



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



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 Men's Group 2:00pm - 3:00pm	13 Painting with Jon Milton Office 1:00-3:00pm 	14 Open Mic Milton Office 1:00-3:00pm 	15 Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	16 Winter Walk Burlington 1:30-2:30pm 	17
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
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.



Bell Let's Talk

January 21st, 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 7th
1:00-2:30pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



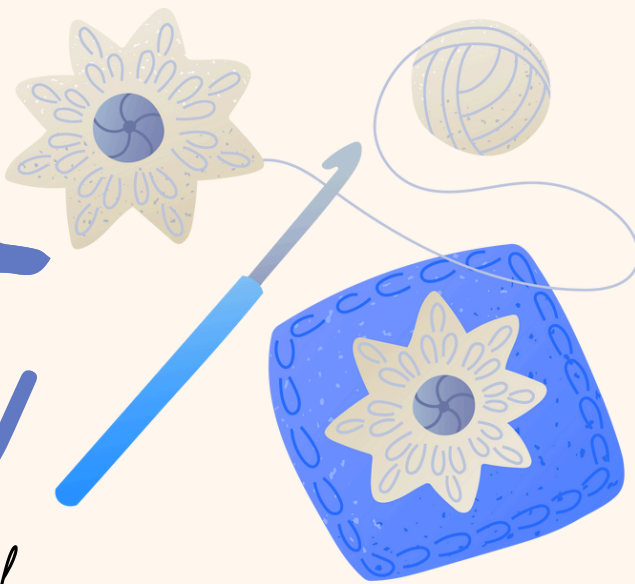
Summit Housing & Outreach Programs
Health & Wellness

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



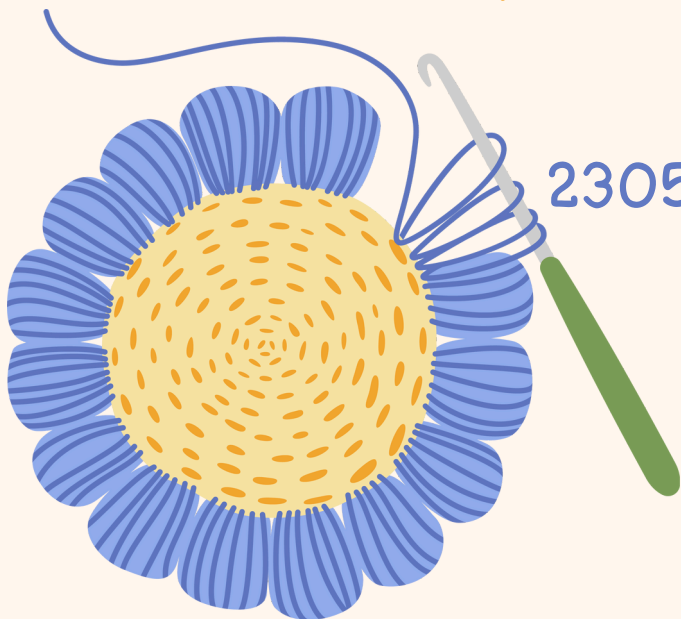
Crochet

with Emile



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

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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

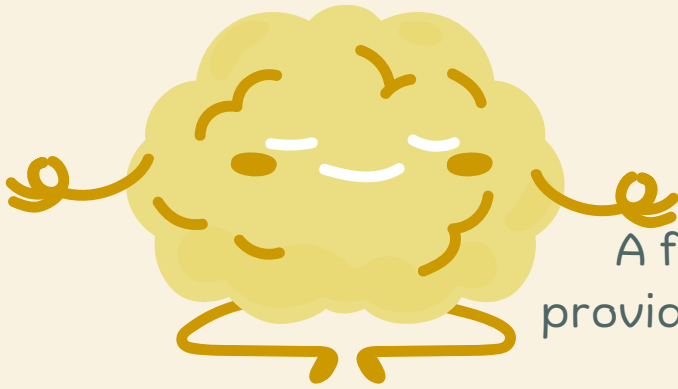


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Family Support Group Resources in the Community for Caregivers & Clients



