



# JULY 2021

THE SUMMIT MONTHLY NEWSLETTER

SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
**40** YEARS

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[@SUMMITPROGRAMS](#)

FACEBOOK :  
[@SUMMITPROGRAMS](#)

**FOLLOW  
US!**



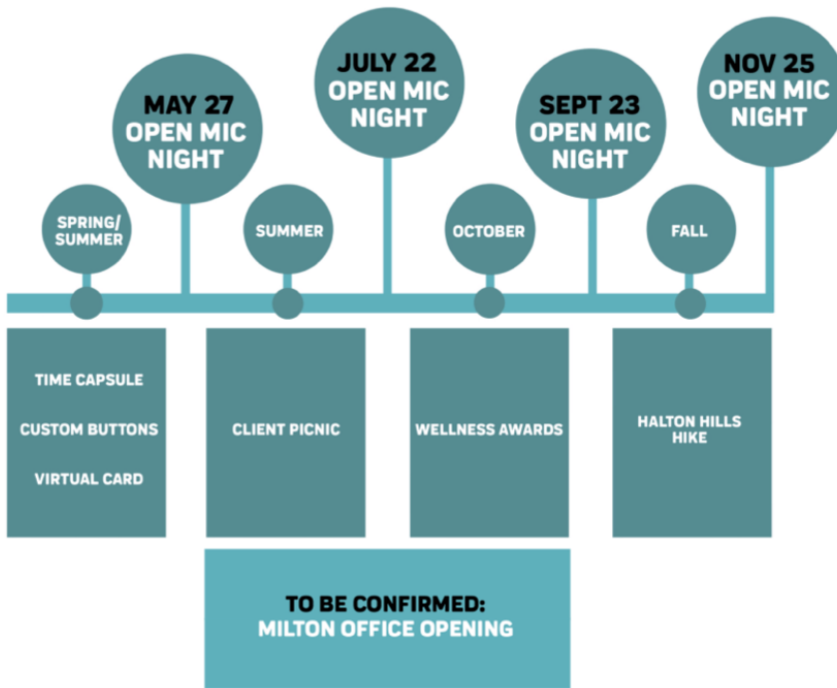
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Centre canadien  
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# SUMMIT HOUSING & OUTREACH PROGRAMS 40TH ANNIVERSARY CALENDAR OF EVENTS



**STAY UP TO DATE!**

**FOLLOW US ON SOCIAL MEDIA & VISIT OUR WEBSITE TO STAY UP TO DATE ON EVERYTHING WE HAVE PLANNED FOR OUR 40TH ANNIVERSARY.**

*celebrating*  
**40**  
*years*

**SIGN OUR VIRTUAL CARD!**

**SEND AN EMAIL TO [INFO@SUMMIT-HOUSING.CA](mailto:INFO@SUMMIT-HOUSING.CA) TO SUBMIT YOUR WELL WISHES & CONGRATS ON 40 YEARS.**



# CONGRATULATIONS TO OUR BUTTON CONTEST WINNERS!

JON H.



SHERRY C.



SHERRY C.



SHERRY C.



NANCY F.



DAVID M.



JON H.





## **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](mailto: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!**





SUMMIT HOUSING &  
OUTREACH PROGRAMS

CELEBRATING  
40 YEARS

90S OPEN  
MIC NIGHT  
JULY 22 @ 6PM - 8PM

JOIN US IN  
CELEBRATING OUR  
40TH ANNIVERSARY!

Sign up with Nikki:  
NMandarino@summit-housing.ca  
Meeting ID: 289 795 5847  
Password: summit



Wednesdays | 1-2PM

# WEDNESDAY SOCIAL

Let's Hangout and Chat.  
(Yes, it's that simple)



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](mailto: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

STARTING JULY 6TH @ 11AM

10 WEEK NUTRITION COURSE  
LIMITED SPACE! SIGN UP IN ADVANCE:  
[NMANDARINO@SUMMIT-HOUSING.CA](mailto:NMANDARINO@SUMMIT-HOUSING.CA)

