



SUMMIT NEWSLETTER



WELCOME

APRIL

2025



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for Accreditation



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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



APRIL 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Early Risers 10:00am - 10:30am Poetry Group 1:00-2:00pm	2 Painting with Jon Oakville Office 1:00-3:00pm	3 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	4	5
6	7 Men's Group 2:00pm - 3:00pm	8 Early Risers 10:00am - 10:30am Painting with Jon Milton Office 1:00-3:00pm	9	10 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	11 Budgeting Basics 11:00am-12:00pm Conservation Walk 1:30-2:30pm	12
13	14 Men's Group 2:00pm - 3:00pm	15 Early Risers 10:00am - 10:30am	16 Open Mic Milton Office 1:00-3:00pm	17 Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	18 CLOSED good friday	19
20	21 CLOSED Happy Easter	22 Early Risers 10:00am - 10:30am Painting with Jon Milton Office 1:00-3:00pm	23 Midweek Mixer 12:00-1:30pm Milton Office & Zoom	24 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	25 Conservation Walk 1:30-2:30pm	26
27	28 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office	29 Early Risers 10:00am - 10:30am Volunteer Appreciation Event	30 Tech for All Ages 12:00-1:00pm Milton Office	31 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm		

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



Midweek Mixer

Join us and experience a dynamic group where games, trivia, and social activities come together for endless fun and new friendships.

WEDNESDAY

April 23rd, 2025

12:00-1:30pm

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

OR

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



OPEN MIC

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

Wednesday, April 16th

1:00pm - 3:00pm

Milton office

2-917 Nipissing Rd., Milton



Please contact Reagan to register:

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Poetry Group

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

Tuesday April 1st, 2025

1:00-2:00pm

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847

Please contact Reagan to register:

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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 1:00-1:45PM

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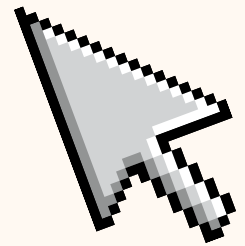


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Health & Wellness

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Tech for All Ages



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

Wednesday, April 30th
12:00-1:00pm



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

Please contact Reagan to register:

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Budgeting Basics

Friday April 11th
11:00am-12:00pm



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

Please contact Reagan to register:

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 **rjacobs@summit-housing.ca**



Conservation Walk



Friday, April 11th & April 25th
1:30 - 2:30pm

Please contact Reagan to register:

289-795-5847

rjacobs@summit-housing.ca

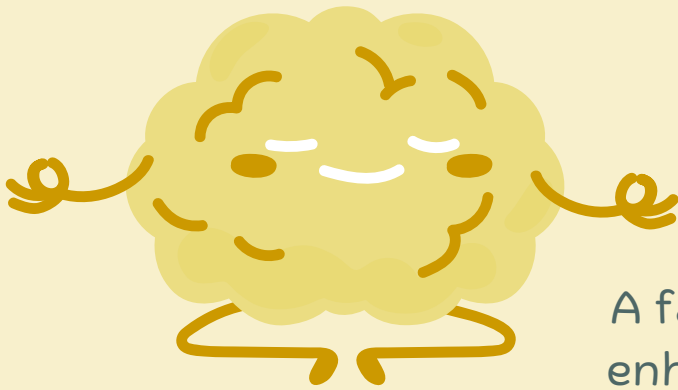


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Family Support Group

Mindful Conversations



A family support group dedicated to enhancing communication skills with individuals diagnosed with mental health.

Thursday, April 24th

6:30pm - 8:00pm

Summit Health & Wellness Hub

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

Please contact Reagan to register:

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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:
<https://us02web.zoom.us/j/healthwellness>
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Please contact Reagan to register:

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PAINTING

with **JON**
in Oakville

Wednesday, April 2nd

1:00pm-3:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

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PAINTING

with JON



Tuesday, April 8th & 22nd

1:00pm-3:00pm

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



Please contact Reagan to register:

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COOKING GROUP



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

**Monday, April 28th
1:00PM- 2:30PM**

Limited spots available

Please contact Reagan to register:



289-795-5847



rjacobs@summit-housing.ca

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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

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<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 - 3:30PM



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Food Bank Information

MILTON

Salvation Army, Khi Community - Milton

820 Nipissing Rd. Appointment required book through 905-875-1022
or email khi.info@salvationarmy.ca
or visit <https://www.khicomunity.com/family-services>

Country Heritage Park - FoodforLife Market

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

Milton Bible Church

121 Chisholm Drive, Milton 905-876-3586
Food for Life Program Thu 12 noon-1 pm
<https://foodforlife.ca/neighbourhood-programs/>

Syyidah Aysha Centre - Milton Halal Food Bank

50 Steeles Ave E, Unit 203, 647-470-3499
Mon-Fri, 10:00am-7:00pm
www.miltonhalalfoodbank.com

Milton Community Resource Centre

410 Bronte Street, 905-876-1244
Registration required
<https://foodforlife.ca/neighbourhood-programs/>

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

Food Bank Information

ACTON

Bethel Christian Reformed Church

365 Queen St. E., Acton (519) 853-2121

Thursday 9:30-10:30am

<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/>

Crossings Community Church - The Roxy Centre

6 Mill Street, Acton (519) 853-1830

Thursday 9:00-11:00am & 6:00-8:00pm

<https://www.theroxycentre.com/events>

Acton FoodShare

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

Tues 8:30am – 2:30pm

<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 – 7:30-9:30am

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 4:30-7pm, Weds & Sat 8:30am – 12pm

Salvation Army Georgetown

271 Mountainview Rd South (905) 877-1374 ext 101
Tues & Fri 9:30am-4pm 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 8:45 am – 9:45 am – 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

2270 Speers Rd, (905) 808-3406
Wednesday 9am – 12pm, other times available by appointment only

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 9:30am – 2:00pm or Thursday's 2:00pm – 6:45 pm
<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
Every other Wednesday from 10:00am to 2:00pm
<https://darfoundation.com/services/food-bank/>

Food Bank Information

BURLINGTON



Mountainside Market

2258 Mountainside Drive, 905-635-1106, *By appointment only
Tuesdays & Thursdays 10:30am - 12:30pm & 1:30-6:00pm
<https://foodforlife.ca/market/>

St. Luke's Anglican

1382 Ontario St. (Brant and Lakeshore), 905-634-1826
Tuesday – 9:45 am - 11:00am

Grace United Church (Tansley) – Operating in the parking lot

2111 Walkers Line (Walkers & Upper Middle)
905-335-0090
Friday – 8:30 - 10:00 am

Compassion Society

484 Plains Rd E #14, Burlington, 905-592-3722
Monday/Friday 12-3:30 pm, Wednesday 4-7pm

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 (1– 4pm), Wed (9-11:30am), Thurs (9am–12pm & 1-4pm)

<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 – 12:30 pm, 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
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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