

SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

MAY 2022



Summit Housing & Outreach Programs would like to thank our funders:

Accredited by
Canadian Centre
for Accreditation



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

SUMMIT HOUSING & OUTREACH PROGRAMS

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



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!**

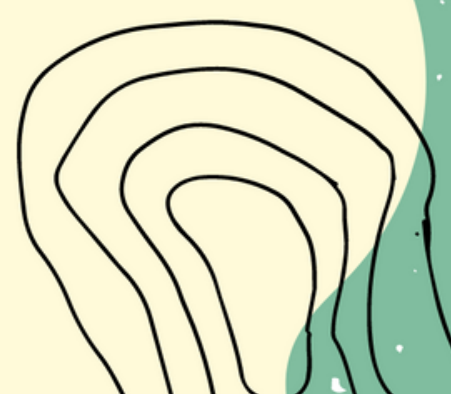
**Join Zoom Meeting
Meeting ID- 289 795 5847**



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



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



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





THE WOMAN'S GROUP

TUESDAY APRIL 12 @ 1:30

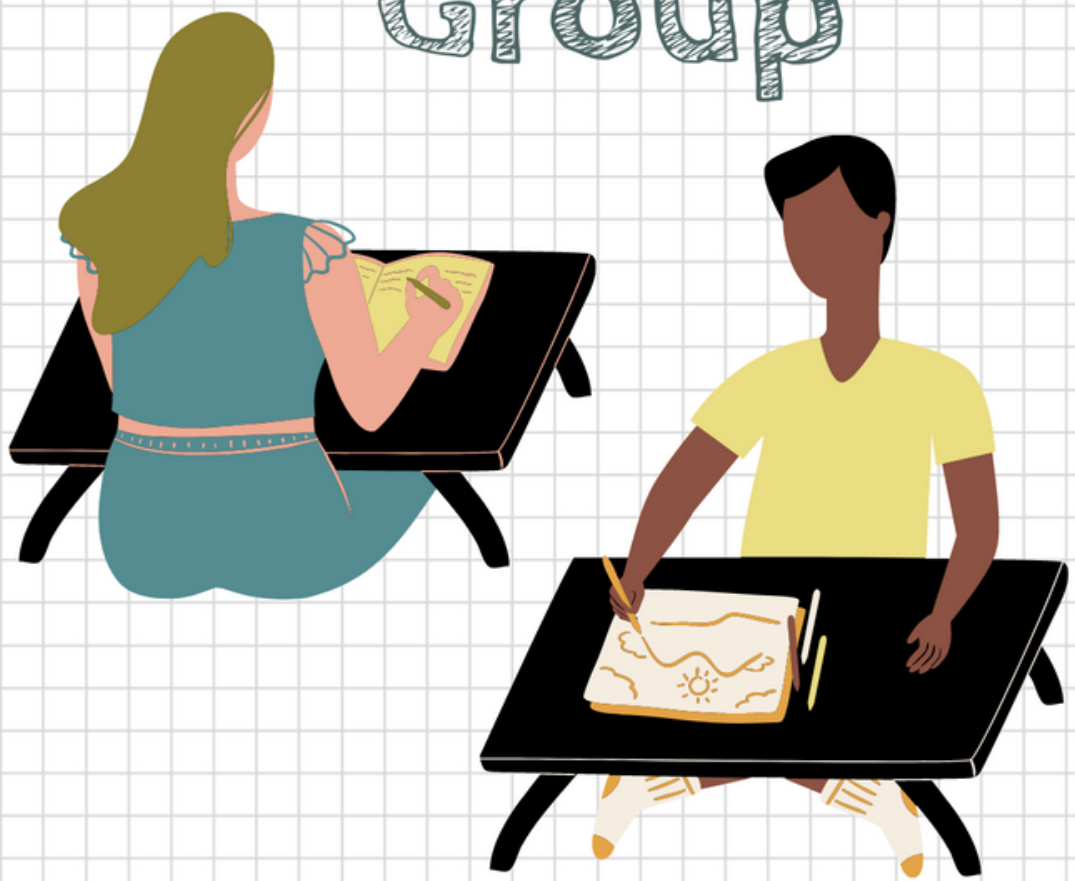
CONTACT LAURA- LTHOMAS@SUMMIT-HOUSING.CA



WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.

SUMMIT HOUSING & OUTREACH PROGRAMS

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 & 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 & OUTREACH PROGRAMS



MEN'S GROUP

BI-WEEKLY ON
MONDAY'S 2-3PM

CONTACT RIYAN- RVISRAM@SUMMIT-HOUSING.CA



WE ARE AN INCLUSIVE ORGANIZATION AND WELCOME ALL GENDER EXPRESSIONS.

