



SUMMIT NEWSLETTER



October
2025

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Canadian Centre
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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



OCTOBER 2025

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Early Risers 10:00am - 10:30am	3 Crafts with Lois 11:00-12:30pm 	4
5	6 Men's Group 2:00pm - 3:00pm	7 Painting with Jon 1:00-3:00pm Milton Office 	8 Cannabis Information Milton Office 1:00-2:30pm	9 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	10  Conservation Walk 1:30-2:30pm	11
12	13  Happy Thanksgiving Offices Closed	14  Gardening Group 1:00-2:00pm Oakville Memorial Park	15 Wellness Awards Event	16 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	17	18
19	20 Let's Talk Programs 11:00-12:00 Milton Office  Men's Group 2:00pm - 3:00pm	21 Painting with Jon 1:00-3:00pm Milton Office 	22 Tech for All Ages 12:00-1:00pm Milton Office 	23 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 	24  Conservation Walk 1:30-2:30pm	25
26	27 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office 	28  Gardening Group 1:00-2:00pm Oakville Memorial Park	29 Music Makers Oakville Office 1:00-3:00pm 	30 Early Risers 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	31 Movie Mates 1:00-3:00pm Milton Office 	

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.



8-week Mindfulness-Based Stress Reduction Course

HAVE YOU BEEN ACTING IN ANY OF THE FOLLOWING WAYS?

- Forgetful or clumsy
- Eating more or less than usual
- Smoking or drinking more
- Exploding with anger

HAVE YOU HAD ANY OF THE FOLLOWING PHYSICAL SYMPTOMS?

- Headaches
- Stomach or bowel problems
- Sweating
- Feeling dizzy
- Breathlessness

HAVE YOU BEEN THINKING IN ANY OF THE FOLLOWING WAYS?

- Constant worrying
- Predicting the worst
- Racing mind
- Negative thinking

HAVE YOU HAD ANY OF THE FOLLOWING FEELINGS?

- Low mood
- Sense of inadequacy
- Anxiety
- Frustration
- Panic

Learn mindfulness practices and meditations to reduce stress, build resilience, and find joy in everyday life through the MBSR course.



2305 Wyecroft Road
Suite 200
Oakville, ON

| THURSDAYS |
OCTOBER 9TH- NOVEMBER 27TH
FROM 1:00-3:00PM
CLOSED GROUP!

Register with Mike @ 289-208-2277 or mforester@summit-housing.ca or
Reagan @ 289-795-5847 or rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

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



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, October 20th, 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:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca

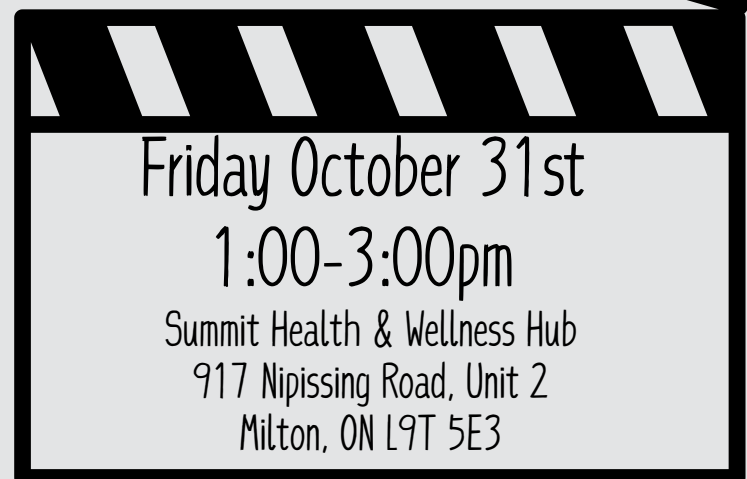
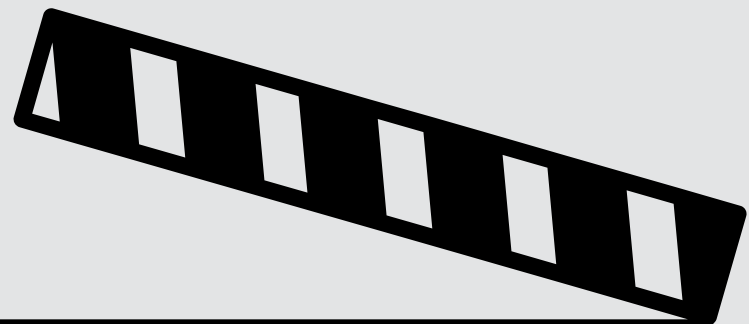


Summit Housing & Outreach Programs
Health & Wellness

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



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



Please contact Reagan to register:

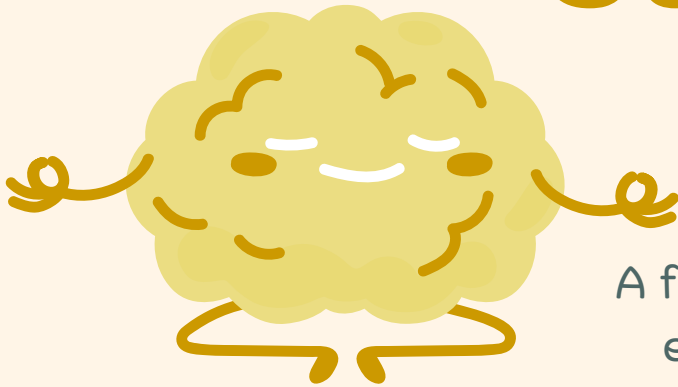
📞 289-795-5847

✉️ rjacobs@summit-housing.ca



Family Support Group

How to have Difficult Conversations



A family support group dedicated to enhancing communication skills.

Thursday, October 23rd


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**

 **rjacobs@summit-housing.ca**



SUMMIT ACTT – WELLNESS GROUP

presents

Cannabis Information Session

Join an informative group to learn about the history of Cannabis, it's medicinal use and benefits. This group will examine how different types of cannabis can affect our mental and physical health in a number of different ways.

WEDNESDAY, OCTOBER 8TH, 2025
1:00PM- 2:30PM

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



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MUSIC MAKERS

WITH JIM

WEDNESDAY OCTOBER 29TH
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:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



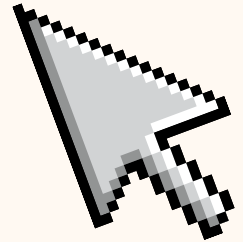
Summit Housing & Outreach Programs
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Tech for All Ages

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



Wednesday, October 22nd
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, OCTOBER 14TH & 28TH

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

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Conservation Walk



Friday, October 10th & 24th
1:30 - 2:30pm

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



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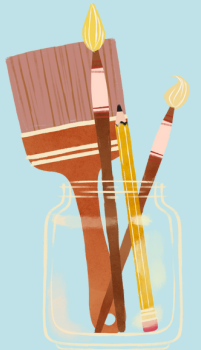
PAINTING *with* JON



Tuesday, October 7th & 21st

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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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



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CRAFTS WITH



LOIS



WHEN:

FRIDAY, OCTOBER 3RD

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, October 27th
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



Summit Housing & Outreach Programs
Health & Wellness

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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



Standing Strong: Facing Our Inner Critic

Wednesday, October 15th

1:30 PM - 3:30 PM

Join us for a supportive, peer-led virtual workshop designed to help us recognize, understand, and challenge our inner critic. Through shared experiences and practical tools, we'll work together to build self-compassion and inner strength. Let's stand strong, 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

   @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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