



# SUMMIT NEWSLETTER



# WELCOME *January* 2025

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Summit Housing & Outreach Programs would like to thank our funders:



Ontario Health  
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Ontario Health  
West



Ontario  
Ministry of  
HEALTH AND  
LONG-TERM CARE

Summit Housing & Outreach Programs

Phone: 905-847-3206 Email: [info@summit-housing.ca](mailto:info@summit-housing.ca)



# JANUARY 2025

## SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>2</b> Productivity Group 2:00pm - 3:30 pm	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Men's Group (Zoom) 2:00pm - 3:00pm	<b>7</b> Early Risers 10:00am - 10:30am Beginners Drawing 12:30-1:30pm 	<b>8</b> In-Person Yoga 11:00 am - 12:00 pm Milton Office	<b>9</b> Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	<b>10</b> Crafts with Lois 11:00 am - 12:30 pm Milton Office	<b>11</b>
<b>12</b>	<b>13</b> Men's Group (Zoom) 2:00pm - 3:00pm	<b>14</b> Early Risers 10:00am - 10:30am Painting with Jon 1:00-3:00pm Milton Office 	<b>15</b> Winter Blues Session Milton Office 2:00-3:00pm	<b>16</b> Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	<b>17</b> Winter Walk Burlington 1:30-2:30pm	<b>18</b>
<b>19</b>	<b>20</b> Men's Group (Zoom) 2:00pm - 3:00pm	<b>21</b> Early Risers 10:00am - 10:30am Beginners Drawing 12:30-1:30pm 	<b>22</b> Healthy Eating & Physical Activity 12:00-1:00pm	<b>23</b> Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	<b>24</b> Crafts with Lois 11:00 am - 12:30 pm Milton Office	<b>25</b>
<b>26</b>	<b>27</b> Men's Group (Zoom) 2:00pm - 3:00pm	<b>28</b> Early Risers 10:00am - 10:30am Painting with Jon 1:00-3:00pm Milton Office 	<b>29</b> Open Mic Milton Office 1:30-3:00pm	<b>30</b> Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	<b>31</b> Winter Walk Burlington 1:30-2:30pm	

**In-Person groups are in RED FONT**  
**Online Groups via Zoom are in BLACK FONT**

INTERESTED IN A PROGRAM?  
REGISTER WITH REAGAN:  
[rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)  
 \*Transportation may be available\*

Want to share your thoughts with Summit?

Suggestion boxes are available in our reception area in the Oakville office and Milton office.



**COMING  
BACK**

# Early Risers

Join us in the morning for some light, seated exercise, breathing techniques, self-care & mindfulness meditations.

| TUESDAY | THURSDAY |  
FROM 10:00-10:30AM



Join the Zoom Meetings:  
<https://us02web.zoom.us/my/healthwellness>  
Meeting ID: 289 795 5847

Please contact Reagan to register:

 289-795-5847  [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



Summit Housing & Outreach Programs  
Health & Wellness  
Phone: 289-795-5847 / Email: [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



# OPEN MIC

COME JOIN US FOR AN  
AFTERNOON OF  
ARTISTIC EXPRESSIONS  
THROUGH MUSIC, SONG,  
POETRY AND STORY.

Wednesday, January 29th

1:30pm - 3:00pm

Milton office

2-917 Nipissing Rd., Milton



Please contact Reagan to register:

☎ 289-795-5847

✉ [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

20  
25

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# Winter Blues Session

Health teaching on Seasonal  
Affective Disorder and  
maintaining mental health  
throughout the winter months.

**Wednesday,  
January 15th, 2025  
2:00-3:00pm**

Please contact Reagan to register:

 **289-795-5847**

 **[rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)**

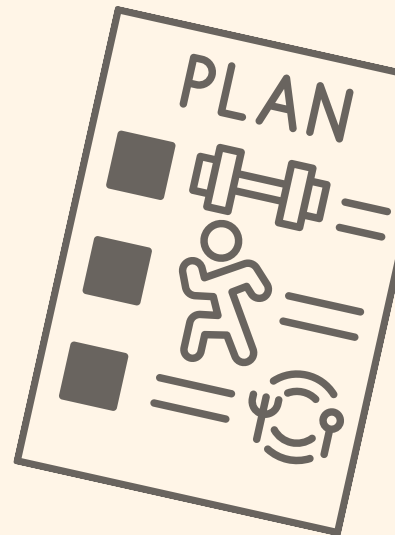
Summit Health & Wellness Hub  
917 Nipissing Road, Unit 2, Milton ON L9T 5E3

Summit Housing & Outreach Programs  
Health & Wellness

Phone: 289-795-5847 / Email: [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



