



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

MAY 2021

Advocating Healthy Minds

The Summit Monthly Newsletter

THE MIND, BODY, & SPIRIT NETWORK

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

A Agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

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Par Accreditation

Apprécié par
Commissé canadien
de Réglement

UPCOMING EVENT!

JOIN US TO
CELEBRATE OUR
40TH
ANNIVERSARY!

SEE DETAILS ON RIGHT

JOIN US ON MAY 4TH AT 6:00PM FOR

“THEN & NOW”

MENTAL HEALTH AWARENESS WEEK

&

CELEBRATING 40 YEARS OF SUMMIT HOUSING & OUTREACH PROGRAMS!

FOR A CONVERSATION ON:
OVERCOMING ADVERSITY
BUILDING ALLIES
BREAKING SYSTEMIC BARRIERS

MEETING ID: 289 795 5847
PASSWORD: summit

TUESDAY, MAY 4TH



SUMMIT HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS



SUMMIT HOUSING THROUGH THE YEARS

TIME CAPSULE

The deadline
has been
extended!
Please send
Laura your
ideas!

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?

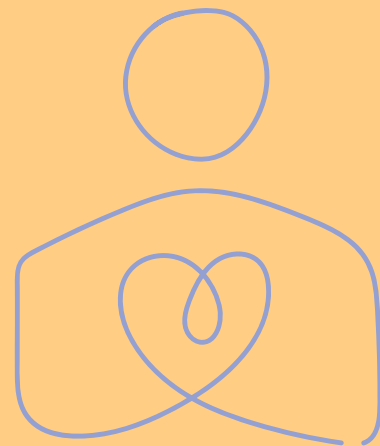
Please provide your input via email to lveleno@summit-housing.ca.

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-Care Check in.



SELF-CARE MEANS TAKING CARE OF YOURSELF SO THAT YOU CAN BE HEALTHY, YOU CAN BE WELL, YOU CAN DO YOUR JOB, YOU CAN HELP AND CARE FOR OTHERS, AND YOU CAN DO ALL THE THINGS YOU NEED TO AND WANT TO ACCOMPLISH IN A DAY!

SOURCE: [HTTPS://WWW.EVERYDAYHEALTH.COM/SELF-CARE/](https://www.everydayhealth.com/self-care/)



TICK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- Eat three main meals
- Go on a 24-hr social media detox
- Find a quiet spot to meditate
- Light an aromatic candle
- Do a gratitude list
- Practice deep breathing
- Listen to good music
- Exercise
- Catch up with a friend
- Visit a family member
- Spend time outdoors
- Have a mini pamper sesh
- Cuddle a pet
- Try something new



do it for you!

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

40TH ANNIVERSARY BUTTON CONTEST!

SUMMIT HOUSING & OUTREACH
PROGRAMS IS CELEBRATING OUR
40TH ANNIVERSARY THIS YEAR!

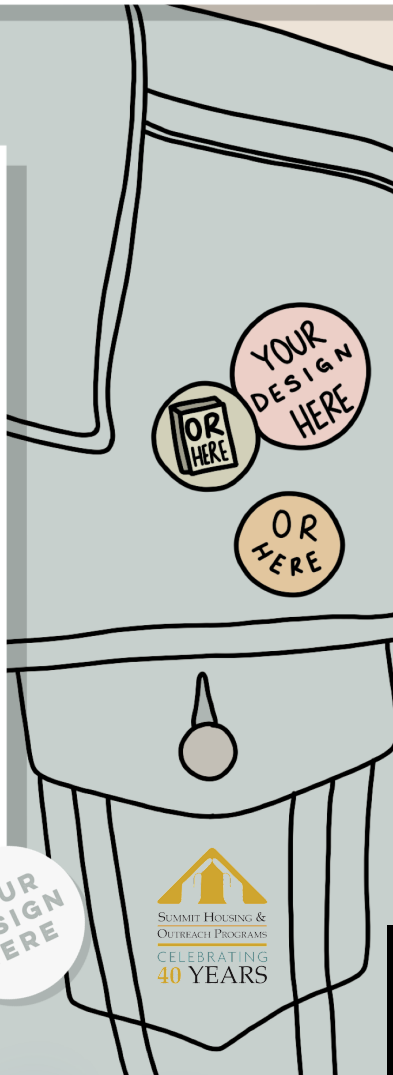
WE ARE LOOKING FOR YOUR
CREATIVE INPUT ON DESIGNING
INSPIRATIONAL, COLOURFUL &
FUN BUTTONS, WHICH WILL BE
DISTRIBUTED AT OUR 40TH
ANNIVERSARY EVENTS TO
CLIENTS, COMMUNITY MEMBERS,
AND STAFF.

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!

DEADLINE: MONDAY, MAY 24.
WINNERS TO BE ANNOUNCED IN
JUNE NEWSLETTER.

