

SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

SEPTEMBER 2022



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

Accredited by
Canadian Centre
for Accreditation



**Ontario
Health**



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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:


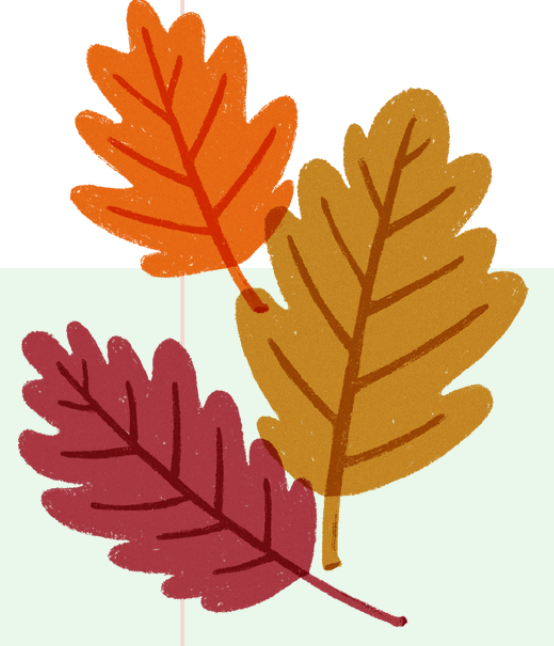
Summit Housing & Outreach Programs



SEPTEMBER 2022

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Early Risers 10:00-10:30AM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	2	3
4	5 HAPPY LABOUR DAY Writing Group Cancelled	6 Early Risers 10:00-10:30AM 	7 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Evening Social 4:30-5:30PM	8 Early Risers 10:00-10:30AM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	9	10
11	12 Writing Group 12:00-1:30PM Mens' Group 2:00-3:00PM	13 Early Risers 10:00-10:30AM Beginners Drawing 2:30-3:30PM Evening Social 4:30-5:30PM	14 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM	15 Early Risers 10:00-10:30AM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	16	17
18	19 Writing Group 12:00-1:30PM	20 Early Risers 10:00-10:30AM Beginners Drawing 2:30-3:30PM Evening Social 4:30-5:30PM	21 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM Walking Group 2:00PM-3:00PM	22 Early Risers 10:00-10:30AM Laughter Yoga 1:00-2:00PM Productivity Group 2:30-3:30PM	23	24
25	26 Writing Group 12:00-1:30PM Mens' Group 2:00-3:00PM	27 Early Risers 10:00-10:30AM Beginners Drawing 2:30-3:30PM Evening Social 4:30-5:30PM	28 Early Risers 10:00-10:30AM Yoga with Lisa 11:30-12:30PM <u>Open Mic Night 6:00PM-7:00PM</u>	29	30	

Please note program adjustments in red

**Lunch
&
Learns** 

INTERESTED IN JOINING AN ONLINE PROGRAM?
SIGN UP VIA EMAIL: RVISRAM@SUMMIT-HOUSING.CA



Call for Clients

CLIENT ADVISORY COMMITTEE



WE ARE LOOKING FOR SOME NEW MEMBERS TO JOIN OUR CLIENT ADVISORY COMMITTEE!



THIS IS AN OPPORTUNITY TO:

1. PROVIDE FEEDBACK TO OUR PROGRAMS
2. CELEBRATE IMPROVEMENTS AND GOALS ACHIEVED WITHIN THE MENTAL HEALTH FIELD



TIME COMMITMENT: 90-MINUTE MEETING QUARTERLY (JANUARY, APRIL, JULY, OCTOBER) FOR 1 YEAR (VIRTUAL AND IN-PERSON), PLUS ADDITIONAL MEETINGS, AS NEEDED.



IF INTERESTED, PLEASE REACH OUT TO LAURA VELENO TO APPLY:

VIA EMAIL CLIENTADVISORY@SUMMIT-HOUSING.CA
OR BY PHONE (905) 874-3206 EXT. 109



COMMITTEE MEMBERS WILL BE GIVEN A GIFT CARD FOR THEIR TIME AT EACH MEETING.