Wednesday, January 22nd  
12:00-1:00pm



Join the Zoom Meetings:  
<https://uso2web.zoom.us/j/2897955847>  
Meeting ID: 289 795 5847



Please contact Reagan to register:

 289-795-5847

 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



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## *In-Person Yoga*


Summit Health & Wellness Hub  
917 Nipissing Road, Unit 2  
Milton, ON L9T 5E3




**Wednesday, January 8th**  
**11:00 am - 12:00 pm**



Please contact Reagan to register:

 **289-795-5847**

 **[rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)**



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# CRAFTS WITH

# LOIS

WHEN:

**FRIDAY, JAN 10TH**

**& FRIDAY, JAN 24TH**


**FROM: 11:00AM-12:30 PM**

**LET'S GET CREATIVE!**



Summit Health & Wellness Hub  
917 Nipissing Road, Unit 2  
Milton, ON L9T 5E3

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# PAINTING

with **JON**



 Tuesday, January 14th & 28th

1:00pm-3:00pm

**SUMMIT HEALTH & WELLNESS HUB**  
**917 NIPISSING RD, UNIT 2, MILTON**



Please contact Reagan to register:

289-795-5847

[rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



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# BEGINNER'S DRAWING GROUP





Interested in art, but not sure where to start with drawing skills? Look no further!

**Tuesday, January 7th & 21st**  
**12:30-1:30pm**

**Join the Zoom Meetings:**  
**<https://us02web.zoom.us/my/healthwellness>**  
**Meeting ID: 289 795 5847**

Please contact Reagan to register:

 289-795-5847

 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



Summit Housing & Outreach Programs  
Health & Wellness

Phone: 905-876-1319 / Email: [aclaret@summit-housing.ca](mailto:aclaret@summit-housing.ca)



# WINTER WALKS



*Come join us for walks in Burlington  
and connect with new people!*

*Friday, January 17th & January 31st  
1:30pm - 2:30pm  
\*Register for location details\**

Please contact Reagan to register:

 289-795-5847

 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



Summit Housing & Outreach Programs  
Health & Wellness

Phone: 289-795-5847 / Email: [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

# Men's Group

Let's get the discussion going on.....



and much more. Join us!


**MONDAYS 2:00-3:00 PM**

Join the Zoom Meetings:

<https://us02web.zoom.us/my/healthwellness>

Meeting ID: 289 795 5847

Please contact Reagan to register:

 289-795-5847

 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

# PRODUCTIVITY GROUP


- 1 Make S.M.A.R.T goals
- 2 Set intentions for the week
- 3 Prioritize tasks


**THURSDAYS**  
**2:00PM - 3:30 PM**



Join the Zoom Meetings:  
<https://us02web.zoom.us/my/healthwellness>  
Meeting ID: 289 795 5847

Please contact Reagan to register:

 289-795-5847

 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

# JANUARY EMPLOYMENT READINESS WORKSHOP

Join us for our **FREE virtual** employment readiness workshop  
For workshop description & more information, visit [www.stride.on.ca](http://www.stride.on.ca)



## Interview Skills

Thursday, January 16th, 2025

1:30 PM - 3:00 PM

For questions & registration, email or text us between the hours of  
9:00 AM - 5:00 PM, Monday-Friday:  
Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389



# Young Adult Program

A fresh community designed for peers aged 18 to 29.

## About This Space

This initiative is a collaboration between Stride's Youth Employment and Peer Teams. Our aim is to grow, learn, and share insights on mental health and employment-related topics. Together, we'll delve into what these themes mean for young adults embarking on their employment journey.

## Upcoming Sessions:

### Virtual New Year, New Routine:

Join us for a discussion on how to set up your day for success. We'll be introducing strategies to build a helpful routine between wellness & work.

Thursday, January 16th at 1:30 - 3:30 PM via Zoom

### In-Person Visions for the New Year:

Join us for an inspiring discussion on our intentions and hopes for 2025! Together, we'll create vision boards to visually manifest our goals & dreams for the new year through crafting and collaging.

Thursday, January 28th, from 3:00 PM to 5:00 PM at our Oakville Office, located at 247 North Service Road, Suite 200.

Visit, [www.stride.on.ca](http://www.stride.on.ca) to register.

For any questions, please reach out to Alyssa at [asmith@stride.on.ca](mailto:asmith@stride.on.ca) or Alex at [anagy@stride.on.ca](mailto:anagy@stride.on.ca).