*PIN WILL BE 38MM IN DIAMETER



YOUR
DESIGN
HERE



Get
CREATIVE!

WIN A GIFT
CARD!



OPEN
MTC



SUMMIT HOUSING
& OUTREACH PROGRAMS

JOIN US IN CELEBRATING
OUR 40th ANNIVERSARY!
80s THEME SING! DANCE! READ POETRY!

OPEN
MIC
NIGHT

THURSDAY
MAY 27th
6pm - 8pm

SIGN UP WITH NIKKI!
NMANDARINO@SUMMIT-HOUSING.CA
MEETING ID 289 795 5847 PASSWORD SUMMIT



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
(289)795-5847



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

LETTUCE LEARN

10 Week Nutrition Course!
New topics each week!

Every other week you will be learning
how to make a new snack!

LIMITED SPACE
first come first serve basis.
DON'T MISS OUT!



Please contact Nikki for
registration or questions
nmandarino@summit-housing.ca
289-795-5847

Wednesdays | 1-2PM

WEDNESDAY SOCIAL

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



nmandarino@summit-housing.ca

HEALTH & WELLNESS PROGRAMMING

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

FOOD BANK INFO

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.

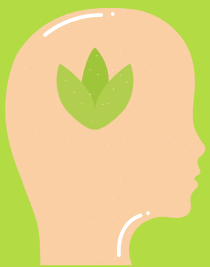


OPEN

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COMMUNITY PARTNERS



MAY 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 MAY 4
1:30 - 3:30 P.M.

INTERVIEW SKILLS
THURS MAY 6
1:30 - 3:30 P.M.

5 TIPS FOR CREATING A RESUME
TUES MAY 11
1:30 - 3:30 P.M.

CUSTOMER SERVICE
THURS MAY 13
1:30 - 3:30 P.M.

BUILDING ASSERTIVENESS
TUES MAY 18
1:30 - 3:30 P.M.

COMMUNICATION SKILLS
THURS MAY 20
1:30 - 3:30 P.M.

TIME MANAGEMENT
TUES MAY 25
1:30 - 3:30 P.M.

WORKPLACE WELLNESS
THURS MAY 27
1:30 - 3:30 P.M.

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

Lindsey | lagnewestride.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



**Distress
Centre
HALTON**

Funded by:



United Way
Halton & Hamilton

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+

Facing Your Feelings
Wed May 5
1:30 - 3:30 p.m.

Addressing Anger
Wed May 12
1:30 - 3:30 p.m.

Narrating Our Lives
Wed May 19
1:30 - 3:30 p.m.

Challenging Your Inner Critic
Wed May 26
1:30 - 3:30 p.m.

Check-N'-Chat
Sunday May 2, 9, 16 & 30
7:00 - 8:30 p.m.

For questions & registration call, text or email:
Lindsey | lagnewestride.on.ca | 905-749-2350

 @STRIDE4WORK



MAY



Health & Wellness Online Programs

SIGN UP WITH NIKKI
NMANDARINO@SUMMITHOUSING.CA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Doodle or colour
2 Have a home spa day	3 10:00-10:30AM Early Risers 11:30-12:30PM Yoga (Recording) 5:00PM Monday Movement	4 10:00-10:30AM Early Risers 1:00-2:00PM Craft Group	5 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	6 10:00-10:30AM Early Risers 3:00-4:00PM Keep Calm & Reflect On 5:00-5:45PM Youthful Minds	7 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	8 Try a new recipe
9 Read a book or magazine	10 10:00-10:30AM Early Risers 11:30-12:30PM Yoga (Recording) 5:00PM Monday Movement	11 10:00-10:30AM Early Risers	12 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	13 10:00-10:30AM Early Risers 3:00-4:00PM Keep Calm & Reflect On 5:00-5:45PM	14 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	15 Clean out a drawer or closet
16 Make your favourite meal	17 10:00-10:30AM Early Risers 5:00PM Monday Movement	18 10:00-10:30AM Early Risers	19 10:00-10:30AM Early Risers 10:30-11:00AM Self-Care 11:30-12:30PM Yoga with Lisa 3:00- 4:30PM Tool talk	20 10:00-10:30AM Early Risers	21 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	22 Write down 15 things you are grateful for
23 Put on music and sit outside	24 No Programming Today	25 10:00-10:30AM Early Risers	26 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	27 10:00-10:30AM Early Risers 3:00-4:00PM Keep Calm & Reflect On 5:00-5:45PM Youthful Minds	28 10:00-10:30AM Early Risers 1:00-2:30PM Writing Group Drop in 3:00- 4:30PM	29 Go on a walk
30 Make a goal to finish by the end of summer	31 10:00-10:30AM Early Risers 11:30-12:30PM Yoga (Recording) 5:00PM Monday Movement					