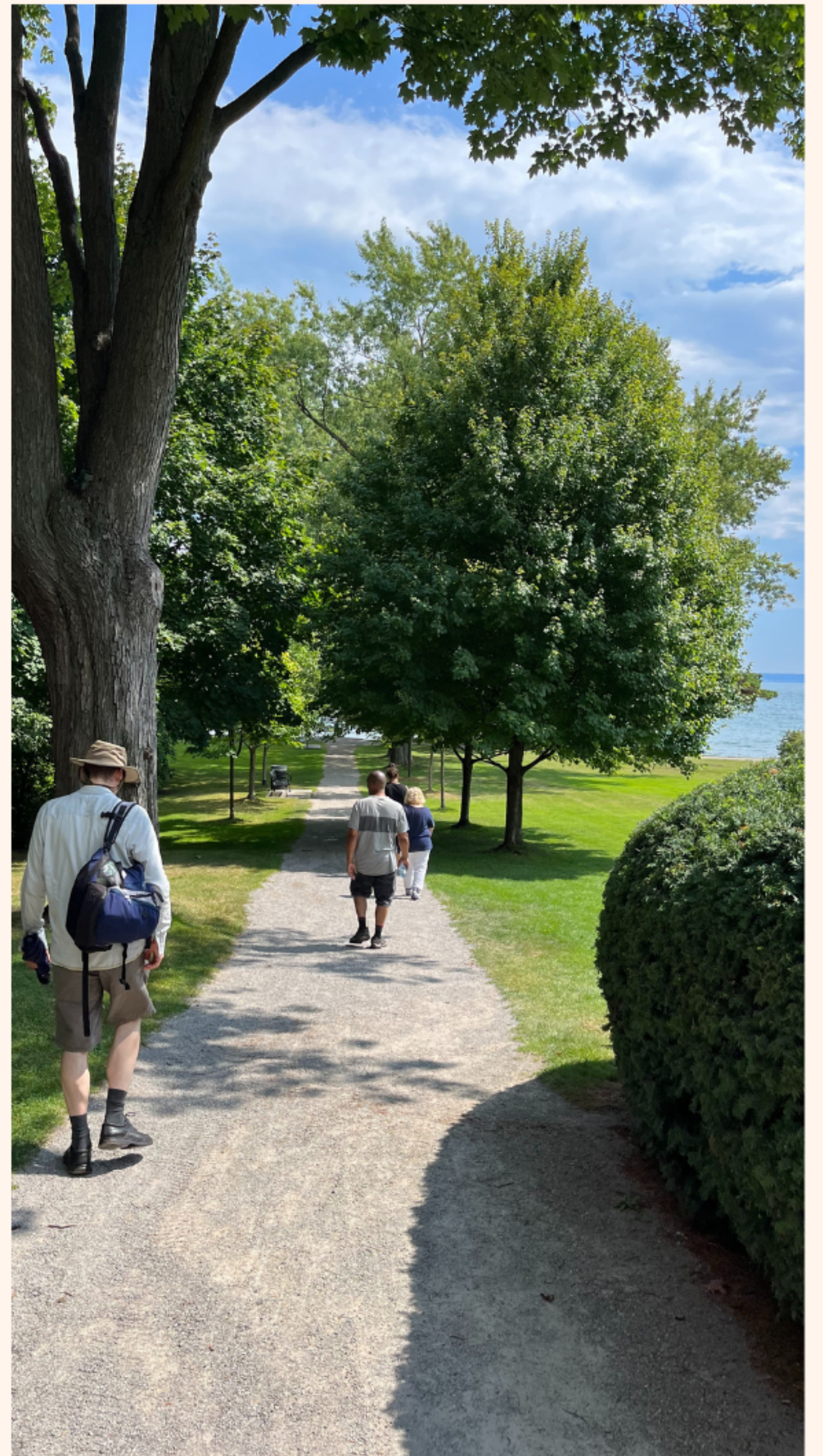


SUMMIT HOUSING & OUTREACH PROGRAMS STRIVES TO FOSTER AN EQUITABLE ENVIRONMENT THAT REFLECTS THE DIVERSITY OF THE COMMUNITY WE SERVE AND WELCOMES ALL QUALIFIED CANDIDATES INCLUDING RACIALIZED INDIVIDUALS, MEMBERS OF THE 2SLGBTQ+ COMMUNITIES, PEOPLE WITH DISABILITIES AND PEOPLE WITH CULTURALLY DIVERSE BACKGROUNDS. ACCOMMODATIONS ARE AVAILABLE ON REQUEST.

Walking Group



Here are some photos from our first in-person walking group since 2020.



Location: Paletta Mansion, Burlington



WALKING GROUP

SEPTEMBER 14TH & 21ST
2:00PM-3:00PM

fresh air

•
connection

•
tranquility



EMAIL RVISRAM@SUMMIT-HOUSING.CA