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



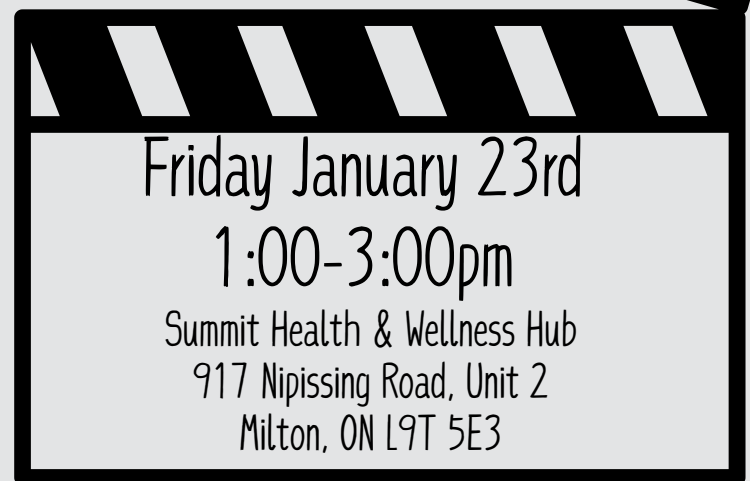
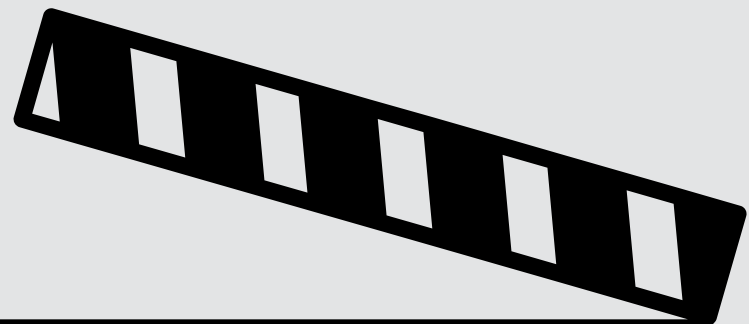
Please contact Reagan to register:

📞 **289-795-5847**

✉️ **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



Mall Walk!



When:

Tuesday, January 20th, 2026

1:00-2:00pm

Register for location.

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, 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



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



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PAINTING

with JON

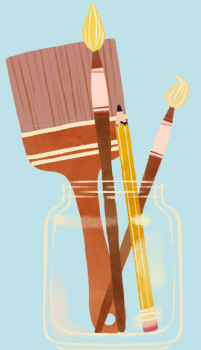
in Milton



Tuesday, January 13th & 27th

1:00pm-3:00pm

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



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.

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



Join the Team meeting by registering

Please contact Reagan to register:

📞 289-795-5847 📧 rjacobs@summit-housing.ca



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Health & Wellness

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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 28th, 2026*

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

Please contact Reagan to register:

☎ 289-795-5847

✉ 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:

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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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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

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



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

   @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:

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

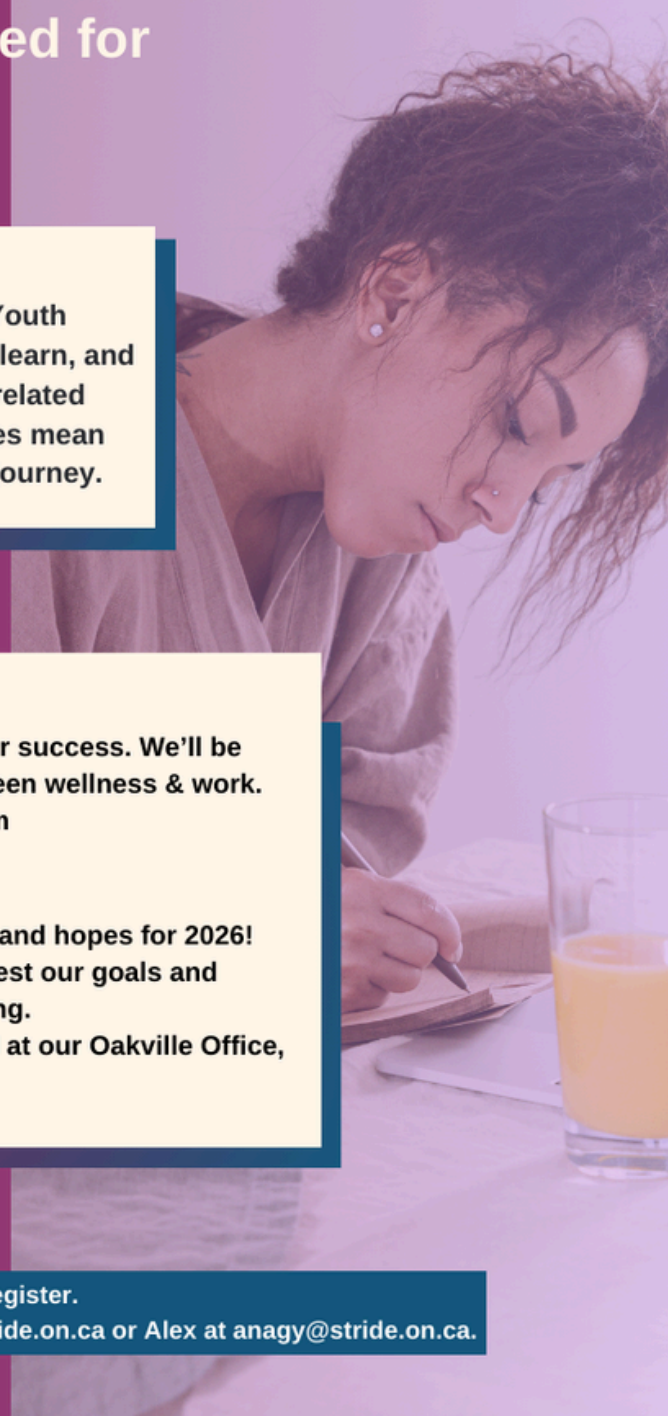
In-Person Visions for the New Year:

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 to register.

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