



# SUMMIT NEWSLETTER



February



2026

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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:



Summit Housing & Outreach Programs  
Phone: 905-847-3206 Email: [info@summit-housing.ca](mailto:info@summit-housing.ca)



# FEBRUARY 2026

## SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Men's Group 2:00pm - 3:00pm	3 Crochet with Emilie Oakville Office 1:00-2:30pm 	4 Art's Socials Oakville Office 11:30am-1:00pm 	5 Early Risers 10:00am - 10:30am	6 Crafts with Lois Milton Office 11:00-12:30pm 	7
8	9 Men's Group 2:00pm - 3:00pm Let's Talk Programs Milton Office & Teams 11:00-12:00pm 	10 Painting with Jon Milton Office 1:00-3:00pm 	11 Friendatine Social Milton Office 1:00-2:00pm 	12 Early Risers 10:00am - 10:30am Productivity Group 2:00pm -3:30 pm	13 Winter Walk Burlington 1:30-2:30pm 	14
15	16 HAPPY family DAYS OFFICES CLOSED	17 Mall Walk 1:00 - 2:00pm 	18 Music Makers Oakville Office 1:00-3:00pm 	19 Early Risers 10:00am - 10:30am Family Support Group 6:30-8:00pm Milton Office 	20 Crafts with Lois Milton Office 11:00-12:30pm 	21
22	23 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office 	24 Painting with Jon Milton Office 1:00-3:00pm 	25 Indoor Walk Milton 11:00-12:00 	26 Early Risers 10:00am - 10:30am Productivity Group 2:00pm -3:30 pm	27 Movie Mates Milton Office 1:00-3:00pm 	28

**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.**

# Voices, Kindness & Community

## Black History Month

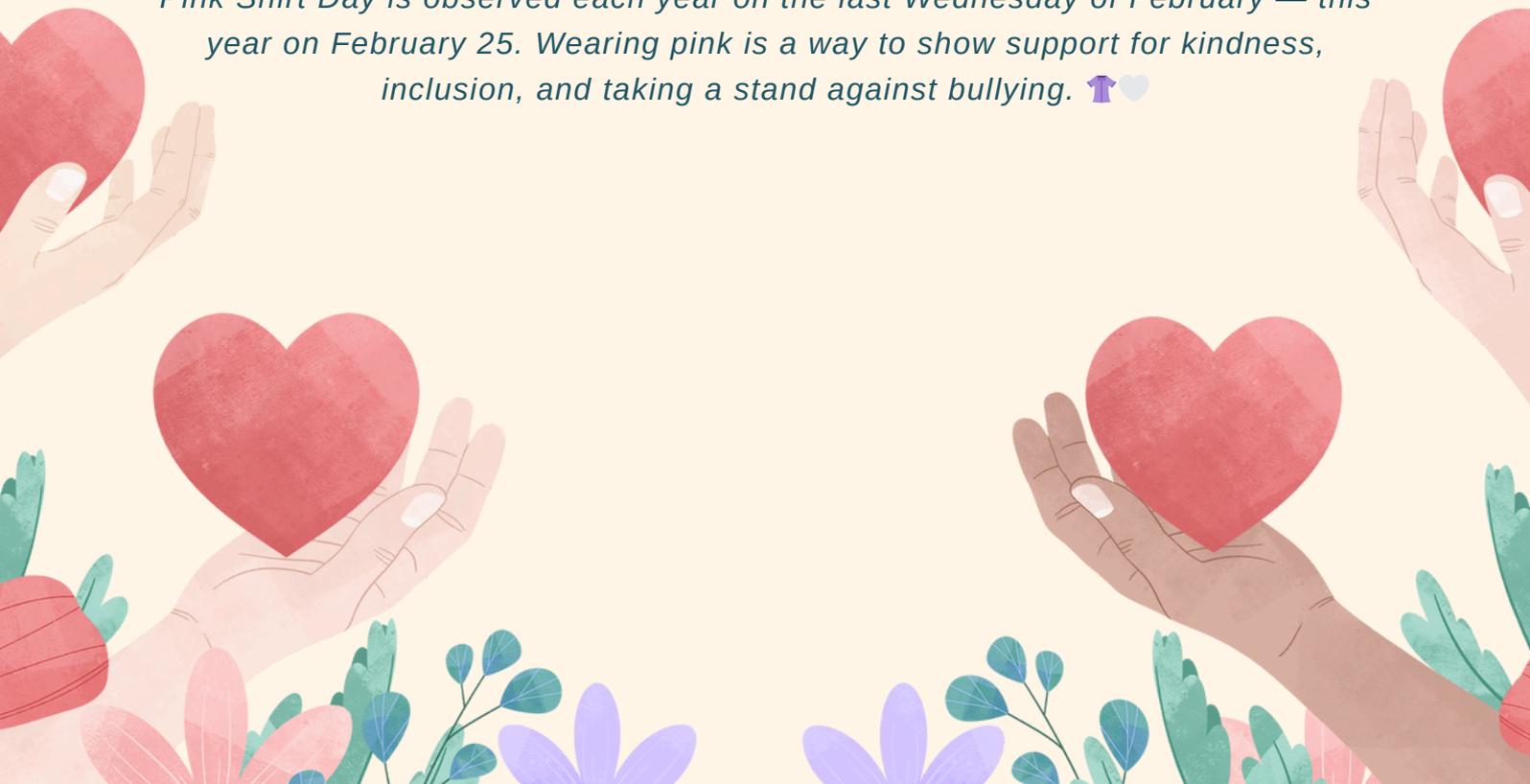
*February is Black History Month in Canada, a time to recognize and celebrate the histories, contributions, and resilience of Black communities. Black Canadians have made lasting contributions that continue to shape our communities and country. We invite our employees, clients, and partners to learn (you), reflect, and support equity and inclusion by exploring Black History Month programming throughout February, including cultural festivals, film screenings, and free programs offered by [The City of Toronto](#), [Toronto Public Library](#), [CCAH](#) and [The Town of Haton Hills](#). ❤️🌟*

