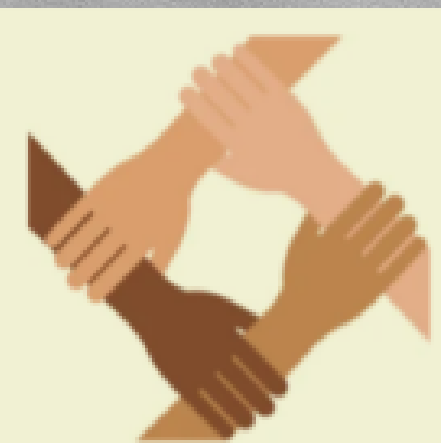


SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
40 YEARS

# THE SUMMIT MONTHLY

## APRIL 2022



Accredited by  
Canadian Centre  
for Accreditation



# SUMMIT HOUSING AND OUTREACH PROGRAM

## **Statement from Health Service Providers in Ontario's Central Region:**

We Stand Together to Support Respect and Safety for Ontario's Workers Who Provide Care

We, as leaders in Ontario's health-care system, recognize every person has been impacted by the pandemic. We thank them for the sacrifices made over the past two years to protect our health-care system and its lifeline, health-care workers.

The pandemic, however, is not over for Ontario's workers who provide care.

We appreciate the public's support over the last two years and we are trying to hold strong. We still need that support. Our health-care workforce is depleted and tired. We need to protect this precious resource for the good of all Ontarians to ensure the health-care system is there when the public needs it most – in recovery and rejuvenation.

As the pandemic has evolved, our workforce maintained its commitment to using the best scientific evidence and guidance to keep themselves safe and healthy, so they could continue to provide care for those in need. Hospitals, institutions, doctor's offices, homes, or wherever health care is provided, must always be places where the best public health guidance is followed.

We all have responsibility to ensure our health-care workers are safe and respected, whether at work, home, or in your local community. As some restrictions are lifted, we recognize that vaccination and masking policies will be necessary in health-care settings to protect us all.

We ask for kindness and to be respectful of each other, and our health-care workers, as we move forward together safely.

Signed,

Summit Housing & Outreach Programs



# 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  
2:30 PM - 3:30 PM**

PLEASE CONTACT LAURA TO  
REGISTER: [LTHOMAS@SUMMIT-HOUSING.CA](mailto: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](mailto: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](mailto:mforester@summit-housing.ca)

# Social Hour!

VIRTUAL CHECK-IN



Wednesday's  
5PM-6PM

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

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



# SUMMIT HOUSING AND OUTREACH PROGRAM

## PEER CONVERSATIONS & CONNECTIONS

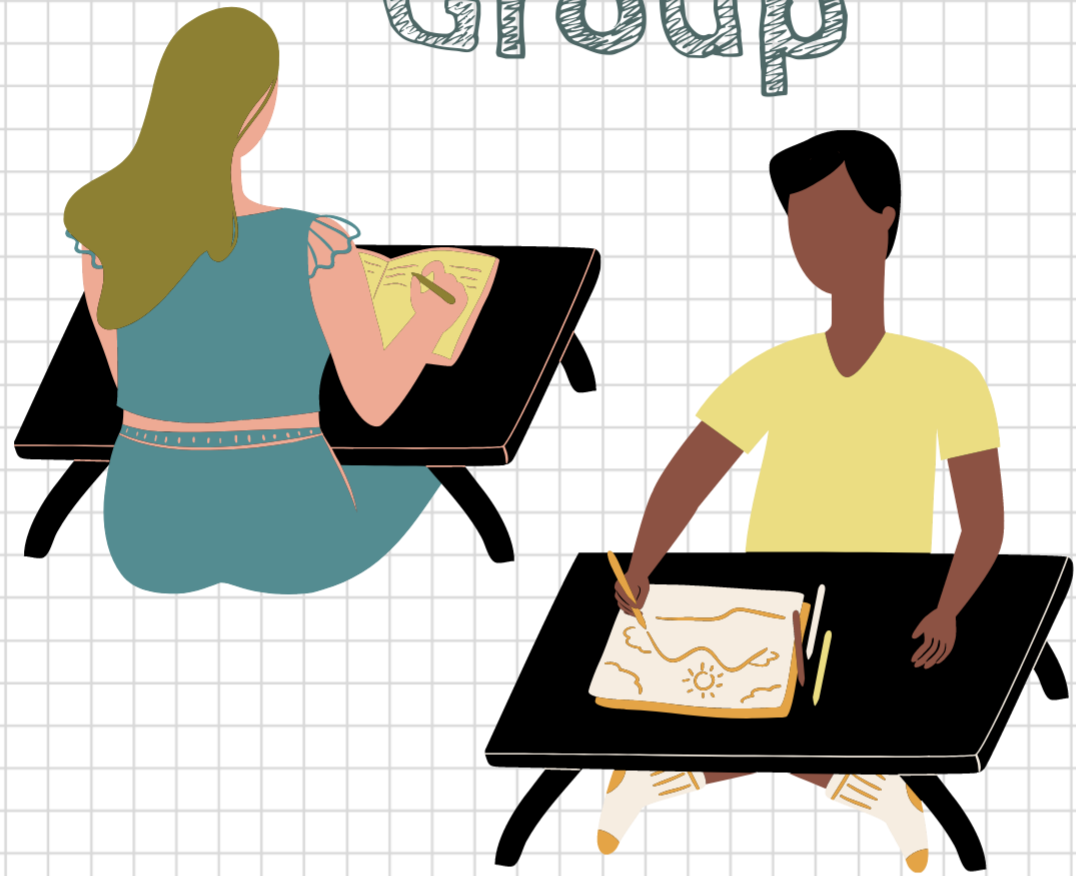
This virtual peer-led group is a safe, supportive, non-judgmental space where you can connect with others living with a mental illness and/or substance use disorder. Join us when it works for you and share only what you are comfortable sharing. Let's walk this journey together, you are not alone!



