



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

THE SUMMIT MONTHLY

SEPTEMBER 2021

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INSTAGRAM:
@SUMMITPROGRAMS

TWITTER:
@SUMMITPROGRAMS

FACEBOOK:
@SUMMITPROGRAMS



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for Accreditation



SIGN OUR VIRTUAL CARD!



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

Summit Housing & Outreach Programs

**WE ARE
TAKING A
BREAK**

***To Better
Serve You!***

**THE MONTH OF SEPTEMBER WILL HAVE A
REVISED PROGRAM CALENDAR**



Thank you for your patience & understanding!

**Please call Nikki at 289-795-5847
for any questions or concerns.**

SUMMIT HOUSING & OUTREACH PROGRAMS

Social Hour!

VIRTUAL CHECK-IN



For the month of September,
EVERY Wednesday from
12:00P.M. to 1:00 P.M.
SEE YOU ALL THERE!

Please contact Nikki for more information
at nmandarino@summit-housing.ca or
(289) 795-5847



2000S OPEN MIC NIGHT

SUMMIT HOUSING & OUTREACH PROGRAM

2000'S OPEN MIC NIGHT

JOIN US IN
CELEBRATING
OUR 40TH
ANNIVERSARY!



SEPT 29TH

ZOOM // 6PM-8PM

PLEASE SIGN UP & SEND ARTWORK TO KARLEY
AT [KDONNELLY@SUMMIT-HOUSING.CA](mailto:KDonnelly@summit-housing.ca)



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

Join us in celebrating our 40th anniversary!

Sign up with Karley at KDonnelly@summit-housing.ca

HEALTH & WELLNESS ONLINE PROGRAMS

SEPTEMBER 2021

SUMMIT HOUSING & OUTREACH PROGRAMS
ONLINE PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
			1 1:00-2:00PM GARDEN GROUP 3:00-4:30PM TOOL TALK	2 1:00-2:00PM LAUGHTER YOGA	3	4
5	6 NO PROGRAMMING TODAY	7 11:00-12:00 COOKING GROUP	8 12:00-1:00PM SOCIAL HOUR! 1:00-2:00PM GARDEN GROUP 3:00-4:30PM TOOL TALK	9 12:00-1:00PM LUNCH & LEARN TAIWO-SELF-CARE 1:00-2:00PM LAUGHTER YOGA	10	11
12	13 1:00-2:00PM LUNCH & LEARN PAM - DECLUTTERING 3:00-4:30PM PEER DROP-IN	14	15 12:00-1:00PM SOCIAL HOUR! 3:00-4:30PM TOOL TALK	16 12:00-1:00PM SANDRA-BOUNDARIES 1:00-2:00PM LAUGHTER YOGA	17	18
19	20 3:00-4:30PM PEER DROP-IN	21 3:00-4:00PM LUNCH & LEARN BRENDA - PRONTO	22 12:00-1:00PM SOCIAL HOUR! 3:00-4:30PM TOOL TALK	23 12:00-1:00PM LUNCH & LEARN SANDRA-TOXIC POSITIVITY 1:00-2:00PM LAUGHTER YOGA	24 3:00PM ANNUAL PICNIC 	25
26	27 3:00-4:30PM PEER DROP-IN	28 3:00-4:00PM LUNCH & LEARN KATHRYN - LGBTQ	29 12:00-1:00PM SOCIAL HOUR! 6:00PM OPEN MIC NIGHT!	30 12:00-1:00PM LUNCH & LEARN JANET + FELICIA HEALTHY RELATIONSHIPS 1:00-2:00PM LAUGHTER YOGA		

2000'S THEME OPEN MIC NIGHT IS THIS MONTH
WEDNESDAY SEPTEMBER 29TH
SIGN UP WITH KARLEY

Interested in joining an online program?
Sign up with [Nikki NMandarino@summit-housing.ca](mailto:NikkiNMandarino@summit-housing.ca)

