



SUMMIT NEWSLETTER



NOVEMBER

2025

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Canadian Centre
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

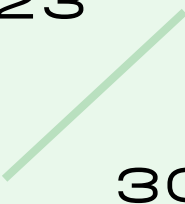
Summit Housing & Outreach Programs

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



NOVEMBER 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Men's Group 2:00pm - 3:00pm	4 Painting with Jon Milton Office 1:00-3:00pm 	5 Art's Socials Oakville Office 11:30am-1:00pm 	6 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	7  Conservation Walk 1:30-2:30pm	8
9	10 Men's Group 2:00pm - 3:00pm	11 Remembrance Day  Crochet with Emilie Oakville Office 1:00-2:30pm 	12 Tech for All Ages Milton Office 12:00-1:00pm 	13 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	14  Crafts with Lois Milton Office 11:00-12:30pm	15
16	17 Let's Talk Programs Milton Office 11:00-12:00pm  Men's Group 2:00pm - 3:00pm	18 Painting with Jon Oakville Office 1:00-3:00pm 	19	20 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm Family Support Group 6:30-8:00pm Milton Office 	21  Conservation Walk 1:30-2:30pm	22
23 	24 Cooking Group Milton Office 1:00-2:30pm  Men's Group 2:00pm - 3:00pm	25  Mall Walk Oakville Place 1:00 - 2:00pm	26 Open Mic Milton Office 1:00-3:00pm 	27 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	28  Crafts with Lois Milton Office 11:00-12:30pm Movie Mates Milton Office 1:00-3:00pm 	29
30						

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 HOUSING &
OUTREACH PROGRAMS

CELEBRATING
40 YEARS

Please join us for fun, dancing and turkey dinner

Holiday **PARTY**

DEC

18

4-8PM

THURSDAY

Get ready to jingle and mingle!

COUNTRY HERITAGE PARK- GAMBREL BARN
8560 TREMAINE ROAD, MILTON ON L9T 2X3

SPOTS ARE LIMITED!

Please RSVP to your Summit worker or
to Anamae (aclaret@summit-housing.ca)

by **November 28, 2025.**

Kindly share any food allergies and accessibility needs

Transportation is limited. Bus pick-up and drop-off are at
designated areas.



Arts Social

with Roberta & Paul

Unleash your creativity and enjoy great company at our arts social!

Wednesday, November 5th
1:00-2:30pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



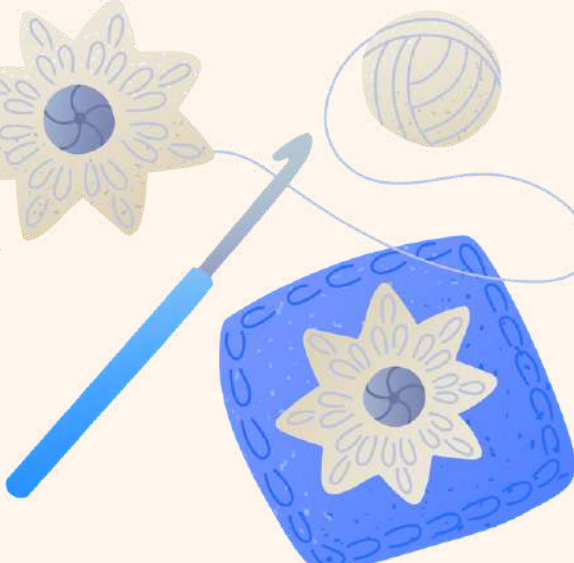
Summit Housing & Outreach Programs
Health & Wellness

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



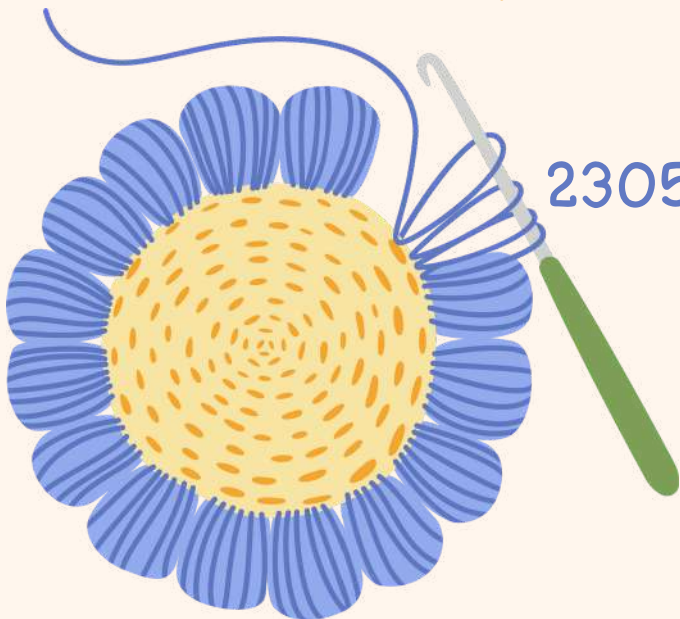
Crochet

with Emile

An illustration of a blue crochet hook with a yellow yarn ball and a blue crocheted square with a yellow star pattern.