Join us Wednesday's  
2:30 PM- 3:30 PM

For more information contact  
[mlepinski@summit-housing.ca](mailto:mlepinski@summit-housing.ca)

# Beginners Drawing Group



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

Friday's from 11:30AM-1PM

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



## 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?

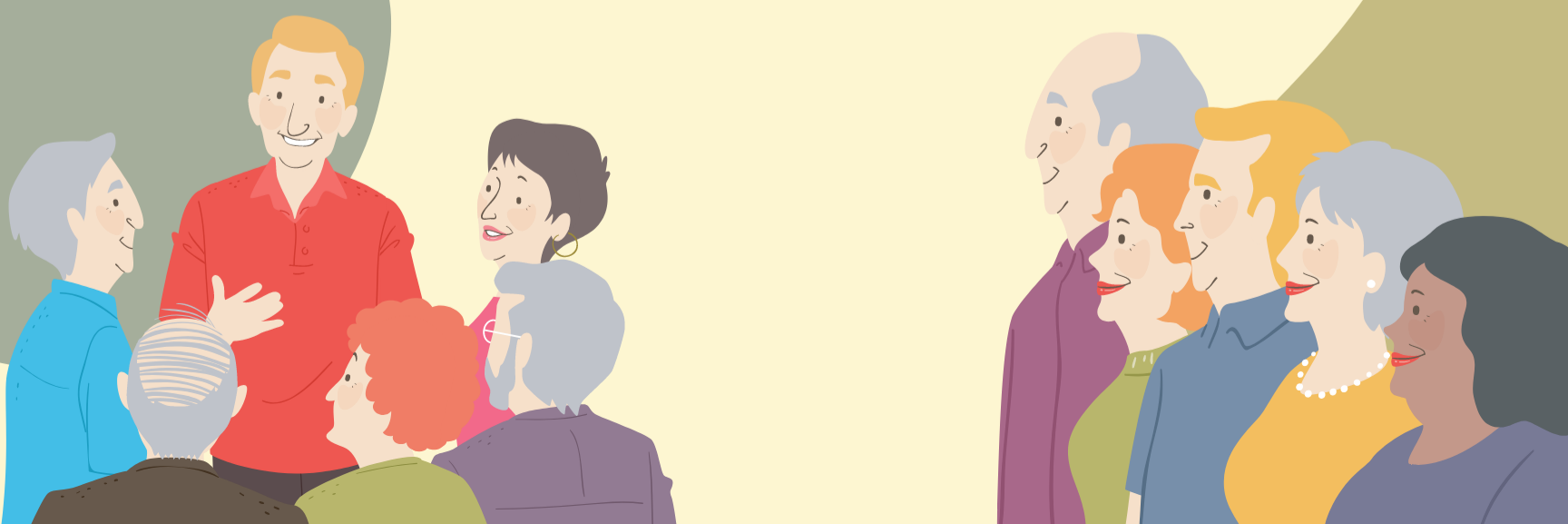
Introducing..

# The Golden Gems



Friday's at 3pm!