SUMMIT HOUSING & OUTREACH PROGRAMS

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
mlepinskie@summit-housing.ca

Summit Housing & Outreach Programs

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

DBT: Mindfulness

BALJIT PANESAR, R.S.W., M.S.W. BPANESAR@SUMMIT-HOUSING.CA

OLGA GORSKA, R.S.W., M.S.W. OGORSKA@SUMMIT-HOUSING.CA

DETAILS

Dates:	Tuesday May 31 st , 2022 Tuesday June 7 th , 2022 Tuesday June 14 th , 2022
Time:	1:00pm – 2:30pm
Registration Deadline:	May 20 th , 2022
Register With:	Your Summit Caseworker
OTN/Access Link:	Will be provided prior to each session

LEARN ABOUT:

What is dialectical behavioural therapy (DBT)?

What is mindfulness?

Practicing mindfulness skills

How to include mindfulness and DBT techniques in everyday life

HEALTH & WELLNESS ONLINE PROGRAMS

MAY 2022

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Early Risers 10:00-10:30AM Writing Group 12:00-1:30PM Women's Group 3-4PM	3 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	4 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	5 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	6 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	7
8	9 Early Risers 10:00-10:30AM Writing Group 12:00-1:30PM Men's Group 2-3PM Women's Group 2:30-3:30	10 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	11 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	12 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	13 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	14
15	16 Early Risers 10:00-10:30AM Writing Group 12:00-1:30PM Women's Group 3-4PM	17 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	18 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	19 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	20 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	21
22	23  Victoria Day - Program closed	24 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM	25 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Peer Conversations 2:30-3:30PM Social 5:00-6:00PM	26 Armchair Travel 12:00-1:00PM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30	27 Early Risers 10:00-10:30AM Beginners Drawing 11:30-12:30PM Golden Gems 3-4PM	28
29	30 Early Risers 10:00-10:30AM Writing Group 12:00-1:30PM Women's Group 3-4PM	31 Musical Masterpiece 2:30-3:30PM Youthful Minds 4:00-5:00PM DBT Mindfulness 1-2:30 (Closed Group)				

Lunch & Learns



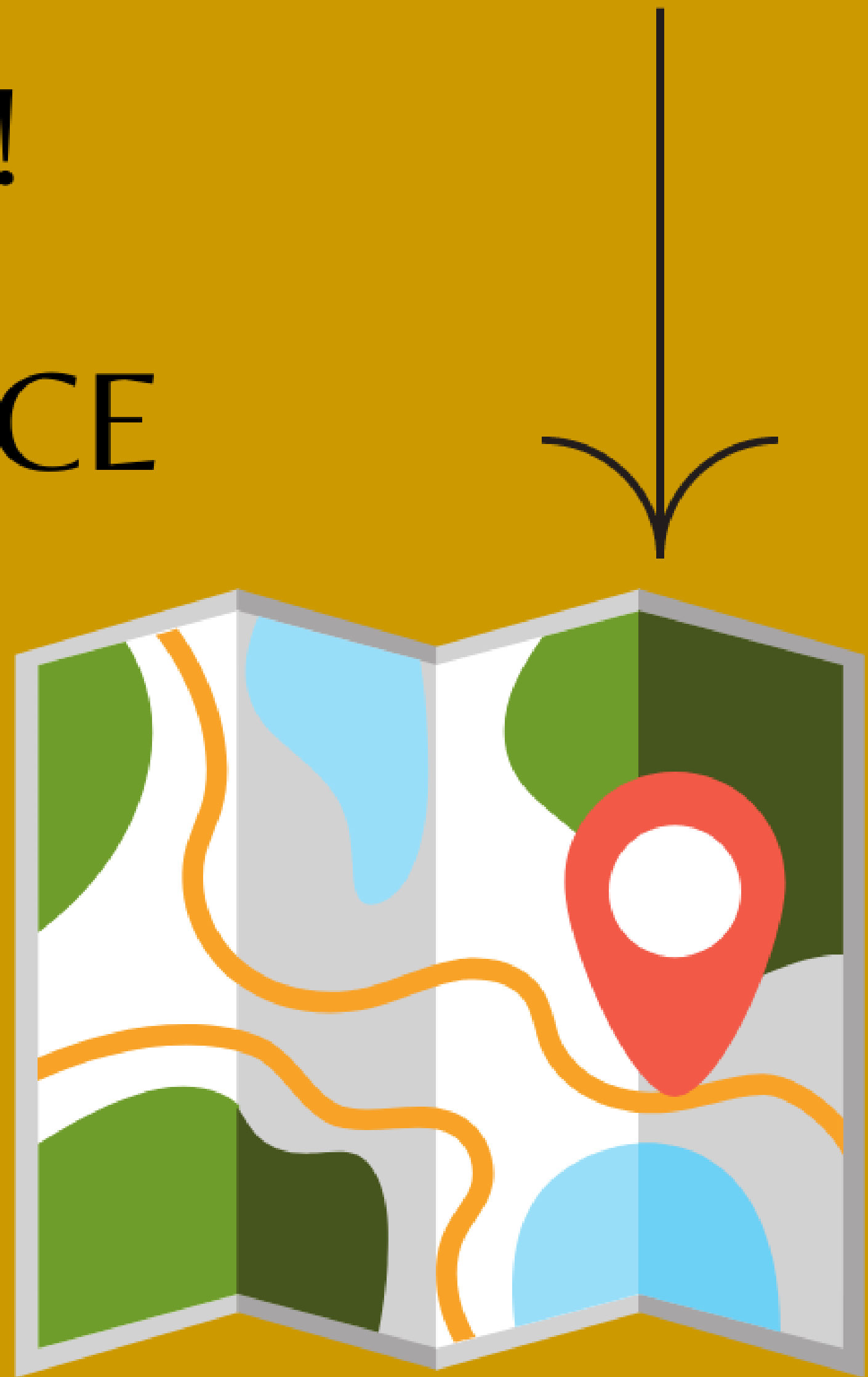
INTERESTED IN JOINING AN ONLINE PROGRAM?