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



Summit Housing & Outreach Programs

# Laughter Yoga



Starting Thursday July 15th

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



Please contact Mike Forester to sign up & for more info at [mforester@summit-housing.ca](mailto:mforester@summit-housing.ca)

STARTING JULY 6TH

# MUSICAL MASTERPIECES



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

TUESDAYS  
2 PM - 3 PM

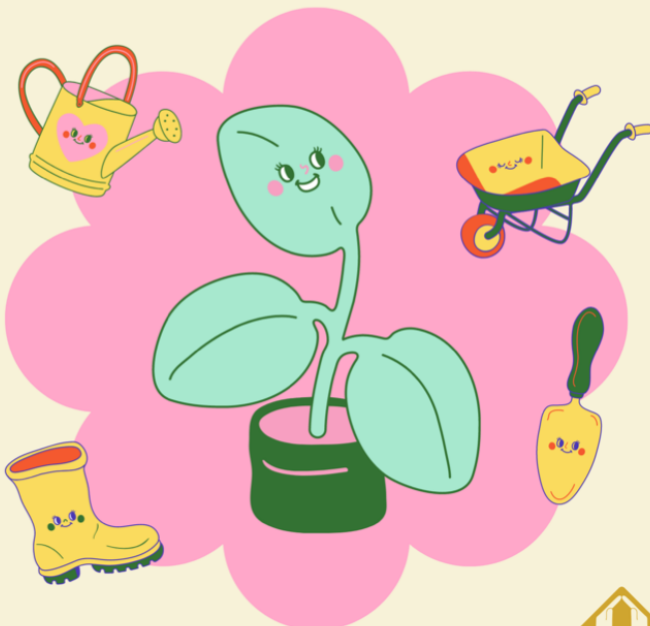
PLEASE CONTACT NIKKI TO REGISTER:  
[NMANDARINO@SUMMIT-HOUSING.CA](mailto:NMANDARINO@SUMMIT-HOUSING.CA)  
(289)795-5847



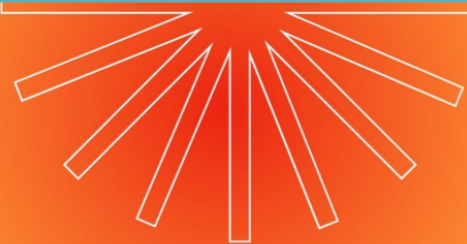
# GARDEN GROUP

AN 8 WEEK GARDENING WORKSHOP  
STARTING JULY 7TH!

WEDNESDAYS  
1:00PM-2:00PM



CONTACT NIKKI FOR INFORMATION  
[NMANDARINO@SUMMIT-HOUSING.CA](mailto: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](mailto:kdonnelly@summit-housing.ca)



# Reaching The Summit Pre-Virtual Programming Group

INTERESTED IN JOINING OUR ZOOM PROGRAMS?  
ATTEND THIS GROUP TO FAMILIARIZE YOURSELF WITH OUR ONLINE  
ZOOM GROUPS

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Descriptions of Programs

---

Sign Required Documents

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Group Guidelines

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Zoom Support

---

Peer Buddy Support

---

Participant Guide

**OPEN TO ALL NEW  
AND EXISTING  
CLIENTS, FAMILY  
MEMBERS, STAFF,  
AND COMMUNITY  
PARTNERS!**



**JULY 5TH @ 1:00PM**



# HEALTH & WELLNESS ONLINE PROGRAMS

## JULY 2021

SUMMIT HOUSING & OUTREACH PROGRAMS  
ONLINE PROGRAMMING



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



- Lunch and Learn!

8th @ 12:00-1:00pm  
Topic: Communication  
Presenter: Jim

12th @ 1:00-2:00pm  
Topic: Sleep  
Presenter: Victoria

15th @ 12:00-1:00pm  
Topic: Social media  
Presenter: Taiwo

20th @ 3:00-4:00pm  
Topic: Loneliness  
Presenter: Lola

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

## A SONG TO LISTEN TO:

THE STARS KEEP ON CALLING MY NAME - MAC DEMARCO



## A MOVIE TO WATCH:

CHEF (2014)

## A PODCAST TO LISTEN TO:

STUFF YOU SHOULD KNOW



**STUFF  
YOU SHOULD  
KNOW**

**PODCAST**



## NUTRITION MYTH BUSTER!



**MYTH:** “You should avoid sugar at all costs”

**FACT:** No! You don't have to be afraid of all sugar.

Sugar occurs naturally in fruits and milk and these foods both have amazing nutritional benefits. These types of claims are directed at refined sugar (sugar that don't occur naturally and spikes our blood sugar).

