

JUNE 2021

THE SUMMIT MONTHLY NEWSLETTER



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

TABLE OF CONTENTS

2 • LETTER FROM THE
EXECUTIVE DIRECTOR

3 • BUTTON CONTEST

4 • TIME CAPSULE

5 • MEET THE TEAM

7 • HEALTH & WELLNESS
PROGRAMMING

9 • SELF-CARE CORNER

10 • 40TH ANNIVERSARY

11 • COMMUNITY PARTNERS

13 • FOOD BANK INFORMATION

15 • HEALTH & WELLNESS CALENDAR



**EVERY INDIVIDUAL
MATTERS.**

**EVERY INDIVIDUAL
HAS A ROLE TO PLAY.**

**EVERY INDIVIDUAL
MAKES A DIFFERENCE.”**

- Jane Goodall



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Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément



A NOTE FROM THE EXECUTIVE DIRECTOR:

Summit Housing & Outreach Programs acknowledges that racism and discrimination negatively impact the health and wellbeing of communities and how people receive support. We recognize that racism is systemic and requires changes within and outside of our institutions to create safe and inclusive spaces, and effective services.

Forty years ago, Summit was created to serve the people of the Region of Halton. As part of our commitment to serve all members of our community, equality and inclusion are embedded in the values of the agency: Compassion, Diversity, Integrity, Trust, Collaboration, Honesty, Inclusion, Quality, Equity, Respect.

Summit Housing & Outreach Programs celebrates equality and inclusion and we value the voices of the diverse communities we serve.

This month, please join us in celebrating Pride Month and National Indigenous History Month.

**- IRENE ZIVKO,
EXECUTIVE DIRECTOR**

40TH ANNIVERSARY BUTTON CONTEST



Summit Housing & Outreach Programs is celebrating our 40th anniversary this year! We are looking for your creative input on designing an inspirational, colourful and fun button! This button will be distributed at our 40th anniversary events to clients, community members and staff.

Three designs will be chosen to be made into buttons. The artist of each chosen design will receive a \$50 Walmart gift card, and a swag bag of anniversary promotional items! All other designs will be featured in future newsletters.

**We recommend using:
Bold colours!
Large font!**

***Pin will be 38mm in diameter**

EMAIL LVELENO@SUMMIT-HOUSING.CA TO SUBMIT YOUR DESIGN!



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!



MEET THE TEAM



SHIVANI

STUDENT INTERN

My name is Shivani and I am from Milton, Ontario. I have lived here for most of my life so Halton is very near and dear to my heart. I am currently enrolled in a graduate certificate program in Therapeutic Recreation at St. Lawrence College and upon completion, hope to continue practicing as a Recreation Therapist. In the future, I want to work with a variety of individuals in helping them to reach their goals and enjoy an improved quality of life. I also plan to sit on committees to advocate for the profession, as I believe Recreation Therapy can be an enriching addition to any team.

I love painting or drawing in my free time, and have recently taken up pottery this last year. I also really enjoy going on hikes and any chance to be outside in the sun or by the water.

MEET THE TEAM



DANYSHA

SOCIAL MEDIA & ENGAGEMENT SPECIALIST

When did you start working for Summit?

I started in November 2020.

When I'm not at work you can find me...

Binging Breaking Bad (again) or listening to true crime podcasts.

Tell us something about yourself that might surprise us!

I got stuck on the Tower of Terror in Disney World on my 16th birthday.

What are your self-care tips?

Do things you enjoy! Dance, sing (even if you cant, like me), play video games. Take time for yourself, and do anything that makes YOU happy.

Wednesdays | 1-2PM

WEDNESDAY SOCIAL

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



nmandarino@summit-housing.ca

Youthful Minds

Thursday Evenings 5:00-5:45PM
Ages 18+



JOIN LIKEMINDED
PEERS FOR WEEKLY
DISCUSSIONS AND
ACTIVITIES!

PLEASE CONTACT KARLEY
DONNELLY FOR REGISTRATION AT
KDONNELLY@SUMMIT-HOUSING.CA
OR (905)699-2912



Keep Calm & Reflect on

Through mindfully writing and thinking about ways we approach life, coping skills, and people, places or things that make us happy, we can have a better understanding of ourselves to move forward with our recovery!

Thursday at 3:00PM-4:00PM

Please contact Nikki to register:
nmandarino@summit-housing.ca



LETTUCE LEARN

STARTING JUNE 22ND @ 11AM

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
CELEBRATING
40 YEARS

HEALTH & WELLNESS PROGRAMS



SUMMIT HOUSING &
OUTREACH PROGRAMS
CELEBRATING
40 YEARS

EARLY RISERS

Monday-Friday @ 10-10:30AM

This group includes some light morning meditation and stretching for all.

