



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

OCTOBER 2021



INSTAGRAM:
[@SUMMITPROGRAMS](#)

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[@SUMMITPROGRAMS](#)




Accredited by
Canadian Centre
for Accreditation



2021 WELLNESS AWARDS EVENT

CALL FOR ART & NOMINATIONS

 If you would like your artwork to be displayed at our Wellness Awards, please email NMandarino@summit-housing.ca.

Please view the last page of the newsletter for the Nomination Form! Please submit your form by Friday, October 22nd.

SIGN OUR VIRTUAL CARD!



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

Keep Calm & Reflect On



Through mindfully writing we can gain a better understanding of ourselves to move forward with our journey!

Each week we will check-in for new journal prompts and a chance to share what we have wrote that week!

Join us every
Thursday for our
check-in

Social Hour! VIRTUAL CHECK-IN



**Wednesdays from
1:00 P.M. to 2:00 P.M.**

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

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

MUSICAL MASTERPIECES



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

**TUESDAYS
2 PM - 3 PM**

PLEASE CONTACT KARLEY TO
REGISTER: [KDONNELLY@SUMMIT-HOUSING.CA](mailto:kdonnelly@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 Karley Donnelly for more info at
kdonnelly@summit-housing.ca



SUMMIT HOUSING & OUTREACH PROGRAMS

Writing Group

Come hangout & write it out!

MONDAYS | 12:00-1:00PM
JOIN US ON ZOOM!

Please contact Karley for sign-up & more information at kdonnelly@summit-housing.ca



BEGINNER YOGA

Wednesdays
@ 11:30AM



SIGN UP: [KDONNELLY@SUMMIT-HOUSING.CA](mailto:kdonnelly@summit-housing.ca)



Youthful Minds

Tuesday Evenings at
4:00-5:00PM

Join likeminded Peers for weekly discussions & activities!

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

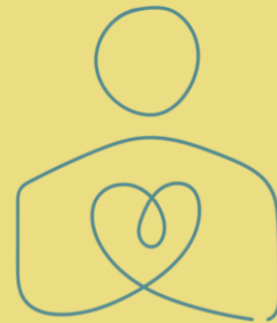


Summit Housing & Outreach Programs



BREATHE

It's time for some Self-care
Mondays @ 10:30AM



Start your week off with a healthy reminder! Come join us & learn tips/tricks for your self-care. Each week will focus on a wellness tip!



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

HEALTH & WELLNESS ONLINE PROGRAMS

OCTOBER 2021

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 10:00-10:30AM Early Risers/Self-Care 12:00-1:00PM Writing Group 3:00-4:00PM Peer Drop-In	5 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	6 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	7 11:00-11:30AM Keep Calm & Reflect On 1:00-2:00PM Laughter Yoga	8 10:00-10:30PM Early Risers	9
10	11 NO PROGRAMMING TODAY	12 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	13 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	14 11:00-11:30AM Keep Calm & Reflect On 1:00-2:00PM Laughter Yoga	15 10:00-10:30PM Early Risers	16
17	18 10:00-10:30AM Early Risers/Self-Care 12:00-1:00PM Writing Group 3:00-4:00PM Peer Drop-In	19 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	20 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	21 11:00-11:30AM Keep Calm & Reflect On 1:00-2:00PM Laughter Yoga	22 10:00-10:30PM Early Risers	23
24	25 10:00-10:30AM Early Risers/Self-Care 12:00-1:00PM Writing Group 3:00-4:00PM Peer Drop-In	26 2:00-3:00PM Musical Masterpiece 4:00-5:00PM Youthful Minds	27 10:00-10:30AM Early Risers 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Social Hour 3:00-4:00PM Peer Tool Talk	28 11:00-11:30AM Keep Calm & Reflect On 1:00-2:00PM Laughter Yoga	29 10:00-10:30PM Early Risers	30
31						



5th@ 1:00-2:00pm
Topic: Alcohol +
Harm Reduction
Presenter- Dee +
Igor

8th@ 11:00-12:00pm
Topic: Emotion
Regulation
Presenter- Olga +
Baljit

12th@ 12:00-1:00pm
Topic: Trillium
Surveys
Presenter- Karley

14th@ 12:00-1:00pm
Topic: Resiliency
Presenter- Sandra +
Igor

19th@ 12:00-1:00pm
Topic: Practicing
Social Skills
Presenter- Holly +
Erin T.

21st@ 12:00-1:00pm
Topic: Tell Us About
Your Pet
Presenter-Kathryn +
Sandra

22nd@ 11:00-
12:00pm
Topic: Coping with
the Change of
Season
Presenter- Kathryn

26th@ 12:00-1:00pm
Topic:
Neurodiversity
Presenter- Sandra +
Victoria

Interested in joining an online program?

Sign up with Karley KDonnelly@summit-housing.ca

OCTOBER LUNCH & LEARNS

Tuesday, October 5th @ 1:00 - 2:00

Topic: Alcohol + Harm Reduction

Presenter: Dee & Igor

Friday, October 8th @ 11:00 - 12:00

Topic: Emotion Regulation

Presenter: Olga & Baljit

Tuesday, October 12 @ 12:00 - 1:00

Topic: Trillium Surveys

Presenter: Karley

Thursday, October 14th @ 12:00 - 1:00

Topic: Resiliency

Presenter: Sandra & Igor

Tuesday, October 19th @ 12:00 - 1:00

Topic: Practicing Social Skills

Presenter: Holly & Erin T.