FOR REGISTRATION

Open Mic Night

When?

September 28th

6PM-7PM

Where?

Online (Zoom)

What?

Come showcase your talents, watch other peers sing and show their art & enjoy some food together.

How?

Contact Riyan @
rvisram@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



Early Risers

Summit Housing & Outreach Programs



TUESDAY | WEDNESDAY | THURSDAY
AT 10:00-10:30AM

Please contact Riyan Visram for more info at
rvisram@summit-housing.ca



SUMMIT HOUSING & OUTREACH PROGRAMS



MEN'S GROUP

BI-WEEKLY ON
MONDAY'S 2-3PM

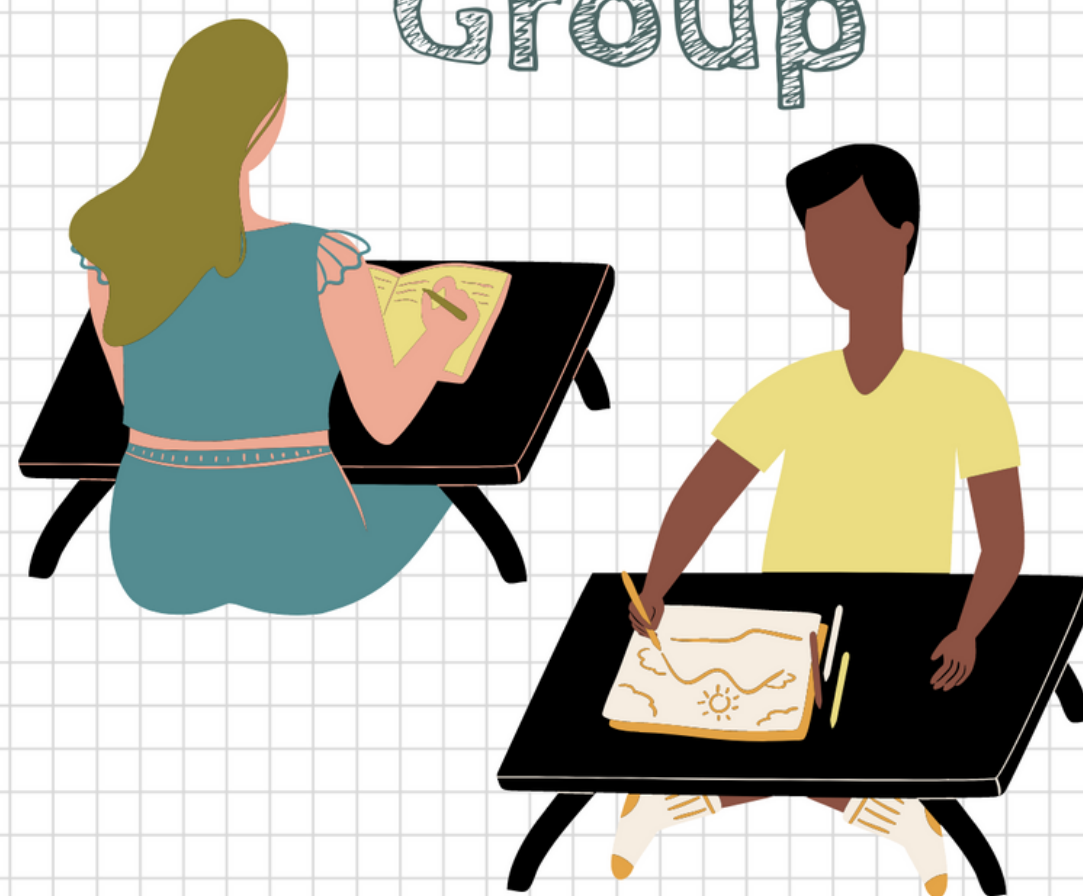
CONTACT RIYAN- [RVISRAM@SUMMIT-HOUSING.CA](mailto:rvisram@summit-housing.ca)



