



SUMMIT NEWSLETTER



WELCOME
February
2025

Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément



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

Summit Housing & Outreach Programs
Phone: 905-847-3206 Email: info@summit-housing.ca





FEBRUARY 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Men's Group 2:00pm - 3:00pm	4 Early Risers 10:00am - 10:30am Painting with Jon 1:00-3:00pm Milton Office 	5 Healthy Eating & Physical Activity 12:00-1:00pm	6 Early Risers 10:00am - 10:30am Productivity Group 2:00pm -3:30 pm	7 Crafts with Lois 11:00 am - 12:30 pm Milton Office  Winter Walk Milton 2:00-3:00pm 	8
9	10 Healthy Boundaries 12:30-1:30pm Milton Office Men's Group 2:00pm - 3:00pm Exercise & Mental Health 2:30-3:30pm Milton Office	11 Early Risers 10:00am - 10:30am	12 Painting with Jon 1:00 - 3:00 pm Oakville Office 	13 Early Risers 10:00am - 10:30am Productivity Group 2:00pm -3:30 pm	14	15
16	17 CLOSED Family Day	18 Early Risers 10:00am - 10:30am CBT Skills Group 1:30-3:00 Office TBD 	19 In-Person Yoga 11:00 am - 12:00 pm Milton Office 	20 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm Family Support Group 6:30-8:00pm Milton Office 	21 Crafts with Lois 11:00 am - 12:30 pm Milton Office  Winter Walk Milton 2:00-3:00pm 	22
23	24 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office 	25 Early Risers 10:00am - 10:30am Painting with Jon 1:00-3:00pm Milton Office  CBT Skills Group 1:30-3:00 Office TBD 	26	27 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	28 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
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.

NEW



Mindfulness Group

with Mike & Reagan

Explore a wide range of topics, exercises,
& practices to improve your
quality of life, manage stress, & live a
more meaningful life.

| THURSDAY |
FROM 1:00 - 1:45 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

Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca





"Transform your thoughts,
Transform your life"

Join our CBT Skills Group

Presented by
Sandra Mackay RSW, MSW
Jacob John RSW, MSW



| TUESDAYS |
FEBRUARY 18TH - MARCH 25TH
FROM 1:30 - 3:00PM
DEADLINE TO REGISTER: FEBRUARY 10TH

Connect with your
caseworker to register

For more information, please contact:
smackay@summit-housing.ca
jjohn@summit-housing.ca

Location TBD

Closed Group - Limited spots available



Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



FAMILY SUPPORT GROUP

Thursday, February 20th
6:30pm - 8:00pm

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



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Early Risers

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

| TUESDAYS | THURSDAYS |
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:

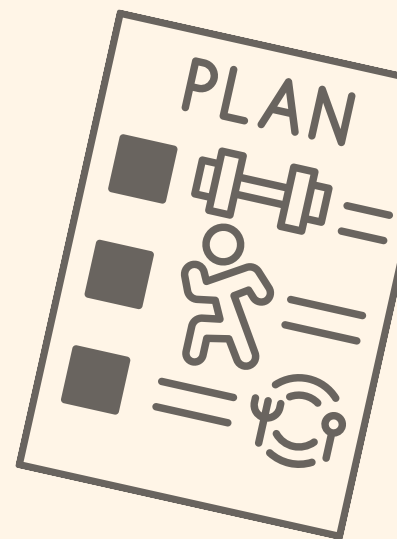
 289-795-5847  rjacobs@summit-housing.ca



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




Wednesday, February 5th
12:00-1:00pm



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



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca

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Healthy Boundaries

Healthy boundaries are the foundation of self-respect and mutual respect.
Join us to learn how to build them together!