# Mental Health & Substance Use Webinars

Join us for our **FREE** virtual workshops & Check-N'-Chats | Open to ages 16+  
For workshop description & more info, visit [www.stride.on.ca](http://www.stride.on.ca)



## Check-N'-Chat

Wednesday, January 15th  
1:30 PM - 3:30 PM **NEW TIME**

## From Blue to Brighter

Wednesday, January 22nd  
1:30 PM - 3:30 PM

For questions & registration, email or text us between the hours of  
9:00 AM - 5:00 PM, Monday-Friday:

Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389







# Food Bank Information

## MILTON

### **Salvation Army, Khi Community - Milton**

820 Nipissing Rd. Market & curbside appointments can be booked by calling 905-875-1022 or visit <https://www.khicomunity.com/family-services>

### **No One Goes Hungry in Milton**

Milton Bible Church, 121 Chisholm Drive  
416-902-3983 or NOGHHaltonON@gmail.com  
Sun, 4 pm-6 pm, Drive Thru meal pick up

### **Country Heritage Park - FoodforLife Market**

Admin Building, 8560 Tremaine Road, Milton  
Wednesdays 1-6pm  
<https://foodforlife.ca/neighbourhood-programs/>

### **Milton Public Library, Beaty Branch**

945 Fourth Line, Milton \*Community Fridge, Food for Life Program  
GOOD food bags are available during Beaty Branch Open Hours  
Please email [information@beinspired.ca](mailto:information@beinspired.ca) call 905-875-2665 ext 3292  
<https://foodforlife.ca/neighbourhood-programs/>

### **Milton Bible Church**

121 Chisholm Drive, Milton 905-876-3586  
Food for Life Program Thu 12 noon-1 pm, drive-through program  
Community Fridge: Thu 11 am-4 pm, Sat 11 am-4 pm and Sun 2 pm-5 pm  
<https://foodforlife.ca/neighbourhood-programs/>

### **Syyidah Aysa Centre - Milton Halal Food Bank**

50 Steeles Ave E, Unit 23  
Mon-Thu, 1 pm-5 pm, Sat & Sun 10 am-6 pm  
Please call or message 647-470-3499 or 647-250-5512  
[www.miltonhalalfoodbank.com](http://www.miltonhalalfoodbank.com)

### **Optimist Club Outreach**

Milton Sports Centre, 605 Santa Maria Blvd (community park entrance)  
Wed, 4:30 pm-6 pm \*operating as a drive-thru program  
<https://foodforlife.ca/neighbourhood-programs/>

### **Milton Community Resource Centre**

410 Bronte Street \*Community Fridge, Food for Life Program  
Mon-Fri 8am - 4pm  
GOOD food bags available by calling 905-876-1244  
<https://foodforlife.ca/neighbourhood-programs/>

### **Viola Desmond / MCRC EarlyON Community Fridge**

1450 Leger Way  
Mon - Thurs 8:30am - 4:30pm, Fri - 8:30am - 12:30pm  
GOOD food bags available during operating hours

# Food Bank Information

## ACTON

### **Bethel Christian Reformed Church**

365 Queen St. E., Acton

Must call the church to be a part of this program 519-853-2121  
Thursday morning bag delivery – based on availability of volunteers  
<https://foodforlife.ca/neighbourhood-programs/>

### **Acton Public Library**

17 River Street, Acton (905) 873-2681

GOOD food bags available when the library is open.  
<https://foodforlife.ca/neighbourhood-programs/>

### **Community Fridge and Food Pantry**

Links2Care Community Hub

McKenzie-Smith Bennett Public School, 19 Acton Blvd.

Monday - Friday - 9:30am - 3:00pm

GOOD food bags and non-perishable food items.  
<https://foodforlife.ca/neighbourhood-programs/>

### **Acton FoodShare**

352 Queen St. Unit 6 (519) 853-0457

Tues 830am - 230pm

<https://actonfoodshare.com/>

### **Salvation Army Acton**

130 Mill St East (519) 853-1140 or (519) 853-5610

Monday – Friday 930am – 12pm

<https://halton.cioc.ca/record/ACT0756>



# Food Bank Information

## GEORGETOWN

### **St John's United Church**

11 Guelph Street (Guelph & Main) 905- 877-2531  
Tuesday – 9:00 am

### **Community Fridge, Freezer and Food Pantry**

Links2Care Community Hub, 360 Guelph St. Unit 33  
Monday - Friday 8am - 4pm  
GOOD food bags, frozen meat and non-perishable food items

### **Georgetown Public Library**

9 Church Street, Georgetown, (905) 873-2681  
Monday - Friday 830am-430pm  
GOOD food bags available when the library is open.

