



SUMMIT NEWSLETTER



MARCH

2026



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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



Summit Housing & Outreach Programs

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



MARCH 2026

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Monday Mindfulness 11:30-12:00pm Men's Group 2:00pm - 3:00pm	3	4 Art's Socials Oakville Office 11:30am-1:00pm Managing Anger 3:00 - 4:00pm 	5 Early Risers 10:00am - 10:30am Writing Group Milton Office 1:00-2:30pm	6 Friday Trivia 11:00am - 12:00pm Indoor Walk Milton 1:00-2:00pm	7
8	9 Birthday Bunch Milton Office 1:00-2:00pm Men's Group 2:00pm - 3:00pm	10 Early Risers 10:00am - 10:30am Painting with Jon Milton Office 1:00-3:00pm	11 Coffee & Conversation Milton Office 11:00-12:00pm Healthy Eating 2:00-3:00pm 	12 Early Risers 10:00am - 10:30am	13 Friday Trivia 11:00am - 12:00pm Conservation Walk 1:00-3:00pm	14
15	16 Let's Talk Programs Milton Office & Teams 11:00-12:00pm Men's Group 2:00pm - 3:00pm	17 Early Risers 10:00am - 10:30am Crochet with Emilie Oakville Office 1:00-2:30pm	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 Client Luncheon Milton Office 12:30- 1:30pm Movie Mates Milton Office 1:00-3:00pm 	21
22	23 Monday Mindfulness 11:30-12:00pm Men's Group 2:00pm - 3:00pm	24 Early Risers 10:00am - 10:30am Painting with Jon Milton Office 1:00-3:00pm	25 Coffee & Conversation Milton Office 11:00-12:00pm 	26 Early Risers 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	27 Friday Trivia 11:00am - 12:00pm Conservation Walk 1:00-3:00pm	28
29	30 Men's Group 2:00pm - 3:00pm Cooking Group 1:00-2:30pm Milton Office	31 Early Risers 10:00am - 10:30am Mall Walk 1:00 - 2:00pm				

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.

Ontario Nonprofit Appreciation Week

February 15th - 21st, 2026

*Nonprofit workers are your
neighbours, your friends,
your family, and your
community leaders.*



*Learn more about nonprofit advocacy in Halton &
join us: cdhalton.ca/impact-halton-coalition*

Team SPOTLIGHT



Igor Turkowski

Justice Social Worker

“ Meet Igor Turkowski, Justice Social Worker. Some of Igor’s most meaningful moments have been helping individuals who were once homeless – living outdoors or in their cars – secure their own apartments. During COVID, he supported several people in finding stable housing. Their gratitude was incredibly moving.

Igor has always been passionate about mental health. He knows that without stable housing, many of the individuals he supports would struggle to reach their goals and build fulfilling lives. While compassion, dignity, and connection all matter deeply in his work, connection stands out most. Many clients are isolated, and building meaningful relationships helps restore belonging and trust.

He wishes more people understood that nonprofits are not handouts – they are a hand up for people navigating difficult circumstances.

This is stability.

This is dignity.

This is impact.

”

Team SPOTLIGHT



Amala James

Housing First Social Worker

“ Meet Amala James, Housing First Social Worker. For Amala, one of the most meaningful moments in her work is seeing clients secure safe housing – and witnessing what happens next. Once someone is housed, everything begins to shift. She has seen clients reconnect with their children, rebuild family relationships, and regain confidence as they move toward independence. What inspires her most is seeing how stable housing can completely transform someone’s mental health, sense of safety, and hope for the future. Even small accomplishments become powerful milestones. The value that resonates most with her is compassion – being non-judgmental and treating every individual with humanity and dignity. She also wishes more people understood that nonprofit work means supporting vulnerable individuals through emotionally demanding situations while working with limited resources. This is what compassion in action looks like.

”

Team SPOTLIGHT



Abi Goodwill

Community Housing Program Assistant

“

Meet Abi Goodwill, Community Housing Program Assistant.

For Abi, the most meaningful moments are hearing clients say, “I never thought I could live in a home like this.”

Supporting individuals as they stay housed, heal, and rebuild their lives is what inspires her most. She believes compassion is the starting point – because when trust is built, real change becomes possible.

Behind the scenes, nonprofits work tirelessly to create stable housing that improves health, safety, and overall quality of life.

This is compassion in action.

