



# SUMMIT NEWSLETTER



# January

# 2026



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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](mailto:info@summit-housing.ca)



# JANUARY 2026

## SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN MON TUE WED THU FRI SAT

					1 <i>Happy New Year</i> OFFICES CLOSED	2  Winter Walk Burlington 1:30-2:30pm	3
4	5 Men's Group 2:00pm - 3:00pm	6 Crochet with Emilie Oakville Office 1:00-2:30pm 	7 Art's Socials Oakville Office 11:30am-1:00pm 	8 Early Risers 10:00am - 10:30am	9 Crafts with Lois Milton Office 11:00-12:30pm 	10	
11	12 Let's Talk Programs Milton Office 11:00-12:00pm 	13 Men's Group 2:00pm - 3:00pm 	14 Painting with Jon Milton Office 1:00-3:00pm 	15 Open Mic Milton Office 1:00-3:00pm	16 Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	17  Winter Walk Burlington 1:30-2:30pm	
18	19 Men's Group 2:00pm - 3:00pm 	20 Mall Walk 1:00 - 2:00pm	21	22 Early Risers 10:00am - 10:30am Stop Smoking Group Milton Office 2:00-4:00pm Family Support Group 6:30-8:00pm Milton Office	23 Crafts with Lois Milton Office 11:00-12:30pm  Movie Mates Milton Office 1:00-3:00pm 	24	
25	26 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office 	27 Painting with Jon Milton Office 1:00-3:00pm 	28 Coffee & Conversation Milton Office 11:00-12:30pm 	29 Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	30  Winter Walk Burlington 1:30-2:30pm	31	

← →

In-Person groups are in **RED FONT**

Online Groups via Teams are in **BLACK FONT**

INTERESTED IN A PROGRAM?

REGISTER WITH REAGAN:

[rjacobs@summit-housing.ca](mailto: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.



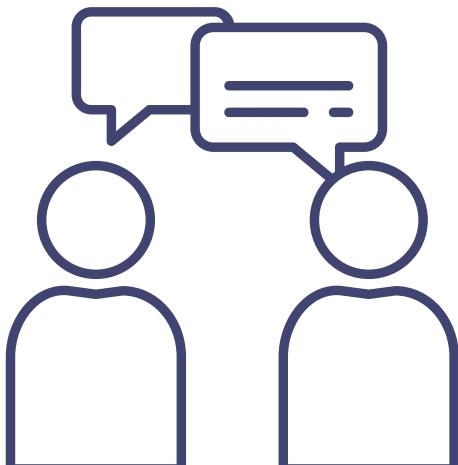
A large, blue, 3D-style speech bubble with a white outline. The words "LET'S TALK" are written in bold, white, sans-serif capital letters inside the bubble.

# Bell Let's Talk

January 21<sup>st</sup>, 2026

Bell Let's Talk Day is Canada's largest mental health awareness campaign, dedicated to breaking the stigma surrounding mental illness and promoting open conversations.

It's a reminder that every conversation matters, whether it's checking in on a friend, sharing resources, or simply listening. Together, we can create a culture of support and understanding.



## How you can participate:

- Share mental health resources with your team.
- Use #BellLetsTalk on social media to contribute to the campaign.
- Take a moment to start a conversation about mental well-being.



# UPDATE

**Starting this January, we have moved from Zoom to Microsoft Teams for all groups!**

**To join, you'll need a unique link for every meeting,  
be sure to register in advance!**





# Arts Social

with Roberta & Paul

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

Wednesday, January 7<sup>th</sup>  
1:00-2:30pm

2305 WYECROFT ROAD, SUITE 200  
OAKVILLE

Please contact Reagan to register:

📞 289-795-5847  
✉️ [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

Summit Housing & Outreach Programs  
Health & Wellness

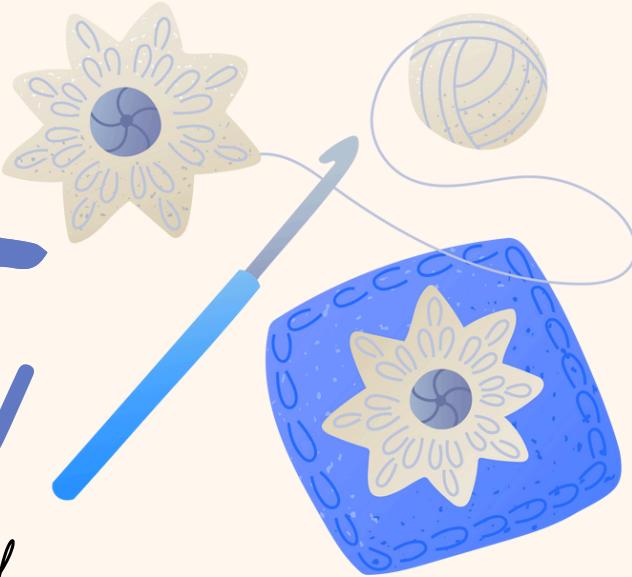
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# Crochet

with Emilie

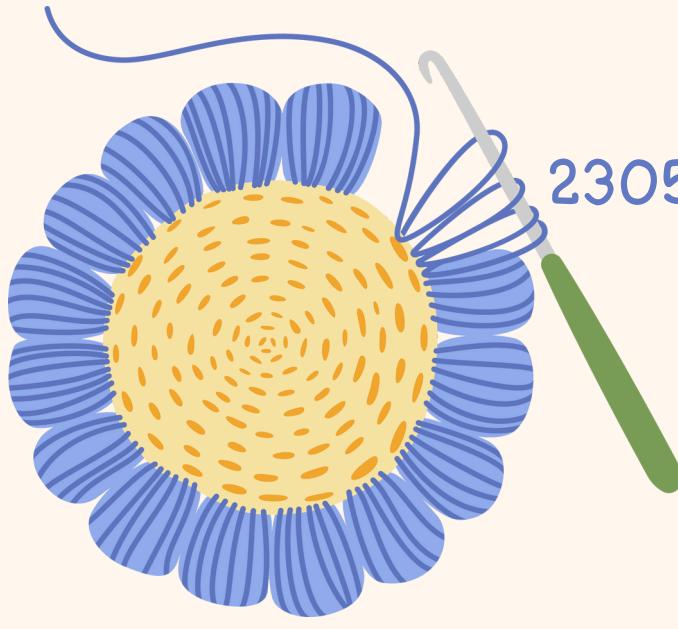


Discover the joy of crochet—perfect for beginners and a relaxing afternoon!

Tuesday January 6th

1:00-2:30pm

2305 WYECROFT ROAD, SUITE 200  
OAKVILLE



Please contact Reagan to register:  
289-795-5847  
[rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



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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, January 12th, 2026

11:00am-12:00pm

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

OR

Join the Teams Meeting  
by registering



Please contact Reagan to register:

📞 289-795-5847  
✉️ [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



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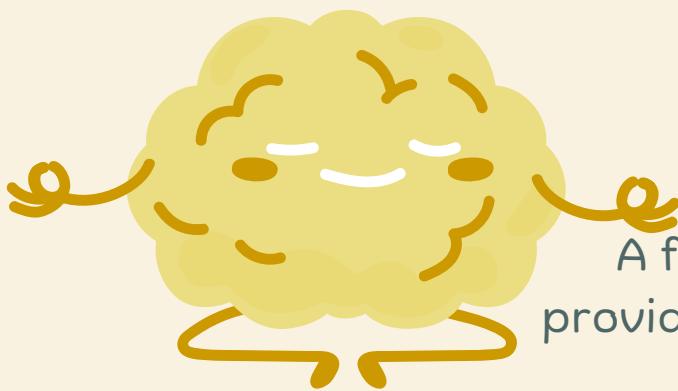
# Family Support Group