Try to aim for your sugar to come from natural sources (fruit and milk).

### HOW TO REDUCE YOUR REFINED SUGAR INTAKE:

- Skip low fat foods. These usually have higher amounts of added sugar.
- Limit sugar sweetened beverages. This can include pop, fruit juice, specialty coffees, flavoured milk.
- Look for reduced sugar granola bars, snacks, and condiments (specifically ketchup and BBQ)
- If you're eating canned fruit, check to see if its packaged in syrup or water. Fruits packaged in syrup have much more added sugar and should be avoided.

# 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](http://www.stride.on.ca)

**Lights Out**  
(Sleep Management)

Wed July 14  
1:30 - 3:30 p.m.

**Low Mood**  
**High Anxiety**  
Wed July 21  
1:30 - 3:30 p.m.

**Championing Change**  
Wed July 28  
1:30 - 3:30 p.m.

**Check-N'-Chat**  
Sunday July 4, 11, 25  
7:00 - 8:30 p.m.

For questions & registration call, text or email:

Tanya | [tsanabria@stride.on.ca](mailto:tsanabria@stride.on.ca) | 905-749-2389  
Brandi/Lindsey | [bsaunders@stride.on.ca](mailto:bsaunders@stride.on.ca) | 905-749-2350



@STRIDE4WORK



A caring voice, a  
compassionate ear,

If you need to talk,  
we're #HereToHear

Available 24/7  
Toll Free: 1-833-924-1946  
[dchalton.ca](http://dchalton.ca)



Funded by:  United Way  
Halton & Hamilton

## JULY 2021 WEBINARS

JOIN US FOR OUR VIRTUAL EMPLOYMENT READINESS WORKSHOPS  
1:30-2:30 p.m. - Informational Webinar & 2:30- 3:30p.m. - Discussion Webinar  
For workshop description & more info visit [www.stride.on.ca](http://www.stride.on.ca)

**SELF-CARE**  
TUES JULY 13  
1:30 - 3:30 P.M.

**BUILDING ASSERTIVENESS**  
THUR JULY 15  
1:30 - 3:30 P.M.

**WORKPLACE WELLNESS**  
THUR JULY 22  
1:30 - 3:30 P.M.

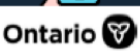
**COMMUNICATION SKILLS**  
TUES JULY 27  
1:30 - 3:30 P.M.

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

Tanya | [tsanabria@stride.on.ca](mailto:tsanabria@stride.on.ca) | 905-749-2389  
Brandi/Lindsey | [bsaunders@stride.on.ca](mailto:bsaunders@stride.on.ca) | 905-749-2350



@STRIDE4WORK



The Lunch Lady  
has graduated  
to serving supper  
to seniors!

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The Lunch Lady to offer

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Tuesdays, starting June 1

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seniors & adults  
with disabilities  
in Halton Hills



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[www.links2care.ca](http://www.links2care.ca)  
[info@links2care.ca](mailto:info@links2care.ca)