Monday, February 10th
From 12:30-1:30pm

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



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

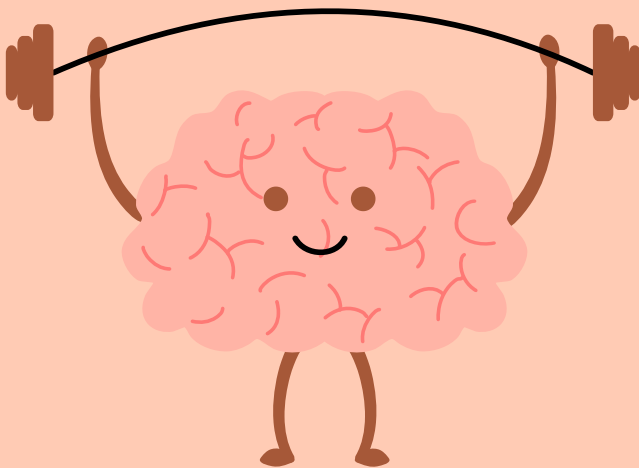
Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



Exercise & Mental Health



Discover the power of connection.



Monday February 10th
2:30-3:30pm

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

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



NEW



PAINTING

with **JON**
in Oakville



Wednesday, February 12th

1:00pm-3:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE



Please contact Reagan to register:
289-795-5847
rjacobs@summit-housing.ca



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Health & Wellness

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PAINTING

with **JON**



 Tuesday, February 4th & 25th

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



CRAFTS WITH

LOIS

WHEN:

FRIDAY, FEB 7TH

& FRIDAY, FEB 21ST


FROM: 11:00AM-12:30 PM

LET'S GET CREATIVE!



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

Please contact Reagan to register:

 289-795-5847

 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, February 19th





11:00 am - 12:00 pm

Early registration required.

Deadline to register: February 14th

Please contact Reagan to register:

 **289-795-5847**

 **rjacobs@summit-housing.ca**



Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



WINTER WALKS

BURLINGTON



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

Friday, February 28th

1:30pm – 2:30pm

Register for location details

Please contact Reagan to register:

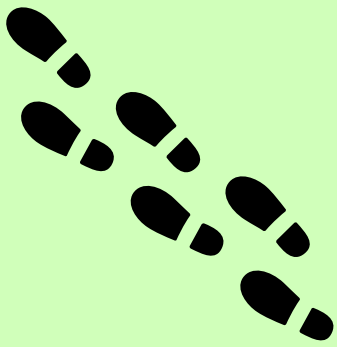
 289-795-5847

 rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



Winter Walks

Milton

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

Friday, February 7th & February 21st

2:00pm - 3:00pm

Milton Sports Centre

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca




COOKING GROUP




**Milton Health & Wellness Hub
917 Nipissing Road, Unit 2, Milton ON**

**Monday, February 24th
1:00PM- 2:30PM**

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness
Phone: 289-795-5847 / Email: 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

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

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



Check-N'-Chat

Wednesday, February 12th
1:30 PM - 3:30 PM **NEW TIME**

Celebrating Mental Uniqueness

Wednesday, February 19th
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 | 905-749-2389



FEBRUARY EMPLOYMENT READINESS WORKSHOP

Join us for our **FREE virtual** employment readiness workshop
For workshop description & more information, visit www.stride.on.ca



Identifying Your Conflict Style

Thursday, February 13th, 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 | 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 PALentine's Day Social:

Join us in celebrating this special day by uplifting one another, honoring our friendships, and strengthening our circle of support! Enjoy fun games and meaningful conversations that will bring us even closer together.

- Thursday, February 13th at 1:30 - 3:30 PM via Zoom

In-Person Let's Talk About: Building Self Worth:

Join us for an empowering discussion on cultivating self-love and self-worth. Together, we'll create a personalized Self-Love Practice toolkit and enjoy some light refreshments.

- Thursday, February 27th, 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 to register.

For any questions, please reach out to Alyssa at asmith@stride.on.ca or Alex at anagy@stride.on.ca.



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 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

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
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
Website: www.summithousing.ca



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