SIGN UP WITH LAURA -LTHOMAS@SUMMIT-HOUSING.CA

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

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.

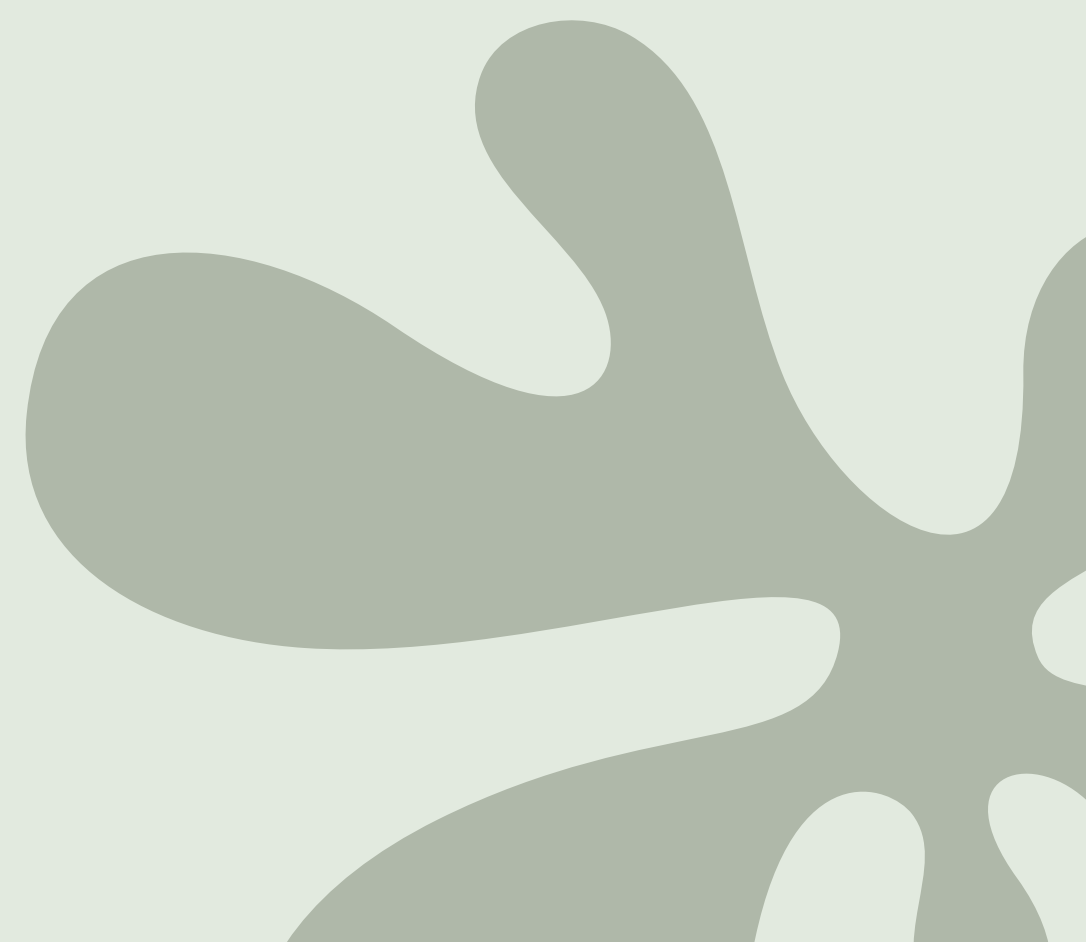
Gardening reduces stress

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 (unhealthcare.org)



VIRTUAL PEER WORKSHOPS & CHECK INS

Mental Health & Substance Use Webinars

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

16+

Learning To Peer

Wed May 11 | 1:30 - 3:30 p.m.

Narrating Our Life

Wed May 25 | 1:30 - 3:30 p.m.

Check-N'-Chat -

Sunday May 1 | 7 - 8:30 p.m.

Sunday May 15 | 7 - 8:30 p.m.

Sunday May 29 | 7 - 8:30 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

May 2022 Employment Readiness Webinars



Imposter Syndrome

Thurs May 5 | 1:30-3:30 p.m.

Successful Resumes 101

Tues May 10 | 1:30-3:30 p.m.

Intro To LinkedIn

Thurs May 12 | 1:30-3:30 p.m.

Identifying Your Conflict Style

Thurs May 19 | 1:30-3:30 p.m.

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

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

Stephanie | spatterson@stride.on.ca |
905-691-9759
Brandi | bsaunders@stride.on.ca |
905-749-2350

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

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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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