



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

AUGUST 2021



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EXECUTIVE DIRECTOR

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INSTAGRAM:
@SUMMITHOUSINGOUTREACHPROGRAMS

TWITTER:
@SUMMITPROGRAMS

FACEBOOK:
@SUMMITPROGRAMS



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Centre canadien
de l'agrément



INTRODUCING OUR NEW INTERIM DIRECTOR, CLIENT SERVICE AND QUALITY

Summit Housing & Outreach Programs (Summit) is pleased to announce the appointment of Monty Montgomery as Interim Director, Client Service and Quality while Krystale Spencer-Thomas is on maternity leave.

Monty has been with Summit in the role of Manager, Intake and Supported Housing for two years. Monty brings over 20 years of experience in Management and Senior Leadership in organizations working with mental health, youth, homeless and at-risk populations. Monty is committed to contributing to the success of staff teams through finding innovative, resourceful and inspirational methods of empowering individuals within their community and making changes in the lives of many.

On behalf of Summit, we are thrilled that Monty is continuing his leadership journey in this role.

Irene Zivko, M.A., RSW
Executive Director
Summit Housing & Outreach Programs

SIGN OUR VIRTUAL CARD!



SEND AN EMAIL TO INFO@SUMMIT-HOUSING.CA TO SUBMIT YOUR WELL WISHES AND SAY CONGRATULATIONS ON 40 YEARS!



BEGINNER YOGA

*Mondays
& Wednesdays
@ 11:30AM*

SIGN UP: NMANDARINO@SUMMIT-HOUSING.CA



YOUTHFUL MINDS

Join likeminded Peers for weekly discussions & activities!

PLEASE CONTACT KARLEY DONNELLY FOR REGISTRATION & MORE INFO AT KDONNELLY@SUMMIT-HOUSING.CA

Thursday Evenings at 5:00-5:45PM

Summit Housing & Outreach Programs



Keep Calm & Reflect On



Through mindfully writing and thinking about the way we approach life, coping skills, and people, places, or things that make us happy....

..we can gain a better understanding of ourselves to move forward with our recovery!

Join us every other Thursday from 3:00-4:00PM



LETTUCE LEARN

STARTED JULY 6TH

**10 WEEK NUTRITION COURSE
LIMITED SPACE! SIGN UP IN ADVANCE:
NMANDARINO@SUMMIT-HOUSING.CA**

EVERY TUESDAY FROM 11:00AM-12:00PM



Summit Housing & Outreach Programs

Laughter Yoga



Every other Thursday at 1:00-2:00PM



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

MUSICAL MASTERPIECES



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

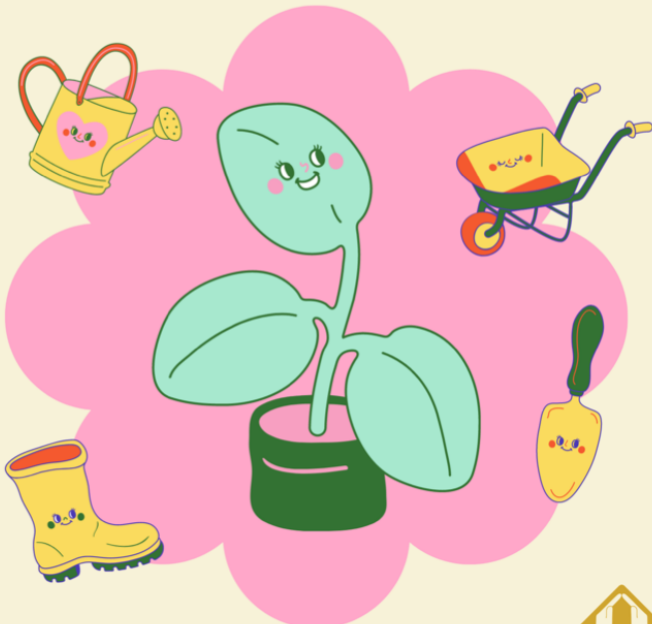
TUESDAYS
2 PM - 3 PM

PLEASE CONTACT NIKKI TO REGISTER:
NMANDARINO@SUMMIT-HOUSING.CA
(289)795-5847



GARDEN GROUP

AN 8 WEEK GARDENING WORKSHOP
STARTED JULY 7TH
WEDNESDAYS
1:00PM-2:00PM



CONTACT NIKKI FOR INFORMATION
NMANDARINO@SUMMIT-HOUSING.CA



Early Risers

Summit Housing & Outreach Programs

Join us every morning for some light exercise, breathing techniques & mindfulness meditations.