”



Hello March

Happy International Women's Week! ✨

From March 7-10, we celebrate the strength, achievements, and brilliance of women everywhere—uplifting confidence, leadership, self-knowledge, safety, and positive self-image. On March 8, we honor **International Women's Day**, recognizing the incredible impact women have had throughout history and across the world for continued action toward gender equality worldwide. ❤️

✨ March is **Social Work Month**, a time to recognize the dedication and impact of social workers who strengthen our communities every day. 🌱 **World Social Work Day**, celebrated on the third Tuesday of March, highlights their leadership in promoting social justice, human rights, and community wellbeing. Thank you to all social workers for the difference you make. ❤️

★ March is National Developmental Disabilities Awareness Month!

This month, we celebrate the rights, abilities, and incredible potential of individuals with developmental disabilities. It's a time to promote inclusion, reduce stigma, and uplift the value of full participation and equal opportunities for all. ❤️

🌍 Earth Hour is almost here! 🌍

On the last Saturday of March, millions of people around the world switch off their non-essential lights from 8:30-9:30 p.m. to show support for our planet. 🌱 ✨ Join the world in one simple, powerful act—switch off, unplug, and stand together for the Earth.

★ March 19 is Certified Nurses Day! ✨

Today we celebrate the expertise, dedication, and impact of certified nurses across Canada and around the world. Thank you for advancing nursing excellence and helping improve patient care every day. ❤️





Writing Group



A peaceful journaling practice to explore thoughts and lift positives forward



Thursday, March 5th, 2026



1:00-2:30pm



917 Nipissing Road, Milton



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

NEW



The Birthday Bunch

Be part of our Quarterly Birthday Celebration's!
Each quarter, we gather to celebrate everyone with a birthday in that season!

If your birthday falls in January, February, or March, come join us for an afternoon of good vibes, great company, and delicious treats!

Birthday Month:

January, February, March

April, May, June

July, August, September

October, November, December

Celebration:

March, 9th, 2026

June

September

December

Please contact Reagan to register:

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✉ rjacobs@summit-housing.ca



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Managing Anger in Healthy Ways



Guidance to explore anger gently
and choose calmer, more mindful
responses.

When: Wednesday March 4th, 2026

3:00-4:00pm

Where: Teams *Registration Required*



Please contact Reagan to register:

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Healthy Eating on a Budget



Healthy Eating for Every Budget.

Learn simple ways to eat well with the resources you have!



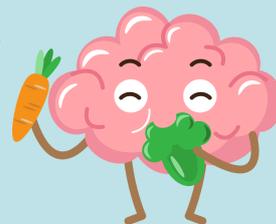
Wednesday, March 11th, 2026



2:00-3:00pm



teams *Register for Link*



Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca

Friday

TRIVIA

Join us online to kick off Friday
with fun trivia, big laughs and good
vibes!

Friday, March 6th, 13th, & 27th
11:00am-12:00pm

Register for link



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Monday Mindfulness



Welcome to a new week! Before the pace picks up, take a moment to pause, breathe, and step into Monday with calm intention.

Monday, March 2nd, & 23rd
11:30am-12:00pm

Join Teams Meeting by registering

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



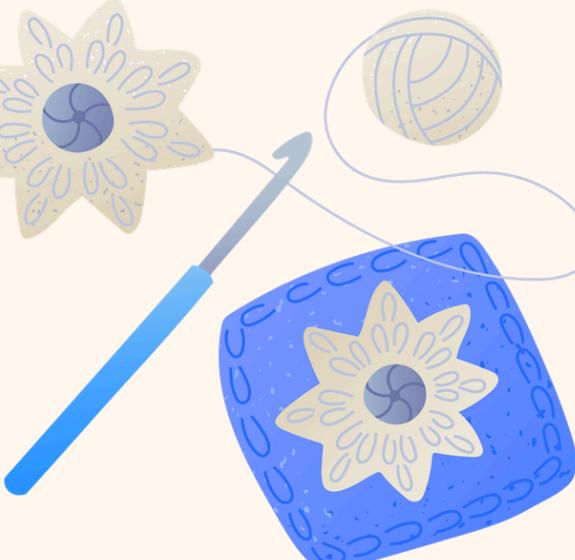
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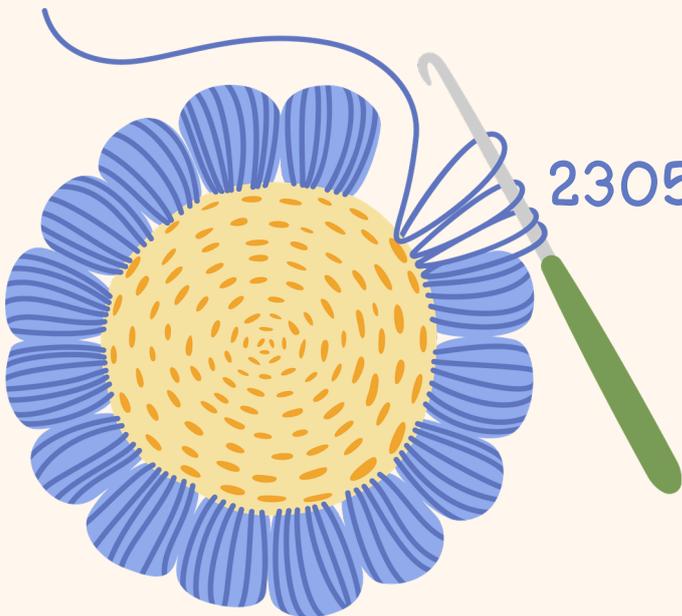
Crochet