## Random Act of Kindness Day

*February 14–20 is Random Acts of Kindness Week, a time to remember that even one small act of kindness can have a powerful impact. Simple gestures can strengthen connections, boost morale, and make a meaningful difference. One can never go wrong with kindness, and there can never be too much of it. Let's lead with kindness—one small act at a time. ❤️🌸*

## Pink Shirt Day

*Pink Shirt Day is observed each year on the last Wednesday of February — this year on February 25. Wearing pink is a way to show support for kindness, inclusion, and taking a stand against bullying. 🧡💜*





# Friendatine Social



Wednesday, February 11th



1:00 - 2:00pm



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



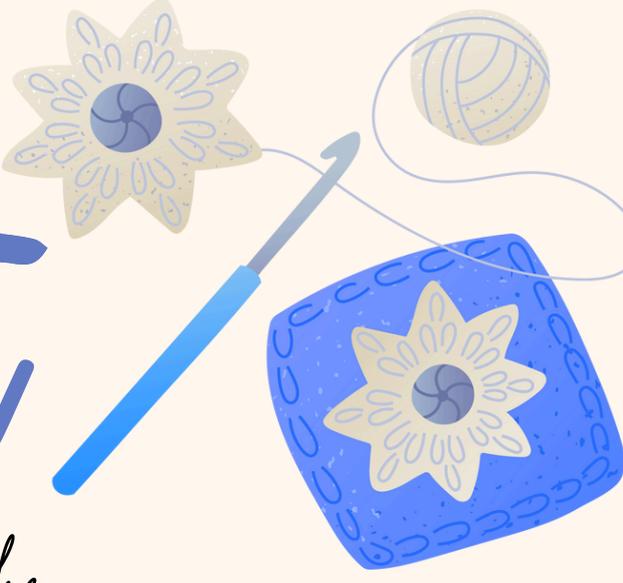
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Health & Wellness

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



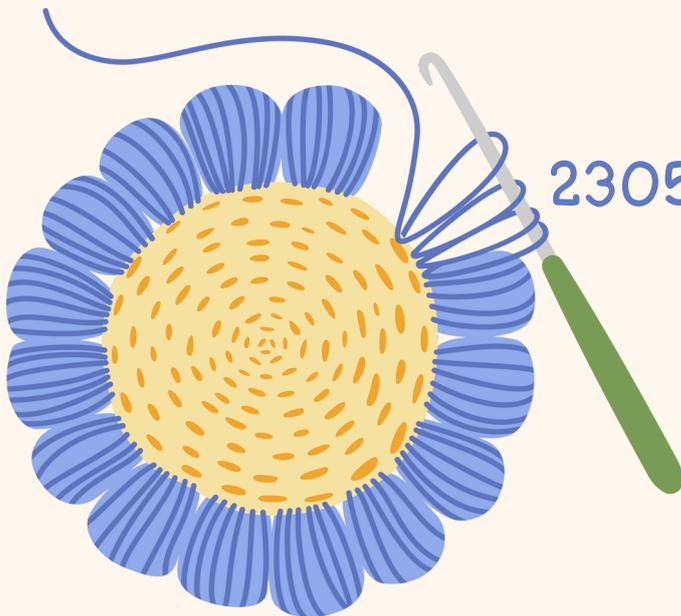
# Crochet

with Emilie

Illustration of a blue crochet hook, a ball of blue yarn, a small blue crocheted flower, and a larger blue crocheted square with a white flower in the center.