### **Georgetown Bread Basket**

49B Mountainview Rd. North, Georgetown (905) 873-3368  
Tues 430-7pm, Weds & Sat 830am – 12pm

### **Salvation Army Georgetown**

271 Mountainview Rd South (905) 877-1374 ext 101  
Tues & Thurs 1-am-12pm By Appointment Only

# Food Bank Information

## OAKVILLE

### **Clearview Christian Reformed Church**

2300 Sheridan Garden Drive (Ford & Royal Windsor), 905-829-2242  
Wednesday morning, Clients must call to receive a bag of food.  
Focus is on the Clearview Neighbourhood

### **OakPark Neighbourhood Centre (FFL Partnering Agency)**

2200 Sawgrass Dr, 905-257-6029 (Call to register)  
Wednesday 10:15 am – 11:15 pm – Fresh Food Bag Pick Up

### **St. Luke's Anglican Church Palermo**

3114 Dundas Street West, Book by calling 905-635-1106 x225  
Thursday - 4-5:30 pm

### **Food for Life GOOD Food Fridge Oakville Public Library - Central Branch**

120 Navy Street, Oakville, (905) 815-2042  
GOOD food bags available when the library is open

### **Salvation Army Oakville**

1225 Rebecca St, (905) 808-3406 tsaokvilleCFS@cogeco.net  
Wed & Fri 930am – 12pm, then 1pm-3pm, call for appointment

### **Hope Bible Church**

500 Great Lakes Blvd (905) 827-4888 By Appointment Only  
<https://hopeoakville.ca/market/>

### **Fare Share Food Bank Oakville Inc**

1240 Speers Road, 905-847-3988  
Monday's 9:30 a.m. – 2:00 p.m. or Thursday's 2:00 p.m. – 6:45 p.m.  
<https://oakvillefoodbank.com/contact/>

### **Kerr Street Mission**

485 Kerr Street, (905) 845-7485 (call to register)  
Monday - Saturday - hours vary each day  
<https://www.kerrstreet.com/receive-help/>

### **Dar Foundation**

485 Morden Rd, (416) 904-0195  
Wednesdays from 10:00 am to 02:00 pm  
<https://darfoundation.com/services/food-bank/>

# Food Bank Information

## BURLINGTON



### **Mountainside Market**

2258 Mountainside Drive, 905-635-1106, \*By appointment only  
Tuesdays, Wednesdays & Thursdays 10 am - 6 pm  
<https://foodforlife.ca/market/>

### **St. Luke's Anglican**

1382 Ontario St. (Brant and Lakeshore), 905-634-1826  
Tuesday – 10:15 am - 11:45am

### **Brant Hills Presbyterian - Operating in the parking lot**

2138 Brant St. (Brant & Upper Middle), 905-335-2640  
Wednesday – 1:30 pm - 2 pm

### **Grace United Church (Tansley) - Operating in the parking lot**

2111 Walkers Line (Walkers & Upper Middle)  
Book your curbside pickup time slot by calling 905-335-0090  
Friday – 9:30 - 10:30 am

### **Compassion Society**

484 Plains Rd E #14, Burlington, 905-592-3722  
Monday/Wednesday 12-2:00 pm

### **Burlington Public Library - Aldershot Branch**

550 Plains Rd E, Burlington, (905) 639-3611  
GOOD food bags available when the library is open

### **Salvation Army Burlington**

5040 Mainway Unit 9  
Call 289-230-2556 to make an appointment  
Mon (1PM – 3:30/4PM), Thurs (9AM – 12:00PM & 1PM-3:30/4 PM)  
<https://burlingtonsalvationarmy.ca/community-family-services/food-bank/>

### **Compass Point Food Market**

1500 Kerns Road, Burlington (905.336.0500)  
Food Market is open the 2nd and 4th Sat. of each month 9am – 10:30am  
<https://compasspointbc.com/food-market/>

### **Burlington Food Bank**

1A – 1254 Plains Road East, 905-637-2273  
Mon – Fri : 9:00 am – 11:45 am, Thursday evenings 5:00 pm – 7:00 pm  
<https://www.burlingtonfoodbank.ca/>

### **Wellington Square United Church, Community Meal Support**

2121 Caroline Street, Burlington (905) 634-1849 [llunski@wsquare.ca](mailto:llunski@wsquare.ca)  
Friday HUB (10am-3pm) with free hot lunch served between 12-2pm.  
<https://www.wsquare.ca/outreach/community-hub-and-lunch/>

# Contact Us



## Health & Wellness Hub Milton

917 Nipissing Road, Unit 2  
Milton, ON L9T 5E3  
Phone: 905-876-1319

## Head Office Oakville

2305 Wyecroft Road, Suite 200  
Oakville, ON L6L 6R2  
Phone: 905-847-3206

Email: [info@summit-housing.ca](mailto:info@summit-housing.ca)  
Website: [www.summithousing.ca](http://www.summithousing.ca)



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