SELF-CARE

Wednesdays @ 10-11AM

Each Wednesday after Early Risers we discuss our weekly wellness tip and ways we can all engage in self-care over the next week.

YOGA WITH LISA

Mondays @ 11:30AM-12:30PM
(Pre-Recorded)

Wednesdays @ 11:30AM-
12:30PM

Join Lisa and others as they build strength and unwind through yoga.

TOOL TALKS

Wednesdays @ 3-4PM

Join Sharon on Zoom for peer led discussions on various recovery topics. Add to your toolbox and refresh your skills for resiliency and self-care.

YOUTHFUL MINDS

Thursdays @ 5-5:45PM

A safe non-judgmental space to drop-in and talk about what's going on with peers and peer supporters. Play Games. Listen to Music .
(Ages 18-30)

WEDNESDAY SOCIAL

Wednesdays @ 1-2PM

Chat.
Games.
Fun.
Smile.

MONDAY MOVEMENT WITH LAUREN

Mondays @ 5-6PM

Unwind for the day with some music and exercise led by Lauren

WRITING GROUP

Fridays @ 1-2:30PM

This long-standing program offers drop-in creative writing exercises and a safe space for sharing your writing. We use writing as a therapeutic tool for promoting recovery.

PEER DROP-IN

Fridays @ 3-4PM

A safe-space to chat with each other and a peer supporter. All are welcome

ARTS & CRAFTS

(Start Date TBD)

A closed group where art supplies are provided. Together, we create pieces of artwork.

LETTUCE LEARN

Tuesdays @ 11-12PM
Start- June 22nd

Learn about different cooking techniques, skills, tips, and tricks!

Sign up in advance

KEEP CALM & REFLECT ON

Thursdays @ 3-4PM

Through mindfully writing and thinking about ways we approach life, we can have a better understanding of ourselves to move forward with our recovery

SELF-CARE CORNER

NUTRITION MYTH BUSTER!

I feel...	I need to...
Overwhelmed	Take a step back
Stressed	Focus on relaxing
Anxious	Practice coping skills
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Self-compassion
Upset	Take time for myself
Alone	Reach out for support

BlessingManifesting

MYTH: “Weight is only affected by the food you eat”

FACT: No! There are SO many things that can affect weight. Things such as metabolism, fat mass, sleep, muscle mass, genetics, stress, age, sex, hormone level, calorie output, history of dieting, calorie input, diet quality, frequency of exercise and type of exercise, medical conditions and MORE. Weight is so much more complex than it is made out to be and this is why it’s so important to work with a qualified medical professional for all of your health needs - including weight loss.

WHO TO GO TO FOR HEALTH ASSISTANCE:

- If you belong to a family health team, your family doctor
- A dietitian
- A naturopathic doctor



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.

SUMMIT HOUSING & OUTREACH PROGRAMS 40TH ANNIVERSARY CALENDAR OF EVENTS



celebrating
40
years

Sign our virtual card!

Send an email to info@summit-housing.ca to submit your well wishes & congrats on 40 years.



COMMUNITY PARTNERS

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+

The STRIDE Social (Games & Fun)

Wed June 2
1:30 - 3:30 p.m.

Managing Your Mindset

Wed June 16
1:30 - 3:30 p.m.

Check-N'-Chat

Sunday June 6, 13, 20 & 27
7:00 - 8:30 p.m.

Dealing with Dependency

Wed June 9
1:30 - 3:30 p.m.

Connecting to the Community

Wed June 23
1:30 - 3:30 p.m.

For questions & registration call, text or email:
Lindsey | lagnew@stride.on.ca | 905-749-2550

@STRIDE4WORK

STRIDE Canada EMPLOYMENT ONTARIO Ontario



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

JUNE 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

SELF-CARE
TUES JUNE 1
1:30 - 3:30 P.M.

INTERVIEW SKILLS
THURS JUNE 3
1:30 - 3:30 P.M.

5 TIPS FOR CREATING A RESUME
TUES JUNE 8
1:30 - 3:30 P.M.

CUSTOMER SERVICE
THURS JUNE 10
1:30 - 3:30 P.M.

COMMUNICATION SKILLS
TUES JUNE 15
1:30 - 3:30 P.M.

TIME MANAGEMENT
THURS JUNE 17
1:30 - 3:30 P.M.

WORKPLACE WELLNESS
TUES JUNE 22
1:30 - 3:30 P.M.

BUILDING ASSERTIVNESS
THURS JUNE 24
1:30 - 3:30 P.M.

JOB SEARCH
TUES JUNE 29
1:30 - 3:30 P.M.