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

Tuesday February 3rd  
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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# Arts Social

with Roberta & Paul

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

Wednesday, February 4<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)



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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, February 9th, 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)

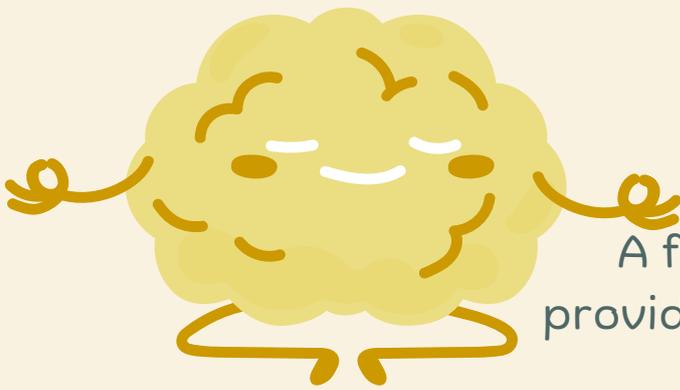


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# Family Support Group Resources in the Community for Caregivers & Clients



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

**Thursday, February 19th**

**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!



Please contact Reagan to register:

 289-795-5847

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



# Mall Walk!



When:

Tuesday, February 17th, 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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# MUSIC MAKERS

WITH JIM

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WEDNESDAY FEBRUARY 18TH  
1:00-3:00PM

2305 WYECROFT ROAD,  
SUITE 200  
OAKVILLE

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COME ENJOY SOME MUSIC,  
& IF YOU WANT YOU CAN  
EVEN SING ALONG!

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Please contact Reagan to register:

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# WINTER WALKS



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

*Friday, February 13<sup>th</sup>  
1:30pm - 2:30pm  
\*Register for location details\**

Please contact Reagan to register:

 289-795-5847

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





# PAINTING

with **JON**

in Milton



Tuesday, February 10th & 24th  
1:00pm-3:00pm

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



Please contact Reagan to register:

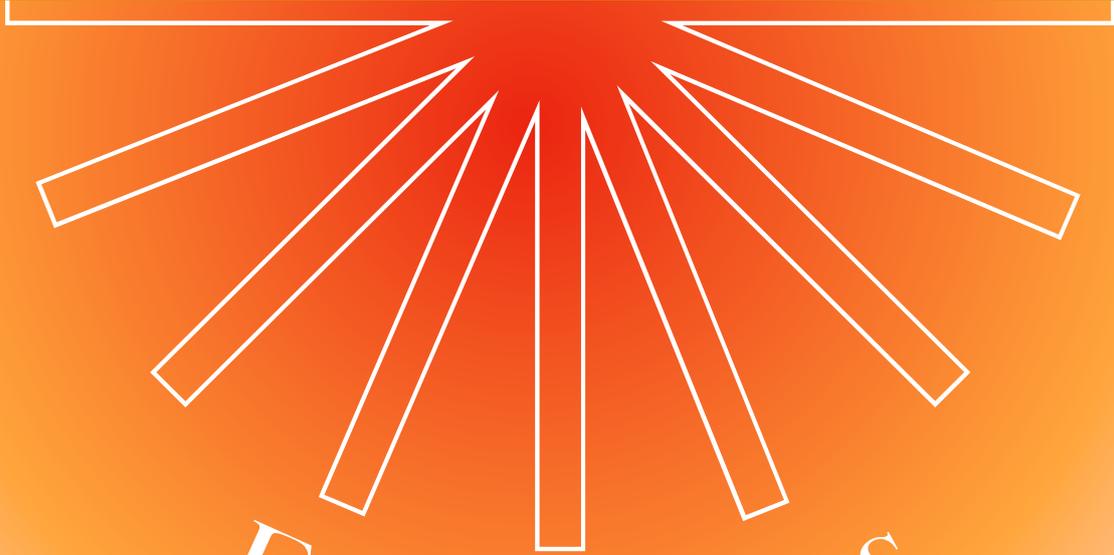
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# Early Risers

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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# INDOOR WALK



*Come join us for a walk in Milton  
and connect with new people!*

*Wednesday, February 25<sup>th</sup>  
1:30pm - 2:30pm*

*\*Register for location details\**

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, FEBRUARY**

**6<sup>TH</sup> & 20<sup>TH</sup>**

**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, February 23rd  
1:00PM- 2:30PM**

**\*Limited spots available\***

Please contact Reagan to register:



289-795-5847



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

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Health & Wellness

Phone: 289-795-5847 / Email: [rjacobs@summit-housing.ca](mailto: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**

Registration required for Teams Meeting Link

Please contact Mike & Igor to register:



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



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



## Alphabet Soup for Healing

Wednesday, February 18th

1:30 PM - 3:30 PM

Join us for a welcoming workshop focused on learning more about grief and loss. Loss is a shared human experience, and grief can show up in many forms, there is no single right way to navigate it. Together, we'll explore what grief is, its many components, and share practical tools, and strategies to our support healing journey.

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)



# FEBRUARY EMPLOYMENT READINESS WORKSHOP

Join us for our **FREE virtual** employment readiness workshop  
For workshop description & more information, visit [www.stride.on.ca](http://www.stride.on.ca)



## Interview Skills

Tuesday, February 10th, 2026  
1:30 PM - 3:00 PM

## Coping with Disappointment while Job Searching

Tuesday, February 24th, 2026  
1:30 PM - 3:00 PM

For questions & registration, email or text us between the hours of  
9:00 AM - 5:00 PM, Monday-Friday:  
Tanya | [TSanabria@stride.on.ca](mailto:TSanabria@stride.on.ca) | 905-749-2389





# 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 Aysa 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 Wycroft 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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