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



## SUMMIT HOUSING AND OUTREACH PROGRAMS

# Armchair Travel Group

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

THURSDAYS FROM 12PM-1PM



Contact Laura- lthomas@summit-housing.ca



# MEN'S GROUP

BI-WEEKLY ON MONDAY'S 2-3PM



CONTACT RIYAN- RVISRAM@SUMMIT-HOUSING.CA

# HEALTH & WELLNESS ONLINE PROGRAMS

## APRIL 2022

SUMMIT HOUSING & OUTREACH PROGRAMS  
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	2
3	4 Early Risers 10:00-10:30AM  Writing Group 12:00-1:30PM Productivity Group 2:30-3:30	5 Armchair Travel 12:00-1:00PM Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	6 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	7  Laughter Yoga 1:00-2:00PM	8 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	9
10	11 Early Risers 10:00-10:30AM Writing Group 12:00-1:30PM Men's Group 2:00-3:00PM Golden Gems 3-4PM	12 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	13 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	14 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	15 <i>Closed for Easter</i> 	16
17	18 <i>Closed for Easter</i> 	19 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	20 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM  <i>Volunteer Appreciation Event</i>	21 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30 Social 5:00-6:00PM	22 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	23
24	25 Early Risers 10:00-10:30AM Writing Group 12:00-1:30PM Men's Group 2:00-3:00PM	26 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	27 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	28 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	29	30
31						

**Lunch & Learns**



• **Coming soon.**

INTERESTED IN JOINING AN ONLINE PROGRAM?  
SIGN UP WITH LAURA - [LTHOMAS@SUMMIT-HOUSING.CA](mailto:LTHOMAS@SUMMIT-HOUSING.CA)



YOU ARE INVITED TO SUMMIT HOUSING AND  
OUTREACH PROGRAM'S

*Volunteer Appreciation  
Event 2022*

WEDNESDAY APRIL 20TH, 2022

4:45 TO 6:30

ONLINE-VIRTUAL

Dinner provided.

RSVP: [rvisram@summit-housing.ca](mailto:rvisram@summit-housing.ca)