## Resources in the

## Community

## for Caregivers &

## Clients



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

**Thursday, January 22nd**

**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

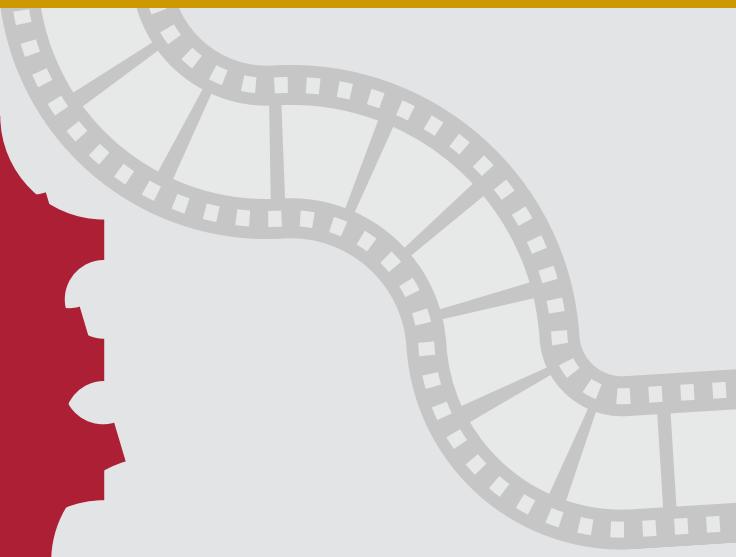
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Join us for an afternoon of snacks,  
connecting & a movie!



Friday January 23rd

1:00-3:00pm

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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# Mall Walk!



When:

Tuesday, January 20<sup>th</sup>, 2026  
1:00-2:00pm

Register for location.

Please contact Reagan to register:

289-795-5847  
[rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

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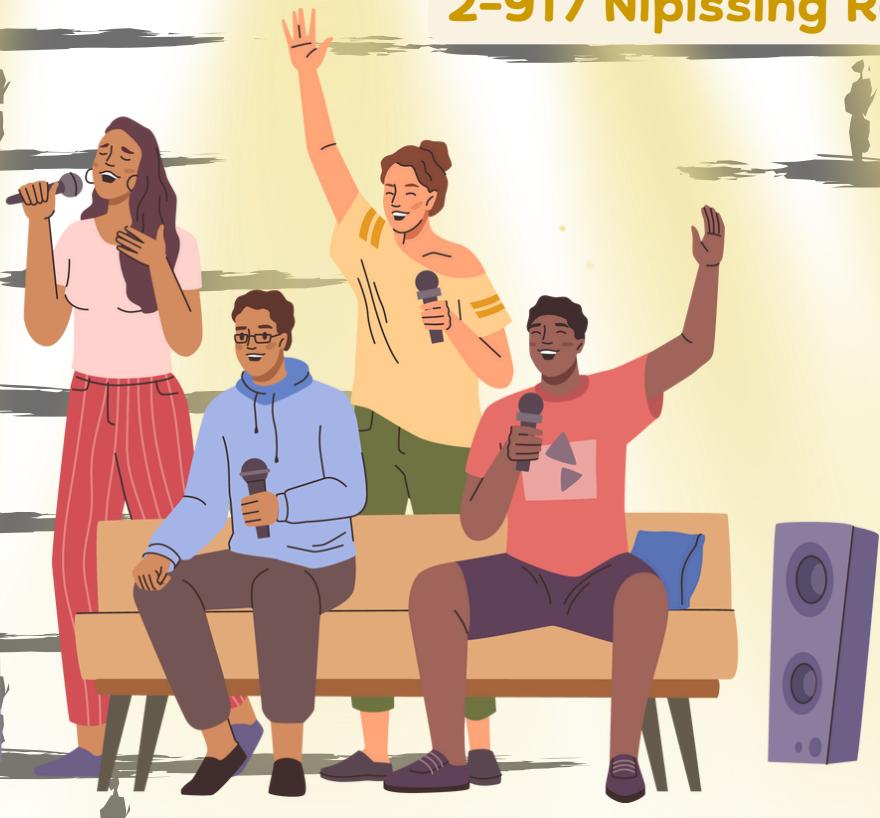




# OPEN MIC

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

**Wednesday, January 14th**  
**1:00pm - 3:00pm**  
**Milton office**  
**2-917 Nipissing Rd., Milton**



Please contact Reagan to register:

289-795-5847  
 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

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# WINTER WALKS



*Come join us for walks in Burlington  
and connect with new people!*

**Friday, January 2nd, 16th & 30th**  
**1:30pm - 2:30pm**  
**\*Register for location details\***

Please contact Reagan to register:

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 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



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# PAINTING with JON in Milton



Tuesday, January 13th & 27th

1:00pm-3:00pm

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



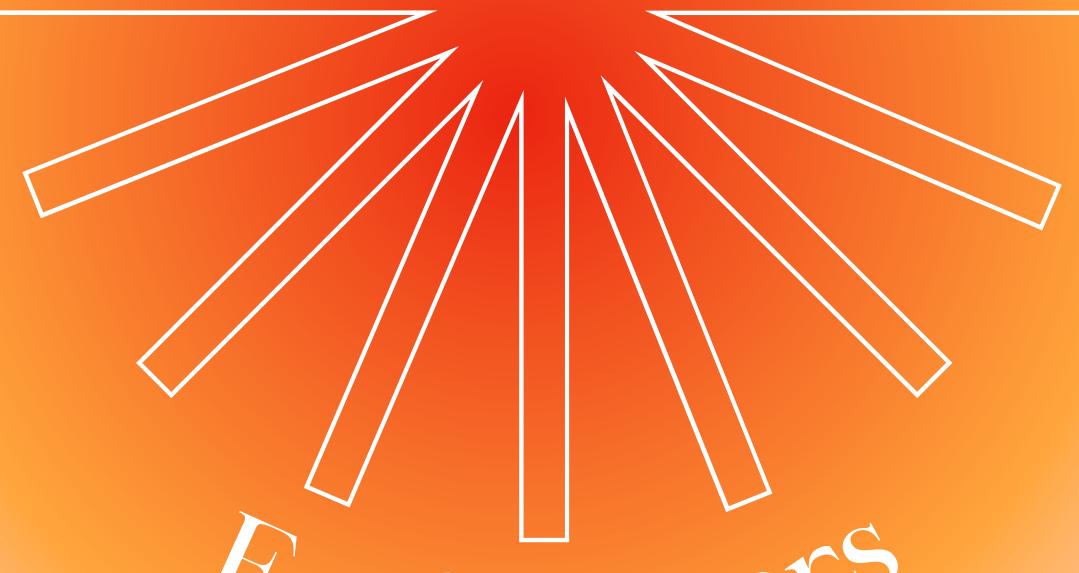
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# Early Risers

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

| THURSDAYS |  
FROM 10:00-10:30AM



Join the Team meeting by registering

Please contact Reagan to register:

📞 289-795-5847 📩 [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)



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# Coffee & Conversation



*Join us for a relaxing afternoon of friendly chats, warm coffee, and delicious doughnuts!*

*Take a break, connect with others, and enjoy great company in a cozy atmosphere.*

11:00am-12:30pm  
January 28<sup>th</sup>, 2026

Summit Health & Wellness Hub  
917 Nipissing Road, Unit 2, Milton

Please contact Reagan to register:  
📞 289-795-5847  
✉️ [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.ca)

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# CRAFTS WITH

## LOIS

WHEN:

**FRIDAY, JANUARY**

**9TH & 23RD**

**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](mailto:rjacobs@summit-housing.ca)



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# COOKING GROUP



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

**Monday, January 26th  
1:00PM- 2:30PM**

**\*Limited spots available\***

Please contact Reagan to register:



**289-795-5847**



**rjacobs@summit-housing.ca**

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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 (BIWEEKLY)**  
**2:00PM – 3:30 PM**

GET TEAMS LINK BY  
REGISTERING



Please contact Reagan to register:  
 **289-795-5847**  
 **rjacobs@summit-housing.ca**

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Health & Wellness

Phone: 289-795-5847 / Email: [rjacobs@summit-housing.ca](mailto:rjacobs@summit-housing.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](http://www.stride.on.ca)



## New Year, Whole You: Strengthening Your Pillars for the Year Ahead

**Wednesday, January 21st**  
**1:30 PM - 3:30 PM**

Join us to reflect on our pillars of wellness, set meaningful intentions, and build a strong foundation for the year ahead. Begin the new year refreshed, refocused, and supported.

