



SUMMIT NEWSLETTER



WELCOME MARCH 2025

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Centre canadien
de l'agrément



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



Ontario Health
Central



Ontario Health
West



Ontario
Ministry of
HEALTH AND
LONG-TERM CARE

Summit Housing & Outreach Programs

Phone: 905-847-3206 Email: info@summit-housing.ca



MARCH 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Men's Group 2:00pm - 3:00pm	4 Early Risers 10:00am - 10:30am  CBT Skills Group 1:30-3:00 Poetry Group 1:00-2:00pm	5  Painting with Jon Oakville Office 1:00-3:00pm	6 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm - 3:30 pm	7	8
9	10 Men's Group 2:00pm - 3:00pm	11 Early Risers 10:00am - 10:30am  Painting with Jon Milton Office 1:00-3:00pm  CBT Skills Group 1:30-3:00	12 Budgeting Basics 11:00am-12:00pm	13 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Cannabis Information 12:00-1:00pm Oakville Office Productivity Group 2:00pm - 3:30 pm	14  Conservation Walk 1:30-2:30pm	15
16	17 Men's Group 2:00pm - 3:00pm	18 Early Risers 10:00am - 10:30am  CBT Skills Group 1:30-3:00	19  Healthy Boundaries 1:00-2:00pm 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	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  Smoking Cessation 2:00-4:00pm Oakville Office	26  Tech for All Ages 12:00-1:00pm Milton Office	27 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm - 3:30 pm	28  Conservation Walk 1:30-2:30pm	29
30	31 Men's Group 2:00pm - 3:00pm					

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



Poetry Group

Join us on the first Tuesday of every month
to express, connect & find healing
through the power of words.

Tuesday March 5th, 2025

1:00 - 2:00 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



Summit Housing & Outreach Programs
Health & Wellness

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



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.

| THURSDAYS |
FROM 1:00 - 1:45 PM

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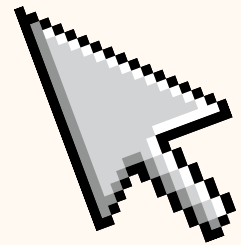
Summit Housing & Outreach Programs
Health & Wellness

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NEW



Tech for All Ages




Empowering all ages through technology.
Learn, connect, and grow together!

Wednesday, March 26th
12:00-1:00pm



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



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NEW




Budgeting Basics

Wednesday March 12th
11:00am-12:00pm



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SUMMIT ACTT – WELLNESS GROUP
presents

Cannabis Information Session

THURSDAY, MARCH 13TH, 2025
12:00PM- 1:00PM

Summit Oakville Office - Boardroom
2305 Wycroft Road, Suite 200, Oakville

also available on Zoom:
<https://us02web.zoom.us/my/healthwellness>
Meeting ID: 289 795 5847

Please contact
905-847-3206 ext. 902
to REGISTER



Healthy Boundaries

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





Wednesday, March 19th
From 1:00-2:00pm

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



Please contact Reagan to register:

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SUMMIT ACTT – WELLNESS GROUP
presents

Smoking Cessation

TUESDAY, MARCH 25TH, 2025
2:00PM- 4:00PM

Summit Oakville Office - Boardroom
2305 Wycroft Road, Suite 200, Oakville

DO YOU:

- WANT TO QUIT OR CUT DOWN
- KNOW SOMEONE WHO WANTS TO QUIT OR CUT DOWN
- WANT TO LEARN ABOUT ALTERNATIVES TO (E-CIGARETTES, HOOKAH)

SMOKING?

AN INFORMATIVE AND RESOURCE-FILLED SESSION. THIS GROUP WILL OUTLINE THE REASONS BEHIND CIGARETTE ADDICTION, STRATEGIES FOR HARM REDUCTION OR QUITTING, AND PROVIDE CONTACT INFORMATION FOR COMMUNITY RESOURCES. THIS IS A WORKSHOP FOR ANY SMOKER AND WILL PROVIDE INFORMATION AND HELP FOR THOSE WHO DON'T WANT TO QUIT, THOSE THAT ARE THINKING ABOUT QUITTING OR CUTTING BACK, AND THOSE ACTIVELY TRYING TO STOP.


PLEASE CONTACT 905-847-3206 EXT. 902 TO REGISTER

Conservation Walk



Friday, March 14th & March 28th
1:30 - 2:30pm

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Family Support Group

Caregiver Burnout

Are you a caregiver & finding yourself becoming drained?

Come join us to learn about the importance of self-care and recharging your own battery. You matter too!

Thursday, March 20th

6:30pm - 8:00pm

Summit Health & Wellness Hub

917 Nipissing Road, Unit 2, Milton ON L9T
5E3



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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:
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Meeting ID: 289 795 5847

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



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PAINTING

with **JON**
in Oakville



Wednesday, March 5th

1:00pm-3:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE



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





PAINTING

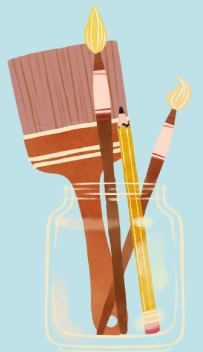
with **JON**



 Tuesday, March 11th & 25th

1:00pm-3:00pm

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



Please contact Reagan to register:

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CRAFTS WITH

LOIS

WHEN:

FRIDAY, MARCH 21ST


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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COOKING GROUP




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

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

Limited spots available

Please contact Reagan to register:

 289-795-5847

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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:

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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:
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Meeting ID: 289 795 5847

Please contact Reagan to register:

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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.khicommunity.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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