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

Lindsey | lagnew@stride.on.ca | 905-749-2550

@STRIDE4WORK

STRIDE Canada EMPLOYMENT ONTARIO Ontario



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



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

June 2021

Virtual Peer Support Groups

- Click on www.halton.cmha.ca/peer-support to view program flyers.
- *Weekly drop-in groups continue every week except on statutory holidays.*
 - ALL PROGRAMS ARE FREE. ALL ARE WELCOME.
- To register and join us over Zoom or phone in, contact Dave or Sandra at peermentors@cmhahrb.ca and include your phone number.

4-Week Workshop **Weekly Drop-In Group** **Weekly Drop-In Group, Waiver required**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	2 2 to 3:30 pm Effectively Managing Anxiety Workshop	3 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	4 12 to 1 pm Just Breathe Drop-in
7 12 to 1 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	8 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	9 2 to 3:30 pm Effectively Managing Anxiety Workshop	10 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	11 12 to 1 pm Just Breathe Drop-in
14 12 to 1 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	15 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	16 2 to 3:30 pm Effectively Managing Anxiety Workshop	17 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	18 12 to 1 pm Just Breathe Drop-in
21 12 to 1 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	22 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	23 2 to 3:30 pm Effectively Managing Anxiety Workshop	24 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	25 12 to 1 pm Just Breathe Drop-in
28 12 to 1 pm Just Breathe Drop-in	29 10 to 11:30 am Mission Possible Drop-in	30	 @cmhalton  @cmha.halton	

Just Breathe Weekly Drop-In: Practice mindfulness and guided meditation together

Mission Possible Weekly Drop-In: 10 Topic Rotation – a different topic each week

Move a Muscle, Change a Thought Weekly Drop-In: **** Waiver Required**** Gentle movement, music and conversation

Intro to WRAP 4 Week Workshop: Overview of the Wellness Recovery Action Plan

Wellness Series 4 Week Workshop: Support yourself in a loving, kind, non-judgmental, self-compassionate way

Effectively Managing Anxiety 4 Week Workshop: Better understand your anxiety and share tips and strategies to support yourself

Family Support 4 Week Workshop: As a caregiver your own wellness is important and deserves attention.

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/](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.



OPEN

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

JUNE

HEALTH & WELLNESS ONLINE PROGRAMS

SIGN UP WITH NIKKI NMANDARINO@SUMMIT-HOUSING.CA

SUNDAY	MONDAY	TUEDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00-10:30AM Early Risers	2 10:00-10:30AM Early Risers 10:30-11:00AM Self-Care 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Wednesday Social 3:00- 4:30PM Tool talk	3 10:00-10:30AM Early Risers 3:00-4:00PM Keep Calm & Reflect On 5:00-6:00 Youthful Minds	4 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	5 Go for a leisurely walk
6 Listen to a podcast that interests you	7 10:00-10:30AM Early Risers 11:30-12:30PM Yoga (Recording) 5:00PM Monday Movement	8 10:00-10:30AM Early Risers	9 10:00-10:30AM Early Risers 10:30-11:00AM Self-Care 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Wednesday Social 3:00- 4:30PM Tool talk	10 10:00-10:30AM Early Risers 3:00-4:00PM Keep Calm & Reflect On 5:00-6:00 Youthful Minds	11 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	12 Exercise (of your choice)
13 Read poetry	14 10:00-10:30AM Early Risers 5:00PM Monday Movement	15 10:00-10:30AM Early Risers	16 10:00-10:30AM Early Risers 10:30-11:00AM Self-Care 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Wednesday Social 3:00- 4:30PM Tool talk	17 10:00-10:30AM Early Risers	18 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	19 Scratch off one item on your to-do list today
20 Watch the sunrise/sunset	21 10:00-10:30AM Early Risers 5:00PM Monday Movement	22 10:00-10:30AM Early Risers 11:00-12:00PM Lettuce Learn	23 10:00-10:30AM Early Risers 10:30-11:00AM Self-Care 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Wednesday Social 3:00- 4:30PM Tool talk	24 10:00-10:30AM Early Risers 3:00-4:00PM Keep Calm & Reflect On 5:00-6:00 Youthful Minds	25 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	26 Relax outside
27 Be Musical (hum, whistle, sing, play an instrument)	28 10:00-10:30AM Early Risers 5:00PM Monday Movement	29 10:00-10:30AM Early Risers 11:00-12:00PM Lettuce Learn	30 10:00-10:30AM Early Risers 10:30-11:00AM Self-Care 11:30-12:30PM Yoga with Lisa 1:00-2:00PM Wednesday Social 3:00- 4:30PM Tool talk	1 Canada Day No Programming	2 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	Pet an animal (preferably a friendly one!)