12:00-1:30PM	8 Lunch & Learn 12-1PM Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM	9 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 6:30-7:30PM	10 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	11 10:00-10:30AM Early Risers Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	12
13	14 10:00-10:30AM Early Risers Writing Group 12:00-1:30PM	15 Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM Tuesday Social 6:30-7:30PM	16 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM	17 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	18 10:00-10:30AM Early Risers Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	19
20	21 10:00-10:30AM Early Risers Writing Group 12:00-1:30PM Productivity Group 2:30-3:30	22 Armchair Travel 12:00-1:00PM Musical Masterpiece 3:00-4:00PM Youthful Minds 4:00-5:00PM Tuesday Social 6:30-7:30PM	23 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM	24 Laughter Yoga 1:00-2:00PM Open Mic Night 6PM-7PM	25 10:00-10:30AM Early Risers Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	26
27	28 10:00-10:30AM Early Risers No Writing Group today Men's Group 2:00-3:00PM	29 Musical Masterpiece 2:00-3:00PM Youthful Minds 4:00-5:00PM Tuesday Social 6:30-7:30PM	30 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM	31 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30		



- **March 8th - 12 - 1 PM: Exercise and Mental Health**

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

VIRTUAL PEER WORKSHOPS & CHECK INS

Mental Health & Substance Use Webinars

16+ FOR WORKSHOP DESCRIPTIONS & MORE INFO VISIT WWW.STRIDE.ON.CA

Drawing Your Line Setting Boundaries

Wed March 9 | 1:30 - 3 p.m.

Addressing Anger

Wed March 23 | 1:30 - 3 p.m.

Check-N'-Chat -

Sunday March 13 | 7 - 8:30 p.m.

Sunday March 20 | 7 - 8:30 p.m.

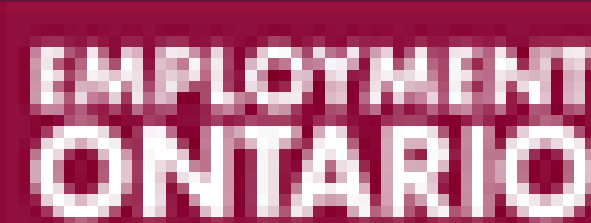
Sunday March 27 | 7 - 8:30 p.m.

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

Stephanie | spotterson@stride.on.ca | 905-691-9759

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

We'll respond to messages Monday - Friday



March 2022 Employment Readiness Webinars

16+ FOR WORKSHOP DESCRIPTIONS &
MORE INFO VISIT WWW.STRIDE.ON.CA

Communication Skills

Thurs March 3 | 1:30-3:30 p.m.

Customer Service

Thurs March 10 | 1:30-3:30 p.m.

Time Management

Thurs March 17 | 1:30-3:30 p.m.

Workplace Wellness

Tues March 8 | 1:30-3:30 p.m.

Self-Care

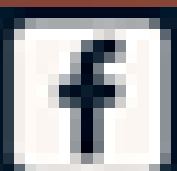
Tues March 15 | 1:30-3:30 p.m.

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

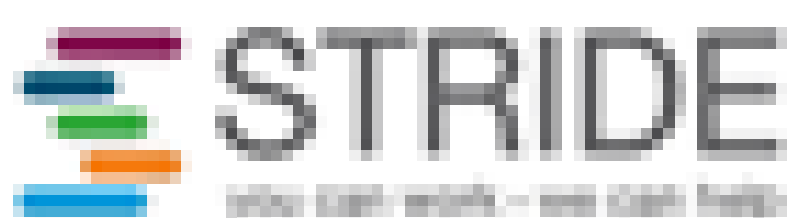
Stephanie | spatterson@stride.on.ca | -905-691-9759

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

We respond to messages Monday-Friday



@STRIDE4WORK



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 | stjohmsuc.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

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