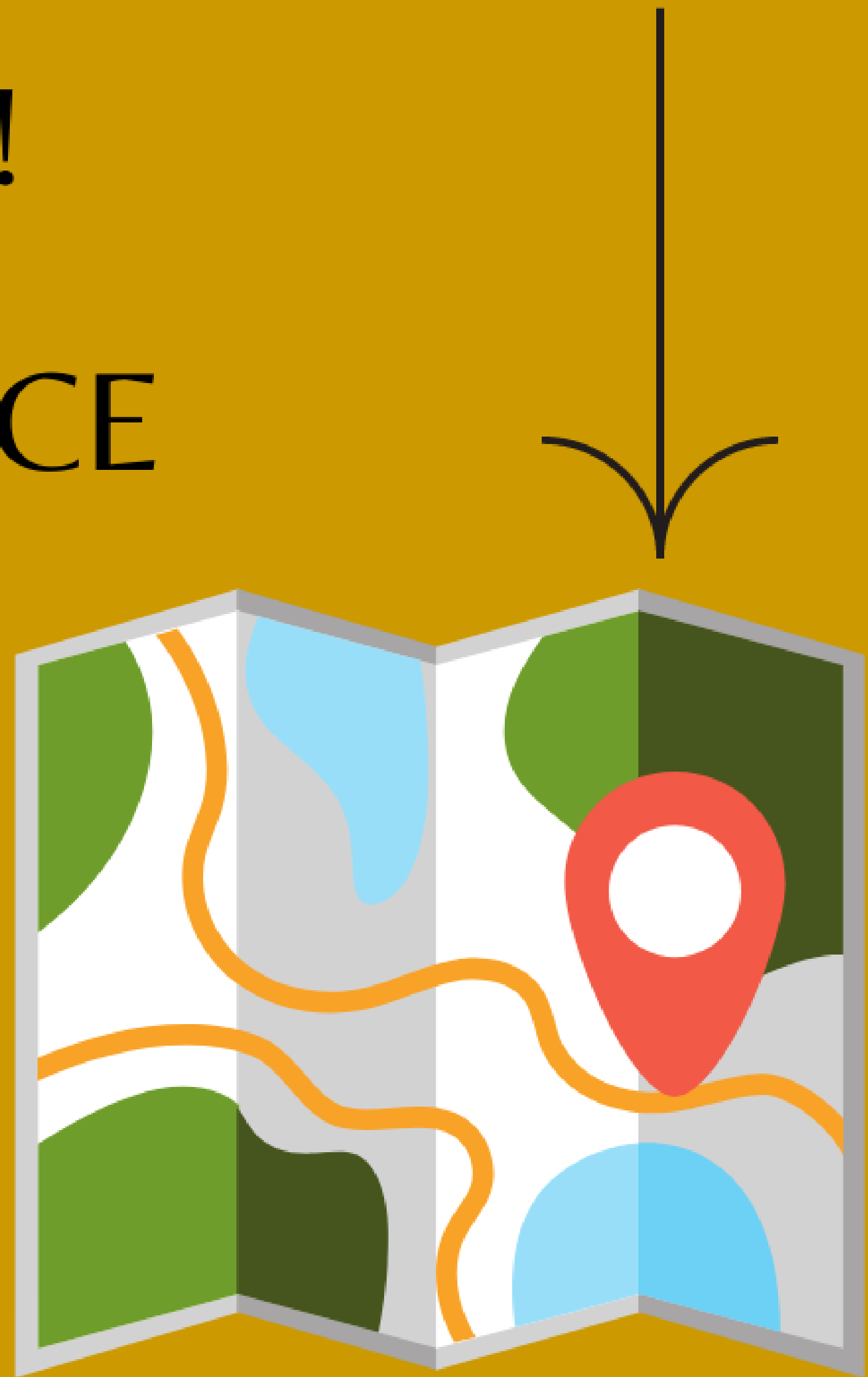
THANK YOU FOR HELPING US GROW

*Please RSVP by April 11th.*

# WE'VE MOVED! OUR NEW OAKVILLE OFFICE LOCATION

**2305 WYECROFT ROAD  
SUITE 200  
OAKVILLE, ONTARIO L6L 6R2  
PHONE: 905-847-3206  
FAX: 905-847-2959**

**MAILING ADDRESS:  
PO BOX 60024, RPO GLEN ABBEY  
OAKVILLE, ONTARIO L6M 3H2**



*Offices are open by appointment only.*

**MILTON OFFICE:**  
917 NIPISSING ROAD, UNIT 2  
MILTON, ONTARIO L9T 5E3

**BURLINGTON OFFICE:**  
WE ARE STILL SERVING THE BURLINGTON COMMUNITY,  
HOWEVER BRANT STREET LOCATION IS CLOSED



SUMMIT HOUSING &  
OUTREACH PROGRAMS  
CELEBRATING  
**40 YEARS**



Summit housing and Outreach Program

# ARE YOU INTERESTED IN A GARDEN PLOT THIS YEAR?



CONTACT US TODAY!

[LTHOMAS@SUMMIT-HOUSING.CA](mailto: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](http://unchealthcare.org))



1:30-2:30 P.M. - INFORMATIONAL WEBINAR 2:30- 3:30P.M.- DISCUSSION WEBINAR

---

# April 2022 Employment Readiness Webinars

---

16+ FOR WORKSHOP DESCRIPTIONS & MORE INFO VISIT  
[WWW.STRIDE.ON.CA](http://WWW.STRIDE.ON.CA)

## **Conflict Resolution**

Tues April 5 | 1:30-3:30 p.m.

## **Goal Setting**

Tues April 12 | 1:30-3:30 p.m.

## **Budgeting**

Tues April 19 | 1:30-3:30 p.m.

## **Self-Care**

Tues April 26 | 1:30-3:30 p.m.

## **Resume Skills**

Thurs April 7 | 1:30-3:30 p.m.

## **Workplace Wellness**

Thurs April 14 | 1:30-3:30 p.m.

## **Return to Work**

Thurs April 21 | 1:30-3:30 p.m.

## **Communication Skills**

Thurs April 28 | 1:30-3:30 p.m.

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

Stephanie | [spatterson@stride.on.ca](mailto:spatterson@stride.on.ca) | -905-691-9759

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

*We'll respond to messages Monday-Friday.*



@STRIDE4WORK



VIRTUAL PEER WORKSHOPS & CHECK INS

---

# Mental Health & Substance Use Webinars

---

16+ FOR WORKSHOP DESCRIPTIONS &  
MORE INFO VISIT [WWW.STRIDE.ON.CA](http://WWW.STRIDE.ON.CA)

## **Coping with Chaos**

Wed April 13 | 1:30 - 3:30 p.m.

## **Managing Your Mindset**

Wed April 27 | 1:30 - 3 p.m.

## **Check-N'-Chat -**

Sunday April 3 | 7 - 8:30 p.m.

Sunday April 10 | 7 - 8:30 p.m.

Sunday April 24 | 7 - 8:30 p.m.

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

Stephanie | [spatterson@stride.on.ca](mailto:spatterson@stride.on.ca) | 905-691-9759

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

*We'll respond to messages Monday-Friday.*



@STRIDE4WORK



# FOOD BANK INFORMATION : OAKVILLE

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

# 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@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](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