



SUMMIT NEWSLETTER



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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



AUGUST 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Conservation Walk 1:30-2:30pm	2
3	4 CLOSED CIVIC HOLIDAY	5 Early Risers 10:00am - 10:30am Gardening Group 1:00-2:00pm Oakville Memorial Park	6	7 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm - 3:30 pm	8 Crafts with Lois 11:00-12:30pm	9
10	11 Men's Group 2:00pm - 3:00pm	12 Early Risers 10:00am - 10:30am Painting with Jon 1:00-3:00pm Milton Office	13	14 Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	15	16
17	18 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office	19 Early Risers 10:00am - 10:30am Gardening Group 1:00-2:00pm Oakville Memorial Park	20 Music Makers Oakville Office 1:00-3:00pm	21 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm - 3:30 pm	22 Movie Mates 1:00-3:00pm Milton Office	23
24 	25 Men's Group 2:00pm - 3:00pm	26 Early Risers 10:00am - 10:30am Painting with Jon 1:00-3:00pm Milton Office	27 Tech for All Ages 12:00-1:00pm Milton Office Dogs & De-Stress 1:30-2:30pm TBD	28 Early Risers 10:00am - 10:30am Mindfulness Group 1:00-1:45pm Productivity Group 2:00pm - 3:30 pm	29 Conservation Walk 1:30-2:30pm	30
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.



Dogs & De-Stress



🐾 Take a Paws 🐾

Join us for an afternoon with a Therapy Dog!

Wednesday, August 27th

1:30-2:30pm

Location to be determined



Limited spots available!

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca

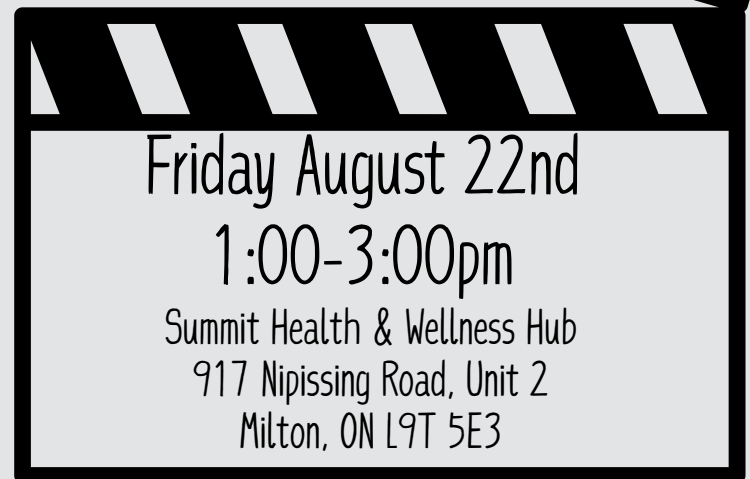
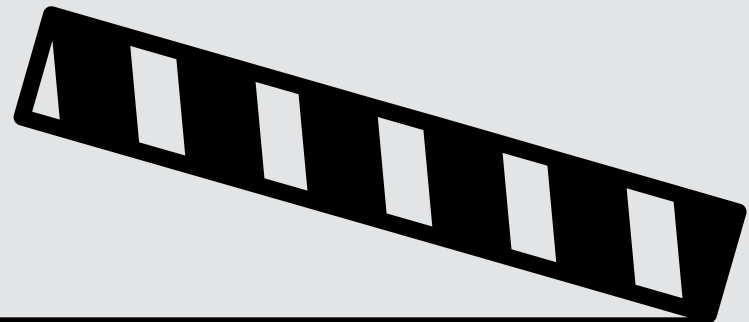


Summit Housing & Outreach Programs
Health & Wellness

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



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



Please contact Reagan to register:

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✉️ rjacobs@summit-housing.ca



MUSIC MAKERS

WITH JIM

WEDNESDAY AUGUST 20TH
1:00-3:00PM

2305 WYECROFT ROAD,
SUITE 200
OAKVILLE

COME ENJOY SOME MUSIC,
& IF YOU WANT YOU CAN
EVEN SING ALONG!

Please contact Reagan to register:

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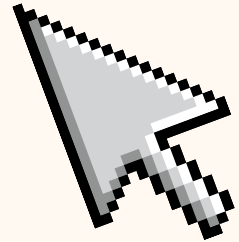
Summit Housing & Outreach Programs
Health & Wellness

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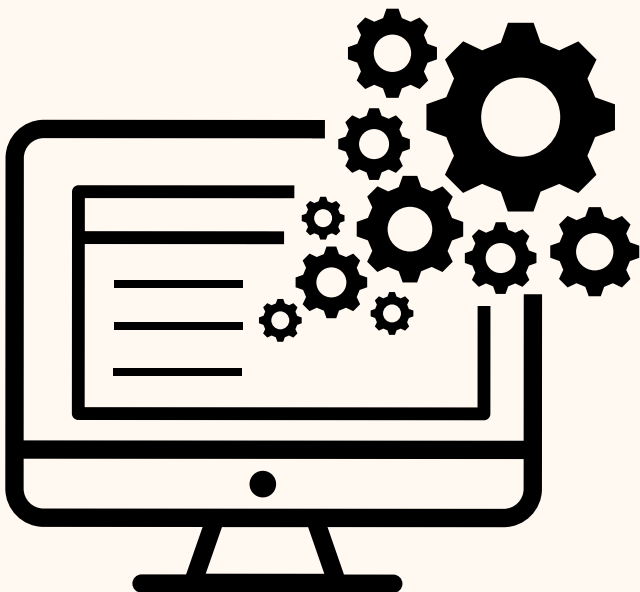


Tech for All Ages

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



Wednesday, August 27th
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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✉️ rjacobs@summit-housing.ca



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GARDENING GROUP



WHEN: TUESDAY, AUGUST 5TH & 19TH

1:00 - 2:00 PM

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

Please contact Reagan to register:

📞 **289-795-5847**

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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/91012897955847>

Meeting ID: 289 795 5847

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



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Conservation Walk



Friday, August 1st & 29th
1:30 - 2:30pm

Please contact Reagan to register:

☎ 289-795-5847

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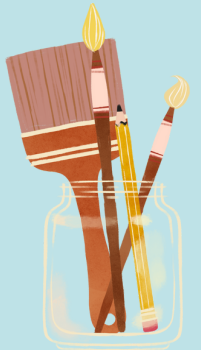
PAINTING *with* JON



 Tuesday, August 12th & 26th

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:

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CRAFTS WITH



LOIS



WHEN:

FRIDAY, AUGUST 8TH
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, August 18th
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/90256123456>

Meeting ID: 289 795 5847

Please contact Reagan to register:



289-795-5847



rjacobs@summit-housing.ca



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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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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: Seasons of Change:
Gearing up for Fall Opportunities**

Fall positions are starting to open up, get ahead of the game and join us to learn more! We'll focus on tips for finding fall employment and improving time management.

- Thursday, August 14th at 1:30pm via Zoom

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



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



The Gentle Momentum Workshop

Wednesday, August 20th

1:30 PM - 3:30 PM

Feeling low on energy? Join our free virtual workshop for those dealing with fatigue or burnout. We'll explore cozy strategies like working from bed, habit stacking, and low-energy self-care. Learn to create success narratives and build meaningful routines in a supportive, shame-free environment where gentle progress is valued.

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

   @STRIDE4WORK





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>

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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