



SUMMIT NEWSLETTER



July

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



Ontario Health
Central



Ontario Health
West





JULY 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		1 CLOSED 	2	3 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	4  Conservation Walk 1:30-2:30pm	5
6	7 Supportive Resources 1:00-2:00pm Milton Office  Men's Group 2:00pm - 3:00pm	8 Early Risers 10:00am - 10:30am  Gardening Group 1:00-2:00pm Oakville Memorial Park	9	10 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	11	12
13	14 Men's Group 2:00pm - 3:00pm	15 Early Risers 10:00am - 10:30am  Painting with Jon 1:00-3:00pm Milton Office	16  Open Mic Milton Office 1:00-3:00pm	17 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	18  Conservation Walk 1:30-2:30pm	19
20	21 Men's Group 2:00pm - 3:00pm	22 Early Risers 10:00am - 10:30am  Gardening Group 1:00-2:00pm Oakville Memorial Park	23	24 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm -3:30 pm	25  Crafts with Lois 11:00-12:30pm  Movie Mates 1:00-3:00pm Milton Office	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  Painting with Jon 1:00-3:00pm Milton Office	30  Tech for All Ages 12:00-1:00pm Milton Office	31		

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.



ART Call Out



We're looking for artwork that:



Reflects the agency to include in this year's Annual Report.

The Annual Report is prepared for our clients, funders, community members, and is available on our website.

**EMAIL YOUR ARTWORK TO:
INFO@SUMMIT-HOUSING.CA
DEADLINE: JULY 31, 2025**



****Artist whose artwork is selected will receive a gift card.****



Join us for an afternoon of snacks,
relaxing & a movie!



Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



OPEN MIC

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

Wednesday, July 16th

1:00pm - 3:00pm

Milton office

2-917 Nipissing Rd., Milton



Please contact Reagan to register:

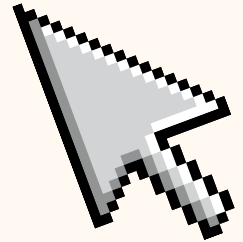
📞 289-795-5847

✉️ rjacobs@summit-housing.ca



Tech for All Ages

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



Wednesday, July 30th
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



Summit Housing & Outreach Programs
Health & Wellness

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



GARDENING GROUP



WHEN: TUESDAY, JULY 8TH & 22ND

1:00 - 2:00 PM

**WHERE: MEMORIAL GARDENS
120 OAK PARK BLVD., OAKVILLE**

Please contact Reagan to register:

📞 **289-795-5847**

✉️ **rjacobs@summit-housing.ca**



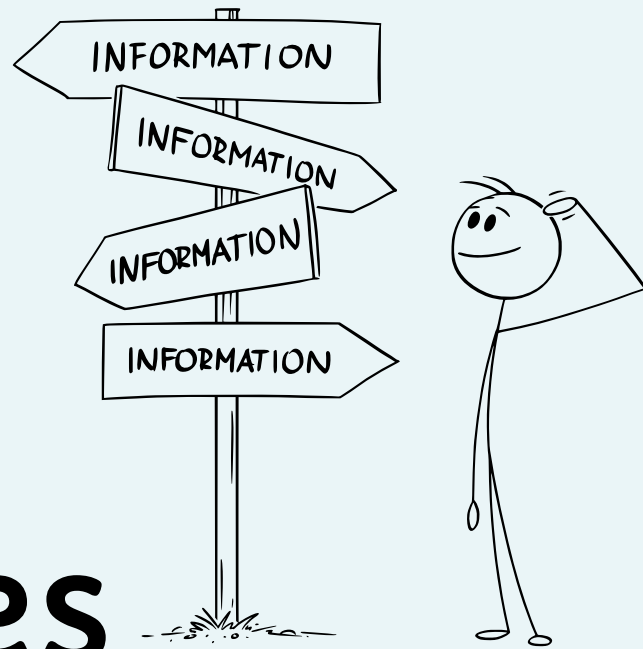
Summit Housing & Outreach Programs
Health & Wellness

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



Supportive Resources

with Felicia & Reagan



Join us for refreshments and to obtain resources that are available to you within your community.