# FOOD BANK INFO

## Burlington

SALVATION ARMY, BURLINGTON | OPEN MON-FRI 9AM-NOON |  
 WWW.SALVATIONARMYBURLINGTONFAMILYSERVICES.CA | 905-637-3893  
 BRANT HILLS PRESBYTERIAN CHURCH | 2138 BRANT ST | WED, 1:30PM |  
 905-335-2640  
 COMPASS POINT BIBLE CHURCH - 1500 KERNS RD | 905-336-0500 EXT 272 |  
 EMAIL FOODMARKET@COMPASSPOINTBC.COM  
 ST CHRISTOPHER'S ANGLICAN CHURCH | 662 GUELPH LINE | TUE 4 PM-6  
 PM | 905-634-1809 | HTTPS://STCB.CA/OPEN-DOORS-2/  
 PARTNERSHIP WEST | 1254 PLAINS RD EAST |  
 WWW.PARTNERSHIPWEST.ORG | 905-637-2273  
 WELLINGTON SQUARE UNITED CHURCH | 2121 CAROLINE ST. BURLINGTON |  
 905-634-1849  
 BURLINGTON FOOD BANK | 1254 PLAINS RD E |  
 INFO@BURLINGTONFOODBANK.CA  
 COMPASSION SOCIETY OF HALTON | 484 PLAINS RD E | 905-592-3722 |  
 MON, WED, FRI FROM 12:00 - 2:00 PM  
 ST LUKE'S ANGLICAN CHURCH | 1382 ONTARIO ST. BURLINGTON | 905-634-  
 1826 | FOOD FOR LIFE: TUE 11:30 AM

OAKVILLE MEALS ON WHEELS | 905-842-1411 |  
 INFO@OAKVILLEMEALSONWHEELS.COM  
 ST. LUKE'S ANGLICAN CHURCH | NOURISHING  
 NEIGHBOURS FOOD BANK | 3114 DUNDAS STREET WEST |  
 905-825-3364  
 SALVATION ARMY, OAKVILLE | REBECCA ST, FOOD BANK  
 | 1225 REBECCA ST | TSAOAKVILLECFS@COGECO.NET |  
 905-808-3406  
 HOPE BIBLE CHURCH OAKVILLE | 500 GREAT LAKES  
 BLVD | CALL 905-827-4888 AND LEAVE A VOICEMAIL  
 WITH YOUR NAME  
 CLEARVIEW CHURCH | 2300 SHERIDAN GARDEN DR. |  
 905-829-2242  
 FARE SHARE FOOD BANK OAKVILLE | 1240 SPEERS ROAD  
 | WWW.OAKVILLEFOODBANK.COM | 905-847-3988.  
 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 W | 905-827-  
 8433 | OAKVILLE@SUPPERWORKS.COM

# Oakville

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

# North Halton

**ACTON FOODSHARE | 352 QUEEN ST | 519-853-0457 | TUE 8:30 AM-11:45 AM AND 12:30 PM-2:30 PM**

**ST. ALBAN'S ANGLICAN CHURCH | 519-853-3583 | 19 ST. ALBAN'S DRIVE | THURSDAY 10:00AM**

**BETHEL CHRISTIAN REFORMED CHURCH | 365 QUEEN ST. E | 519-853-2121 | THURSDAY MORNING 9:30 AM-10:30 AM | MEALS@ACTONCRC.COM**

**SALVATION ARMY, ACTON | 130 MILL ST. E | 130 MILL ST E 519-853-1140 | MON, WED, FRI 9 AM-3 PM, TUE 9 AM-2 PM**

**SALVATION ARMY, GEORGETOWN | 905-877-1374 EXT 101 | 271 MOUNTAINVIEW RD S**

**GEORGETOWN BREADBASKET | 49B MOUNTAINVIEW RD N | 905-873- 3368 | TUES 5 PM-7 PM, WED AND SAT 8:30 AM-12 NOON**

**GEORGETOWN, ST. JOHN'S UNITED CHURCH | STJOHNSUC.CA | 905-877-2531 | 11 GUELPH STREET | TUESDAY AT 10:00AM.**

**ST. ALBAN THE MARTYR ANGLICAN CHURCH | 537 MAIN STREET | GLEN WILLIAMS (905-877-8323)**

**SALVATION ARMY, KHI COMMUNITY, MILTON, FOOD BANK | 820 NIPISSING RD, UNIT 4 | EMAIL INFO@KHICOMMUNITY.COM | CALL 905-875-1022**

**SALVATION ARMY, KHI COMMUNITY, MILTON, INFANT FOOD BANK | 905-875-1022**

**MILTON BIBLE CHURCH | 121 CHISHOLM DRIVE | 905-876-3586**

**MILTON MEALS ON WHEELS | 905-878-6699 | MILTONMEALS@GMAIL.COM | \$6 FOR HOT MEALS.**



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