



SUMMIT NEWSLETTER



September
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



SEPTEMBER 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

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

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.



Summit WELLNESS AWARDS 2025

The Wellness Awards honours and recognizes those who have made exceptional effort towards their self-recovery and/or those who have made significant contribution towards the wellness of others.

Nominations for awards will be accepted for:
Clients, community partners, donors.

Nominations are open until **September 12th 2025.**

Ask your worker for the nomination form
today!

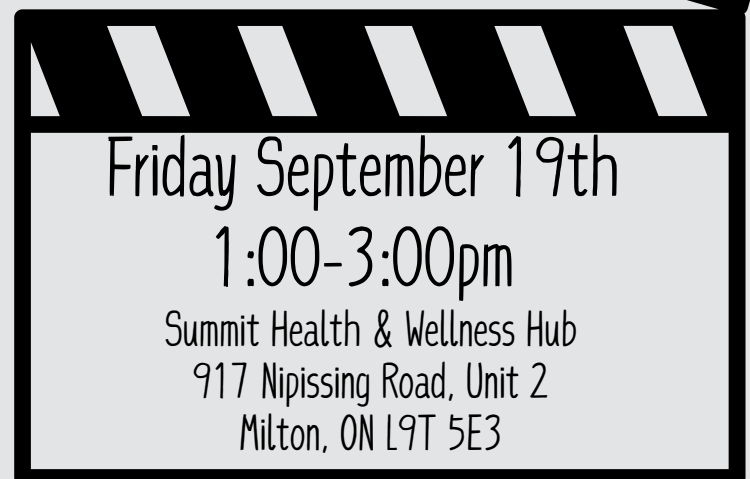
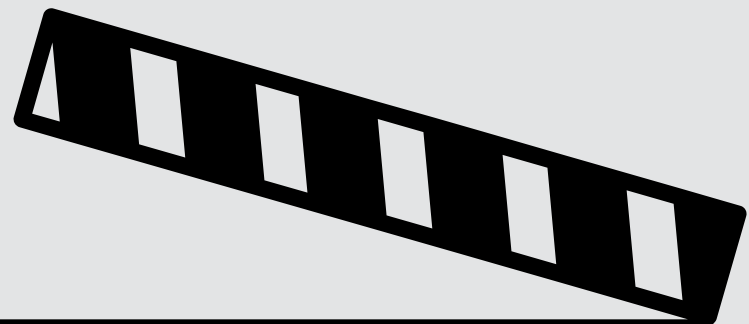


Summit Housing & Outreach Programs
Health & Wellness

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



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



Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



Dogs & De-Stress



Take a Paws

Join us for an afternoon with a Therapy Dog!

Monday, September 15th

2:00-3:00pm

Location to be determined



Limited spots available!

Please contact Reagan to register:

📞 289-795-5847

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OPEN MIC

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

Wednesday, September 17th

1:00pm - 3:00pm

Milton office

2-917 Nipissing Rd., Milton



Please contact Reagan to register:

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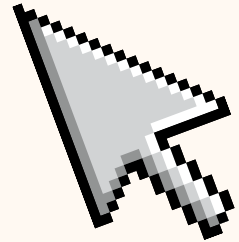
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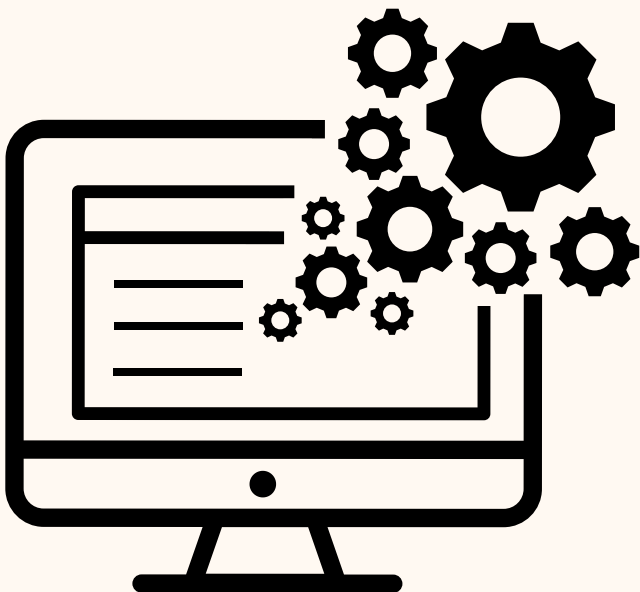


Tech for All Ages

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



Wednesday, September 24th
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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GARDENING GROUP



**WHEN: TUESDAY, SEPTEMBER 2ND,
16TH & 30TH**

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**



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Conservation Walk



Friday, September 12th & 26th
1:30 - 2:30pm

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



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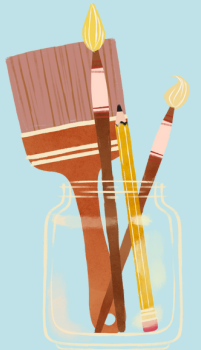
PAINTING *with* JON



Tuesday, September 9th & 23rd

1:00pm-3:00pm

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



Please contact Reagan to register:

289-795-5847

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Early Risers

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

| 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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CRAFTS WITH



LOIS

WHEN:


**FRIDAY, SEPTEMBER 5TH
& 19TH**

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:

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COOKING GROUP



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

**Monday, September 29th
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/my/healthwellness>

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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Summit Housing & Outreach Programs
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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



Soft & Strong: Finding Balance Through Compassion & Boundaries

Wednesday, September 17th

1:30 PM - 3:30 PM

Join us for a supportive, peer-led space to explore how compassion and boundaries can work together. Let's unpack what it means to be both soft and strong in our relationships, our communities, and with ourselves.

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



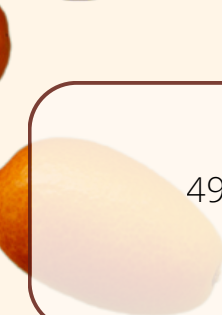
St John's United Church

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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