with Emilie

An illustration of a blue crochet hook and a ball of light blue yarn. A blue crocheted square with a white starburst pattern is also shown.

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

Tuesday March 17th
1:00-2:30pm



2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



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Health & Wellness

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Arts Social

with Roberta & Paul

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

Wednesday, March 4th
1:00-2:30pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

☎ 289-795-5847

✉ 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, March 16th, 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



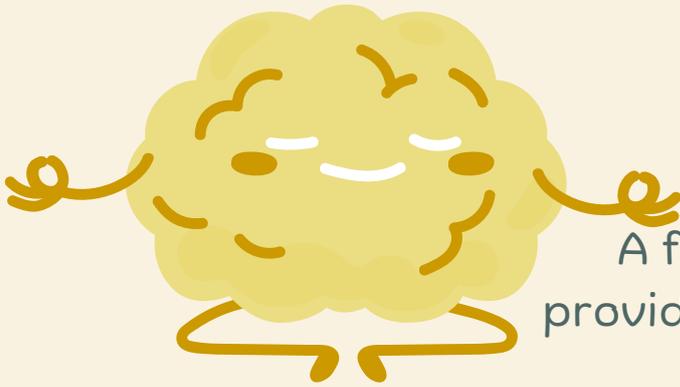
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 rjacobs@summit-housing.ca



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, March 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**

 **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



MUSIC MAKERS

WITH JIM



WEDNESDAY MARCH 18TH
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:

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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-12:00pm
March 11th & 25th, 2026*

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

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



Mall Walk!



When:

Tuesday, March 31st, 2026

12:00-1:00pm

Register for location.

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



INDOOR WALK



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

*Friday March 5th
1:00 - 2:00pm
*Register for location details**

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca

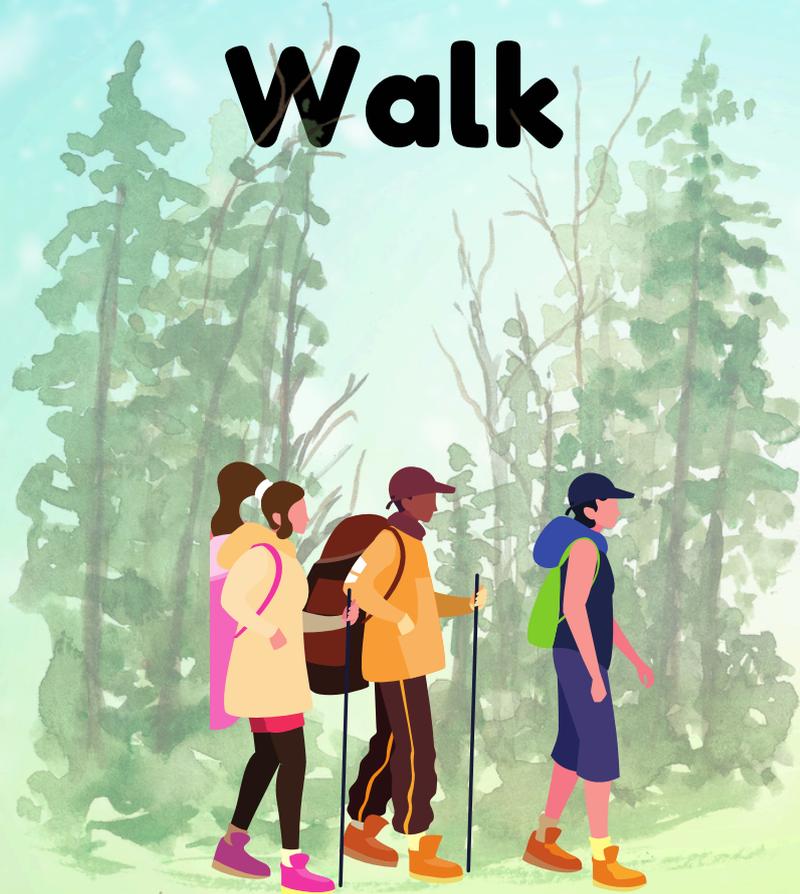


Summit Housing & Outreach Programs
Health & Wellness

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



Conservation Walk



Friday, March 13th & 27th
1:30 - 2:30pm

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



PAINTING

with **JON**

in Milton



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

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



Please contact Reagan to register:

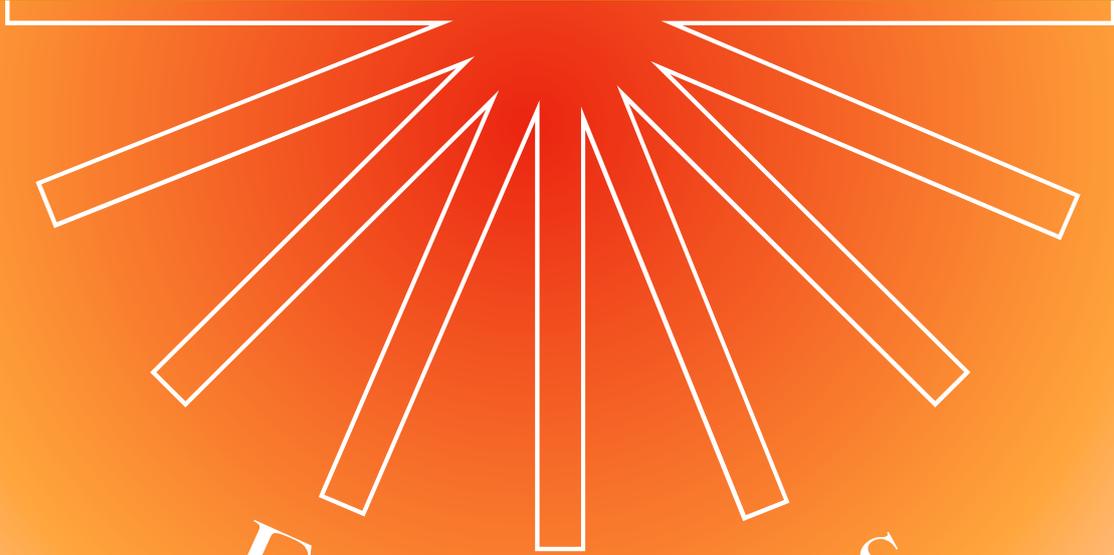
289-795-5847

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Early Risers

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



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



Join the Team meeting by registering

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, MARCH 20TH

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

Summit Housing & Outreach Programs
Health & Wellness

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



COOKING GROUP



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

**Monday, March 30th
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

Registration required for Teams Meeting Link

Please contact Mike & Igor to register:



ITurkowski@summit-housing.ca



MForester@summit-housing.ca

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**

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: Let's Talk About Interview Confidence:

With summer student interviews on the rise, it's normal to feel nervous, overthink your answers, or doubt yourself. Let's blend practical interview strategies with wellness tools to help you feel grounded, prepared, and confident. We'll explore common interview questions, how to talk about your strengths authentically, and simple techniques to manage anxiety before and during interviews. Together, we'll build confidence from the inside out so you can show up as your best self.

- Thursday, March 12th at 1:30 - 3:00 PM via Zoom

In-Person: From Overwhelmed to Organized:

When everything feels urgent, it's hard to know where to start. This session offers space to pause, reflect, and simplify what's been weighing on you. Together, we'll focus on creating clarity and structure so you can move through your week with less stress and more intention.

- Thursday, March 26th, 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 Nina at NMamula@stride.on.ca

MARCH EMPLOYMENT READINESS WORKSHOP

Join us for our **FREE virtual** employment readiness workshop
For workshop description & more information, visit www.stride.on.ca



Am I Ready to Work?

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

Job Search

Thursday, March 12th, 2026
1:30 PM - 3:00 PM

Communication Skills

Tuesday, March 17th, 2026
1:30 PM - 3:00 PM

Interview Skills

Thursday, March 24th, 2026
1:30 PM - 3:00 PM

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



Spring Into Action Wednesday March 11th 1:30 PM - 3:30 PM

Join us for Spring Into Action, an energizing wellness workshop designed to help you refresh, reset, and move forward with intention. As the season shifts, it's the perfect time to reflect and explore practical tools to spark motivation, build momentum, and reconnect with your goals. Together, we'll focus on simple, actionable strategies to boost well-being, increase clarity, and step confidently into the season ahead.

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

   @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 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

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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summit-housing-outreach-programs