Discover the joy of crochet—perfect for
beginners and a relaxing afternoon!

Tuesday November 11th
1:00–2:30pm



2305 WYECROFT ROAD, SUITE 200
OAKVILLE

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Let's Talk Programming



Join us to discuss and share your ideas on current and new programs that we offer and help us shape our health and wellness program!

Monday, November 17th, 2025

11:00am-12:00pm

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

OR

Join the Zoom Meetings:

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

Meeting ID: 289 795 5847



Please contact Reagan to register:

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✉️ rjacobs@summit-housing.ca

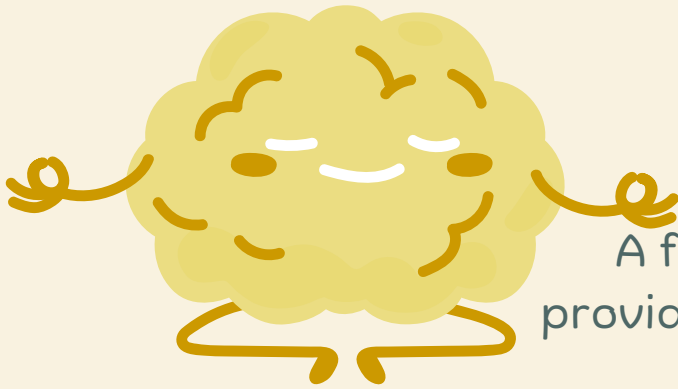


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Family Support Group Resources in the Community for Caregivers & Clients



A family support group dedicated to providing resources available to you within the community.

Thursday, November 20th

6:30pm - 8:00pm

Summit Health & Wellness Hub

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



Please contact Reagan to register:

📞 **289-795-5847**

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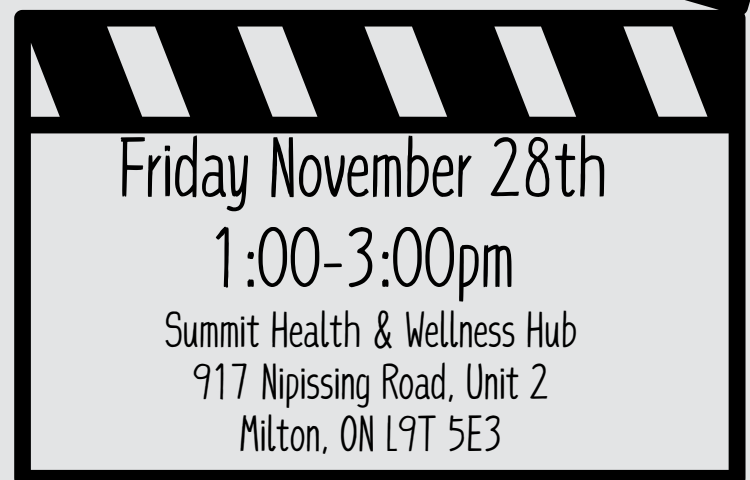
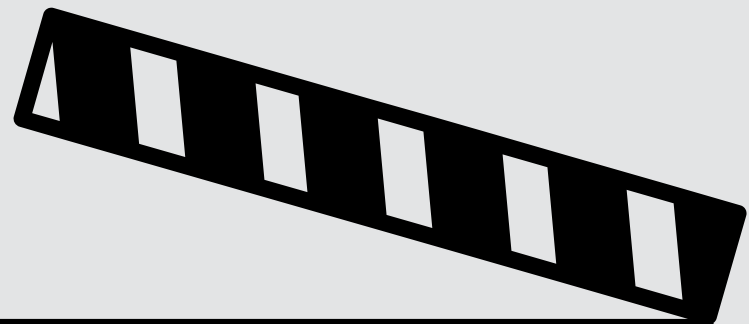


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Join us for an afternoon of snacks,
connecting & a movie!