Monday, July 7th
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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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

Join the Zoom Meetings:

<https://us02web.zoom.us/j/9101562520>

Meeting ID: 289 795 5847

Please contact Reagan to register:

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✉️ rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
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Conservation Walk



Friday, July 4th & 18th
1:30 - 2:30pm

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



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PAINTING

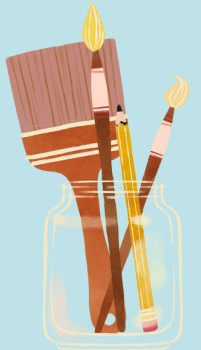
with JON



Tuesday, July 15th & 29th

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



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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>
Meeting ID: 289 795 5847

Please contact Reagan to register:

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



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Health & Wellness

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CRAFTS WITH



LOIS



WHEN:

FRIDAY, JULY 25TH

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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COOKING GROUP



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

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

Limited spots available

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/j/902547847>

Meeting ID: 289 795 5847

Please contact Reagan to register:



289-795-5847



rjacobs@summit-housing.ca



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Health & Wellness

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

Please contact Reagan to register:

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Mental Health & Substance Use Webinars

Join us for our **FREE** virtual workshops | Open to ages 16+
For workshop description & more info, visit www.stride.on.ca



Reclaiming Power in Powerless Places

Wednesday, July 23rd

1:30 PM - 3:30 PM

Join us for a virtual, peer-led wellness workshop exploring how to find strength, agency, and resilience in environments where we often feel powerless. Through shared strategies, supportive dialogue, and practical tools, we'll create space to reconnect with our inner power and build community together.

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 Let's Talk About It: Unapologetically You

Join us to discuss what it means to show up fully as yourself and embrace who you want to be. We'll discuss practical tools to build self-confidence, a strong identity, and self-esteem.

- Thursday, July 10th at 1:30 - 3:00 PM via Zoom

In-Person Let's Talk About: Financial Literacy

Interested in learning more about financial skills? Whether you're starting a new job, planning for future goals, or just want to feel more confident about managing your money, this session will provide some practical tools and tips to navigate financial decisions.

- Thursday, July 24th at 3:00 PM to 5:00 PM at our Milton Office at 55 Ontario Street South, Suite 26, Milton, ON L9T 2M3 ***NEW LOCATION***

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



PROBLEM GAMBLING 5-DAY INTENSIVE VIRTUAL PROGRAM

This intensive 5-day program offers a deep dive into understanding the complexities of problem gambling and its impact on every aspect of life. Participants explore their relationship with gambling and money, unpacking how these dynamics contribute to harmful patterns.

The program covers:

- Understanding Gambling
- Relationship with Gambling/Money: Identifying behaviours and beliefs that fuel the addiction.
- Risk and Harm Awareness: Recognizing the ripple effects of gambling
- Relapse Prevention: Learning strategies to recognize and manage high-risk situations.
- Coping Skills and Tools: Building a personalized toolkit to handle urges, stress, and life's challenges.



Program Highlights

Program is **FREE**.

**Monday - Friday
9:30am to 3:30pm (with
breaks) via Zoom.**

Attendance is Mandatory.

**Abstinence is encouraged
during treatment program.**

**Post program follow up
appointments are available.**

2025 Virtual Schedule

January 27-31, 2025

March 24-28, 2025

May 26-30, 2025

July 21-25, 2025

September 22-26, 2025

November 24-28, 2025

**To Register: Contact Scott at (905) 691-0231
or scotts@haltonadapt.org**



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>

Country Heritage Park - FoodforLife Market

Admin Building, 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, 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 Aysha 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

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 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 –7:30-9:30 am




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 & 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 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

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 9:30 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
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, 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

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/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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