MONDAY-FRIDAY
AT 10:00-10:30AM

Please contact Karley Donnelly for more info at kdonnelly@summit-housing.ca



HEALTH & WELLNESS ONLINE PROGRAMS

AUGUST 2021

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 NO PROGRAMMING TODAY	3 10:00-10:30AM EARLY RISERS 11:00-12:00PM LETTUCE LEARN 12:30-1:30PM TUESDAY MOVEMENT 2:00-3:00PM MUSICAL MASTERPIECES	4 10:00-11:00AM EARLY RISERS / SELF-CARE 11:30-12:30PM YOGA WITH LISA 1:00-2:00PM GARDEN GROUP	5 10:00-10:30AM EARLY RISERS 3:00-4:00PM KEEP CALM & REFLECT ON 5:00-6:00PM YOUTHFUL MINDS	6 10:00-10:30AM EARLY RISERS 1:00-2:30PM WRITING GROUP	7
8	9 10:00-10:30AM EARLY RISERS 11:30-12:30PM YOGA (RECORDING)	10 10:00-10:30AM EARLY RISERS 11:00-12:00PM LETTUCE LEARN 12:30-1:30PM TUESDAY MOVEMENT 2:00-3:00PM MUSICAL MASTERPIECES	11 10:00-11:00AM EARLY RISERS / SELF-CARE 11:30-12:30PM YOGA WITH LISA 1:00-2:00PM GARDEN GROUP	12 10:00-10:30AM EARLY RISERS 1:00-2:00PM LAUGHTER YOGA 5:00-6:00 YOUTHFUL MINDS	13 10:00-10:30AM EARLY RISERS 1:00-2:30PM WRITING GROUP	14
15	16 10:00-10:30AM EARLY RISERS 11:30-12:30PM YOGA (RECORDING) 3:00-4:30PM PEER DROP-IN	17 10:00-10:30AM EARLY RISERS 11:00-12:00PM LETTUCE LEARN 12:30-1:30PM TUESDAY MOVEMENT 2:00-3:00PM MUSICAL MASTERPIECES	18 10:00-11:00AM EARLY RISERS / SELF-CARE 11:30-12:30PM YOGA WITH LISA 1:00-2:00PM GARDEN GROUP 3:00-4:00PM TOOL TALK	19 10:00-10:30AM EARLY RISERS 3:00-4:00PM KEEP CALM & REFLECT ON 5:00-6:00PM YOUTHFUL MINDS	20 10:00-10:30AM EARLY RISERS 1:00-2:30PM WRITING GROUP	21
22	23 10:00-10:30AM EARLY RISERS 11:30-12:30PM YOGA (RECORDING) 3:00-4:30PM PEER DROP-IN	24 10:00-10:30AM EARLY RISERS 11:00-12:00PM LETTUCE LEARN 12:30-1:30PM TUESDAY MOVEMENT 2:00-3:00PM MUSICAL MASTERPIECES	25 10:00-11:00AM EARLY RISERS / SELF-CARE 11:30-12:30PM YOGA WITH LISA 1:00-2:00PM GARDEN GROUP 3:00-4:00PM TOOL TALK	26 10:00-10:30AM EARLY RISERS 1:00-2:00PM LAUGHTER YOGA 5:00-6:00 YOUTHFUL MINDS	27 10:00-10:30AM EARLY RISERS 1:00-2:30PM WRITING GROUP	28
29	30 10:00-10:30AM EARLY RISERS 11:30-12:30PM YOGA (RECORDING) 3:00-4:30PM PEER DROP-IN	31 10:00-10:30AM EARLY RISERS 11:00-12:00PM LETTUCE LEARN 12:30-1:30PM TUESDAY MOVEMENT 2:00-3:00PM MUSICAL MASTERPIECES				

3rd @ 3:00-4:00pm

Topic: Boundaries
Presenter: Lauren

9th @ 1:00-2:00pm
Topic: How to cope with anxiety
Presenter: Pam

12th @ 12:00-1:00pm

Topic: Listening Skills
Presenter: Jim

13th @ 3:00-4:00pm
Topic: Healthy Eating
Presenter: Kerry

16th @ 1:00-2:00pm

Topic: Boundaries
Presenter: Cat

19th & 26th @ 12:00-1:00pm
Topic: Anger Management
Presenter: Danya

23rd @ 1:00-2:00pm
Topic: Diabetes
Presenter: Kerry

30th @ 1:00-2:00pm
Topic: Boundaries
Presenter: Victoria

31st @ 3:00-4:00pm
Topic: COVID-19 & your mental health
Presenter: Lola

Interested in joining an online program?

Sign up with [Nikki NMandarino@summit-housing.ca](mailto:Nikki.NMandarino@summit-housing.ca)

AUGUST LUNCH & LEARNS

Wednesday, August 3rd @ 3:00 - 4:00

Topic: Boundaries

Presenter: Lauren

Monday, August 9th @ 1:00 - 2:00

Topic: How to Cope with Anxiety

Presenter: Pam

Thursday, August 12th @ 12:00 - 1:00

Topic: Listening Skills

Presenter: Jim

Friday, August 13th @ 3:00 - 4:00

Topic: Healthy Eating

Presenter: Kerry

Monday, August 16th @ 1:00 - 2:00

Topic: Boundaries

Presenter: Cat

Thursday, August 19th @ 12:00 - 1:00

Topic: Anger Management

Presenter: Danya

Monday, August 23rd @ 1:00 - 2:00

Topic: Diabetes

Presenter: Kerry

Thursday, August 26th @ 12:00 - 1:00

Topic: Anger Management

Presenter: Danya

Monday, August 30th @ 1:00 - 2:00

Topic: Boundaries

Presenter: Victoria

Tuesday, August 31st @ 3:00 - 4:00

Topic: COVID-19 & Your Mental Health

Presenter: Lola

Interested in joining a Lunch & Learn?