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



# 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 New Year, New Routine!**

Join us for a discussion on how to set up your day for success. We'll be introducing strategies to build a helpful routine between wellness & work.

- Thursday, January 15th at 1:30 - 3:00 PM via Zoom

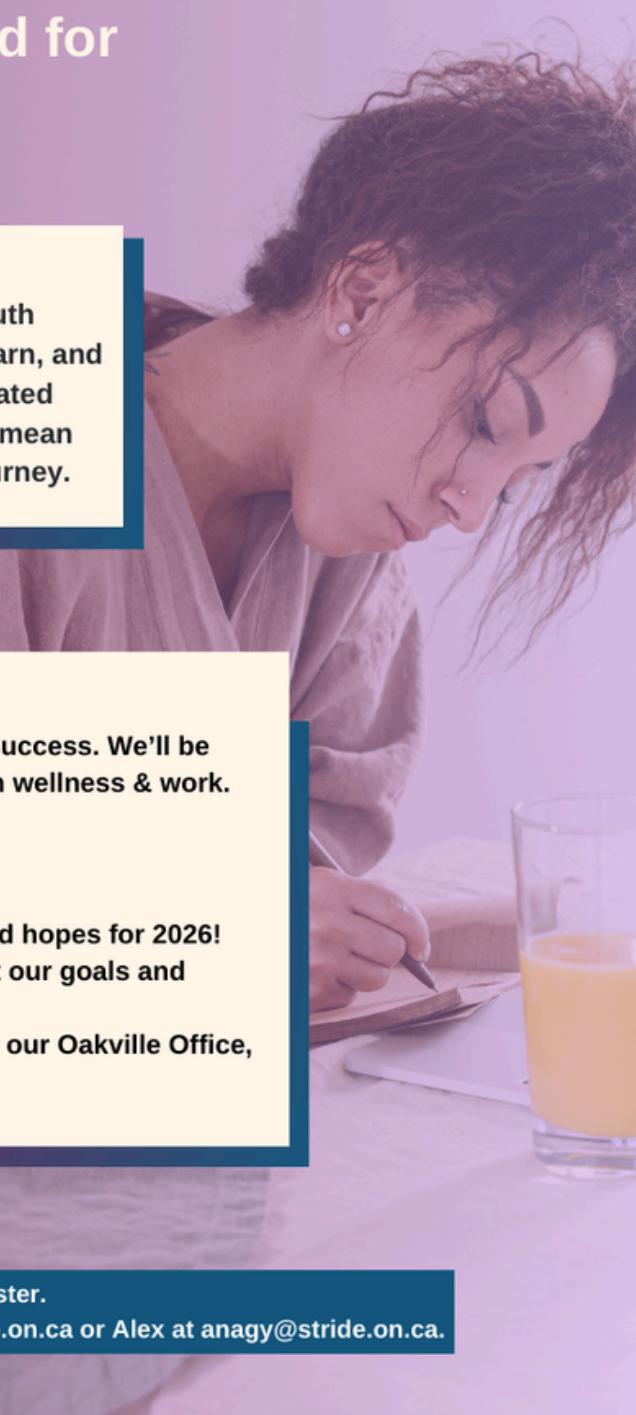
### **In-Person Visions for the New Year:**

Join us for an inspiring discussion on our intentions and hopes for 2026! Together, we'll create vision boards to visually manifest our goals and dreams for the new year through crafting and collaging.

- Thursday, January 29th, from 3:00 PM to 5:00 PM at our Oakville Office, located at 247 North Service Road, Suite 200.

Visit, [www.stride.on.ca](http://www.stride.on.ca) to register.

For any questions, please reach out to Alyssa at [asmith@stride.on.ca](mailto:asmith@stride.on.ca) or Alex at [anagy@stride.on.ca](mailto:anagy@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.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](http://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](mailto: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](mailto:info@summit-housing.ca)  
Website: [www.summithousing.ca](http://www.summithousing.ca)



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