Please contact Reagan to register:

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✉ rjacobs@summit-housing.ca



Mall Walk!



When:

Tuesday, November 25th, 2025

1:00-2:00pm

Where:

Oakville Place Mall

240 Leighland Avenue, Oakville

Please contact Reagan to register:

☎ **289-795-5847**

✉ rjacobs@summit-housing.ca



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OPEN MIC

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

Wednesday, November 26th

1:00pm - 3:00pm

Milton office

2-917 Nipissing Rd., Milton



Please contact Reagan to register:

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✉️ rjacobs@summit-housing.ca



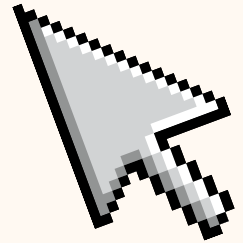
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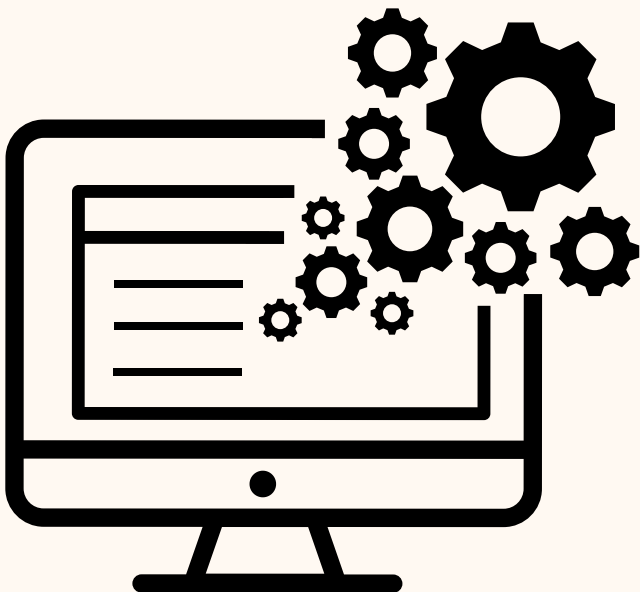


Tech for All Ages

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



Wednesday, November 12th
12:00-1:00pm



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

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Conservation Walk



Friday, November 7th & 21st
1:30 - 2:30pm

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



PAINTING

with JON

in Milton



Tuesday, November 4th

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



Summit Housing & Outreach Programs
Health & Wellness

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PAINTING

with JON

in Oakville

Tuesday, November 18th

1:00pm-3:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

289-795-5847

rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

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Early Risers

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

| THURSDAYS |
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



Summit Housing & Outreach Programs
Health & Wellness

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

CRAFTS WITH

LOIS

WHEN:

FRIDAY, NOVEMBER

14TH & 28TH

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, November 24th
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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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 Chaos Chronicles: A Survival Guide to Your Inner Peace

**Wednesday, November 19th
1:30 PM - 3:30 PM**

Join us for a supportive, peer-led virtual wellness workshop designed to help you navigate stress, overwhelm, and emotional noise. Together, we'll explore simple, grounding practices and share practical tools to reconnect with calm, clarity, and resilience. Through reflection and community, we'll begin crafting our own survival guides for inner peace one breath at a time.

For questions & registration, email us between the hours of
8:00 AM - 4:00 PM, Monday-Friday: Info@stride.on.ca

   @STRIDE4WORK



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:

Let's Talk About it: Dealing with Disappointment

Disappointment is a natural part of life. Whether it's missing out on an opportunity, facing unexpected challenges, or not meeting personal goals. This workshop explores practical ways to process disappointment in healthy ways, reframe experiences, and move forward with resilience and confidence.

- Thursday, November 13th at 1:30 PM, via Zoom

Grounded Growth: Staying Centered as the Seasons Change

As the seasons change, it's natural to feel shifts in energy, focus, and emotion. Together, we'll explore mindfulness and grounding practices to help you stay steady while still growing and adapting. Join us in-person at our Oakville office for activities, snacks and great conversation.

- Thursday, November 27th at 3:00 PM - 5:00 PM at our Oakville Office, located at 247 North Service Road, Suite 200.

Visit, www.stride.on.ca/calendar to register.

For any questions, please reach out to Alyssa at asmith@stride.on.ca



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



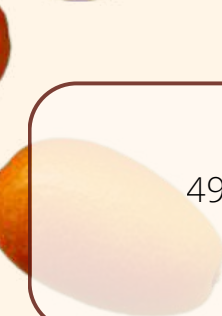
St John's United Church

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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