Sign up with [Nikki NMandarino@summit-housing.ca](mailto:NikkiNMandarino@summit-housing.ca)

SUMMIT HOUSING & OUTREACH PROGRAMS

Hats off to Summer!

ANNUAL ZOOM PICNIC

SEPTEMBER 24 • 3:00 PM

Join us for an afternoon of
**LAUGHTER
 GAMES
 PRIZES
 &
 FOOD!**

WEAR A HAT!

Join us
 September
 24th at
 3:00pm for
 our client
 picnic!

MEAL OPTIONS

1. CALIFORNIA TURKEY WITH CREAM CHEESE, AVOCADO, RED ONION, SPROUTS AND TOMATOES
2. MEDITERRANEAN CHICKEN BREAST WITH ROASTED RED PEPPER MAYO, CRUMBLER FETA, SLICED TOMATOES AND SEASONAL GREENS
3. IN HOUSE ROAST BEEF WITH SWISS CHEESE, CARAMELIZED ONIONS AND HORSERADISH MAYO
4. VEGGIE CRUNCH WITH HUMMUS SPREAD WITH SLICED CUCUMBERS, CARROTS, RADISH, AVOCADOS AND SPROUTS
5. FETA HUMMUS WITH AVOCADO, FETA, HUMMUS, SPROUTS, CUCUMBER, TOMATOES AND DAILY GREENS

*ALL MEALS COME WITH CHOCOLATE CHIP COOKIE, WATER, & GARDEN SALAD

*GLUTEN FREE OPTIONS AVAILABLE UPON REQUEST

**RSVP WITH YOUR WORKER
 BY SEPT 3rd**

PLEASE INCLUDE:

- FIRST NAME
- LAST NAME
- ADDRESS
- CITY
- POSTAL CODE
- EMAIL ADDRESS
- PHONE NUMBER
- MEAL OPTION (1-5)
- DIETARY RESTRICTIONS
- SPECIAL DELIVERY INSTRUCTIONS
- PHOTO CONSENT (YES/NO)

If you need assistance with Zoom/Technology please let your worker know!

BURLINGTON TIME CAPSULE

Summit Housing & Outreach Programs is celebrating our 40th Anniversary this year!

It all began in Burlington! We are starting our celebration by commemorating our Burlington location with a Time Capsule to be opened in 10 years during our 50th Anniversary celebration.

Do you have any ideas/suggestions on what should be included?

Do you have any recommendations on the time capsule itself – what will hold the items?

Please provide your input via email to lveleno@summit-housing.ca.

All individuals who provide a suggestion will be entered into a draw for a chance to win one of three Tim Hortons cards valued at \$20.

Deadline Extended!

How to Self-Regulate

Nawal Mustafa M.A. @ thebraincoach

When I am Feeling	I will
Stressed	Focus on what I can control and let go of what I cannot control
Down	Acknowledge my feelings and do something for myself that brings me joy
Not Good Enough	Remind myself of my strengths and take baby steps to improve my shortcomings
Lonely	Video call or meet with someone I love and care about
Anxious	Focus on the present moment and take deep breaths to regulate my nervous system

How do you practice self-care?
Let us know at [info@summit-housing.ca!](mailto:info@summit-housing.ca)

A song to listen to:



Light My Love -
Greta Van Fleet

Nutrition Myth Buster:

“Foods high in calories are bad for you”

No! Foods like avocado, nuts and seeds are all high in calories, but they're also high in good fats, fiber and some protein. All of this keeps you full for longer and are packed with other beneficial nutrients. Just watch your portion size as these are so nutrient and energy dense, we don't need much of them!

A movie to watch:

Green Book
(2018)



COMMUNITY PARTNERS

MENTAL HEALTH & SUBSTANCE USE WEBINARS

JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK INS
16+ For workshop description & more info visit www.stride.on.ca

Battling the Blues

Wed Aug 4
1:30 - 3:30 p.m.

Learning to Peer

Wed Aug 18
1:30 - 3:30 p.m.

Check-N'-Chat

Sunday Aug 8, 15, 22
7:00 - 8:30 p.m.

Facing Your Feelings

Wed Aug 11
1:30 - 3:30 p.m.

Dealing With Disappointment

Wed Aug 25
1:30 - 3:30 p.m.

For questions & registration call, text or email:

Tanya | tsanabria@stride.on.ca | 905-749-2389
Brandi | bsaunders@stride.on.ca | 905-749-2350



@STRIDE4WORK



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compassionate ear,

If you need to talk,
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FOOD BANK : BURLINGTON INFORMATION

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

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 | 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@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**