Thursday, October 21st @ 12:00 - 1:00

Topic: Tell Us About Your Pet

Presenter: Kathryn & Sandra

Friday, October 22nd @ 11:00 - 12:00

Topic: Coping with Change of Season

Presenter: Kathryn

Tuesday, October 26th @ 12:00 - 1:00

Topic: Neurodiversity

Presenter: Sandra & Victoria

Interested in joining a Lunch & Learn?

Sign up with Karley KDonnelly@summit-housing.ca

JOIN US FOR OUR VIRTUAL
EMPLOYMENT READINESS WORKSHOPS

OCTOBER 2021 WEBINARS

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

CUSTOMER SERVICE

THURS OCT 7
1:30 - 3:30 P.M.

INTERVIEW SKILLS

THURS OCT 14
1:30 - 3:30 P.M.

WORKPLACE WELLNESS

TUES OCT 19
1:30 - 3:30 P.M.

COMMUNICATION SKILLS

THURS OCT 21
1:30 - 3:30 P.M.

NEW

INTRO TO LINKEDIN

TUES OCT 26
1:30 - 3:30 P.M.

BUILDING ASSERTIVENESS

THURS OCT 28
1:30 - 3:30 P.M.

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

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

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

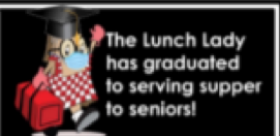
We'll respond to messages Monday-Friday.



@STRIDE4WORK



COMMUNITY PARTNERS



The Lunch Lady
has graduated
to serving supper
to seniors!

HAVE YOU HEARD?

We're partnering with
The Lunch Lady to offer

Supper on Wheels!

Only \$9.60

Tuesdays, starting June 1

Gift certificates available

Order now!

(spread the news!)

seniors & adults
with disabilities
in Halton Hills



905-873-6502
www.links2care.ca
info@links2care.ca



VIRTUAL PEER WORKSHOPS & CHECK INS

MENTAL HEALTH & SUBSTANCE MISUSE WEBINARS

16+ FOR WORKSHOP DESCRIPTION & MORE INFO VISIT WWW.STRIDE.ON.CA

Join us for our Check-N'-Chat peer support group.

Sunday Oct 03, 2021 @ 7:00 p.m. - 8:30 p.m.

Sunday Oct 17, 2021 @ 7:00 p.m. - 8:30 p.m.

Sunday Oct 24, 2021 @ 7:00 p.m. - 8:30 p.m.

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

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

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

We'll respond to messages Monday-Friday.



 @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



Funded by:  **United Way**
Halton & Hamilton

FREE VIRTUAL WORKSHOPS
WELLNESS RECOVERY ACTION PLAN[®]

WED OCT 13 - WED NOV 24

EVERY WED
FOR 7 WEEKS

1:30 - 4:00 P.M.

Join us for a weekly workshop series where you will:

- Create a roadmap for your wellness
- Identify stressors and find ways to respond
- Develop a wellness plan that suits your needs

CERTIFICATES NOT PROVIDED, BUT GOOD COMPANY WILL BE.



Tanya Sanabria



TSanabria@stride.on.ca



905-749-2389



www.stride.on.ca

LAST DAY TO REGISTER IS OCT 01, 2021



Canada

EMPLOYMENT
ONTARIO



@STRIDE4WORK

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 : 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**

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

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**Summit Housing & Outreach Programs
Wellness Awards Event Nomination Form
Submission due **Friday, October 22nd, 2021****

This award honours and recognizes those who have made exceptional effort towards their self-recovery and/or those who have made significant contribution towards the wellness of others.

Nominations for awards will be **accepted** for:

Clients

These awards recognize Summit clients whose efforts towards their personal wellness/recovery have been exceptional over the past year. This award honours their resilience in their recovery journey.

Community Partners

These awards recognize individuals and organizations who have made exceptional contributions towards the wellness of Summit clients over the past year.

These include:

- a. Individuals: peer, family member(s);
- b. Organizations: partner agencies, a worker or volunteer from a partner agency of Summit.

Donors

Community Donors: individual or business.

Nominations for awards can be made by clients, staff or volunteers of Summit Housing & Outreach Programs. *We kindly ask you do not nominate previous winners.*

*Submissions can be made through which ever means is easiest for the nominator.
If support is needed, please contact your worker or the Summit office directly at 905-847-3206 ext. 109.*

Our awards ceremony will be held online via Zoom Meetings on

Thursday, November 25th, 2021 at 5:30 p.m.

All nomination forms should be received on or before **Friday, October 22nd, 2021**.
Nominees will be contacted individually and invited to join us during our celebration.

1. Your Name: _____
2. Email address: _____
3. Phone number: _____
4. From the definitions above, are you nominating a (please check one):

Client	<input type="checkbox"/>	Community Partner	<input type="checkbox"/>	Donor	<input type="checkbox"/>
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2021 NOMINATION FORMS DUE **FRIDAY, OCTOBER 22ND, 2021**
RETURN TO A SUMMIT WORKER
OR EMAIL TO: lveleno@summit-housing.ca
OR CALL THE OAKVILLE OFFICE, 905-847-3206 ext. 109



**Summit Housing & Outreach Programs
Wellness Awards Event Nomination Form
Submission due **Friday, October 22nd, 2021****

Name (first and last) of the person/organization you are nominating:

In the space provided, or under separate cover, please send us a brief story/description outlining why you feel this nominee should receive the award. Client nominees should include exceptional efforts towards their personal recovery this year. Partner nominees should include exceptional contributions to recovery of others over the past year.

2021 NOMINATION FORMS DUE **FRIDAY, OCTOBER 22ND, 2021**
RETURN TO A SUMMIT WORKER
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OR CALL THE OAKVILLE OFFICE, 905-847-3206 ext. 109