SEPTEMBER LUNCH & LEARNS

Thursday, September 9th @ 12:00 - 1:00

Topic: Self-Care

Presenter: Taiwo

Tuesday, September 21st @ 3:00 - 4:00

Topic: Pronto

Presenter: Brenda

Monday, September 13th @ 1:00 - 2:00

Topic: Decluttering

Presenter: Pam

Thursday, September 23rd @ 12:00 - 1:00

Topic: Toxic Positivity

Presenter: Sandra

Thursday, September 16th @ 12:00 - 1:00

Topic: Boundaries

Presenter: Sandra

Tuesday, September 28th @ 3:00 - 4:00

Topic: LGBTQ+

Presenter: Kathryn

Thursday, September 30th @ 12:00 - 1:00

Topic: Healthy Relationships

Presenter: Janet & Felicia

Interested in joining a Lunch & Learn?

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

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!

Self-Soothing

Self-soothing is a quick and effective way to reduce the intensity of emotions and anxiety.

Sight: Low lighting. Soothing colors. Nature views. Sleeping masks. Coloring books. Art. Pinterest collages. Favorite movies. Video games.

Sound: Calming noises. ASMR videos. Headphones. Nature sounds. Guided meditations. Binaural beats. Laughter. Your favorite music. Audiobooks.

Touch: Massage. Soft cuddly things. Stress ball. Hot/cold showers. Heated/weighted blankets. Slime. Fidget spinners. Kinetic sand.

Smell: Aromatherapy. Fresh air. Candles/incense. Comforting smells. Herbal pillows. Scented lotion.

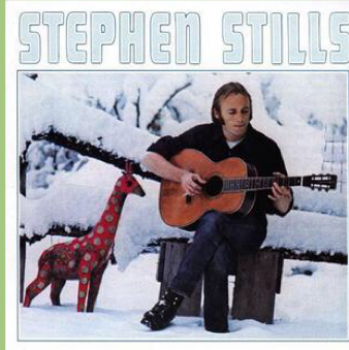
Taste: Eating slowly. Nostalgic flavors. Warm drinks. Strong flavors. Your favorite sweets. Trying New foods. Letting candy melt in your mouth.

BlessingManifesting

How do you practice self-care?

Let us know at [info@summit-housing.ca!](mailto:info@summit-housing.ca)

A song to listen to:



Love the One You're With - Stephen Stills

Nutrition Myth Buster:

“You should detox your body with a juice cleanse”

No! Our body already has a huge detoxification system. There is a misconception that your body stores toxins for years and you need to take a supplement to flush them out. In reality, your liver, kidneys, intestines, lungs, and skin detox our body naturally and some on a daily basis. Your body gets rid of toxins through waste, urine, sweat and our breath. There is no need for you to buy external detoxes, your body does it for free!

A movie to watch:

School of Rock (2003)



COMMUNITY PARTNERS



JOIN US FOR OUR VIRTUAL
EMPLOYMENT READINESS WORKSHOPS

SEPTEMBER 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

 **JOB SEARCH**
THUR SEPT 9
1:30 - 3:30 P.M.

 **5 TIPS FOR CREATING
A RESUME**
TUES SEPT 14
1:30 - 3:30 P.M.

 **SELF-CARE**
THURS SEPT 16
1:30 - 3:30 P.M.

 **TIME MANAGEMENT**
THURS SEPT 23
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.

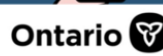
 @STRIDE4WORK



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 **Ontario**



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to seniors!

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info@links2care.ca



JOIN US FOR OUR VIRTUAL PEER WORKSHOPS & CHECK INS

MENTAL HEALTH & SUBSTANCE USE WEBINARS

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

**THE STRIDE SOCIAL
END OF THE SUMMER**
WED SEPT 8
1:30 - 3:30 P.M.

A HEALTHIER YOU
WED SEPT 15
1:30 - 3:30 P.M.

ACCEPTING ACCEPTANCE
WED SEPT 22
1:30 - 3:30 P.M.

CHECK-N'-CHAT
SUNDAY SEPT 12, 19, 26
7:00 - 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

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 @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

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

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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

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