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!

Tuesday's from
2:30PM-3:30PM

PLEASE CONTACT RIYAN AT
[RVISRAM@SUMMIT-HOUSING.CA](mailto:rvisram@summit-housing.ca) IF
YOU ARE INTERESTED!



SUMMIT HOUSING & OUTREACH PROGRAMS

Social Hour!

VIRTUAL CHECK-IN



Tuesday's
4:30PM-5:30PM

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

Please contact Riyan for more information
at rvisram@summit-housing.ca



YOGA AT HOME

WITH LISA

11:30AM-12:30PM
EVERY WEDNESDAY

**JOIN ZOOM
MEETING**

**MEETING ID:
289 795 5847**



Summit Housing & Outreach Programs



Thursdays at 1PM

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



Summit Housing & Outreach Programs

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



SEPTEMBER 2022 WEBINARS

JOIN US FOR OUR VIRTUAL EMPLOYMENT READINESS WORKSHOPS

Information Session: 1:30 P.M. - 2:30 P.M.

Optional Discussion at 2:30 P.M.

For workshop descriptions & more info visit www.stride.on.ca
16+

Time Management

Thurs Sept 8th
1:30 - 3:30 p.m.

NEW

Supergroup Workplace Anxiety

Wed Sept 14th
1:30 - 3:30 p.m.

Goal Setting

Thurs Sept 15th
1:30 - 3:00 p.m.

How To Spot A Scam

Tues Sept 20th
1:30 - 3:30 p.m.

Job Search

Thurs Sept 22nd
1:30 - 3:30 p.m.

Building Assertiveness

Tues Sept 27th
1:30 - 3:00 p.m.

Budgeting

Thurs Sept 29th
1:30 - 3:00 p.m.

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

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

We'll respond to messages Monday-Friday.



MENTAL HEALTH & SUBSTANCE USE WEBINARS

JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK INS

For workshop description & more info visit
www.stride.on.ca

16+

Check-N'-Chat

Sun Sept 11th
7:00 - 8:30 p.m.

NEW

Supergroup Workplace Anxiety

Wed Sept 14th
1:30 - 3:30 p.m.

Check-N'-Chat

Sun Sept 25th
7:00 - 8:30 p.m.

Check-N'-Chat

Sun Sept 18th
7:00 - 8:30 p.m.

You're Worth it!

Wed Sept 28th
1:30 - 3:30 p.m.

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

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

We'll respond to messages Monday-Friday.



STRIDE SUPERGROUP WORKPLACE ANXIETY

Join us for a Stride Peer & Employment Collaboration
For workshop descriptions & more info visit www.stride.on.ca

16+

WORKPLACE ANXIETY
WEDNESDAY SEPTEMBER 14TH
1:30 P.M. - 3:30 P.M.

For questions & registration call, text or e-mail:
Stephanie | spatterson@stride.on.ca | 905-691-9759
We'll respond to messages Monday-Friday.

   @STRIDE4WORK



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!

RVISRAM@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)



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 | 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@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 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**