



SUMMIT NEWSLETTER



APRIL 2026

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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



APRIL 2026

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Art's Socials Oakville Office 11:30am-1:00pm	2 Mind-Body Balance 10:00am - 10:30am Productivity Group 2:00pm - 3:30 pm	3 CLOSED Good Friday	
5	6 CLOSED Happy Easter	7 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:30pm	8 Coffee & Conversation Milton Office 11:00-12:00pm Indoor Walk Milton 1:00-2:00pm	9 Mind-Body Balance 10:00am - 10:30am Writing Group Milton Office 1:00-2:00pm	10 Friday Trivia 11:00am - 12:00pm Conservation Walk 1:30-2:30pm	11
12	13 Men's Group 2:00pm - 3:00pm	14 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	15 Managing Anger 12:00 - 1:00pm Movie Mates Milton Office 1:00-3:00pm	16 Mind-Body Balance 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm Family Support Group 6:30-8:00pm Milton Office	17 Crafts with Lois Milton Office 11:00-12:30pm Client Luncheon Milton Office 12:30- 1:00pm	18
19	20 Let's Talk Programs Teams 11:00-12:00pm Men's Group 2:00pm - 3:00pm	21 Mind-Body Balance 10:00am - 10:30am Volunteer Event 11:30am-2:30pm	22 Art's Social Community Hub 11:00-12:30pm *closed group Crochet with Emilie Oakville Office 1:00-2:30pm	23 Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	24 Conservation Walk 1:30-2:30pm	25
26	27 Cooking Group 1:00-2:30pm Milton Office Men's Group 2:00pm - 3:00pm	28 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	29 Open Mic Milton Office 1:00-3:00pm	30 Mind-Body Balance 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm		

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.



IGNITE VOLUNTEERISM

**NATIONAL
VOLUNTEER
WEEK**

April 19-25, 2026

**INTERNATIONAL
VOLUNTEER
YEAR**

2026

Ignite Volunteerism: A year-long, nation-building celebration

International Volunteer Year is a once-in-a-generation opportunity to celebrate the power of civic participation and renew Canada's culture of volunteering.

Ignite Volunteerism is a year-long effort to elevate the role of civic participation, rebuild volunteer infrastructure, and celebrate volunteer stories.

Thank you to all of our volunteers who continue to show up, support our mission and strengthen our community!





Earth Month

It's a chance to pause and think about how our everyday choices impact the planet we all share. From reducing waste to supporting sustainable practices, small actions can add up to meaningful change. This month, let's celebrate progress, learn something new, and look for simple ways to care for our environment.

Autism Acceptance Month

It's a great time to celebrate neurodiversity and recognize that everyone thinks, communicates, and experiences the world a little differently. Acceptance means listening, learning, and creating spaces where autistic people feel valued, supported, and able to be themselves. This month (and always), let's keep kindness, understanding, and inclusion front and centre.



NEW



8-week Mindfulness-Based Stress Reduction Course

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



| THURSDAYS |
APRIL 16TH - JUNE 4TH
FROM 1:00 - 3:00PM
CLOSED GROUP!

2305 Wycroft Road
Suite 200
Oakville, ON

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

NEW



Managing Anger in Healthy Ways



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

When: Wednesday 15th, 2026

12:00-1:00pm

Where: Teams *Registration Required*



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, April 20th

11:00am-12:00pm

Join Teams Meeting
by registering



Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



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NEW



Friday

TRIVIA

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

Friday, April 10th
11:00am-12:00pm

Register for link



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



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Health & Wellness

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Writing Group



A peaceful journaling practice to explore thoughts and lift positives forward.



Thursday, April 9th 2026



1:00-2:00pm



2-917 Nipissing Road, Milton



Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



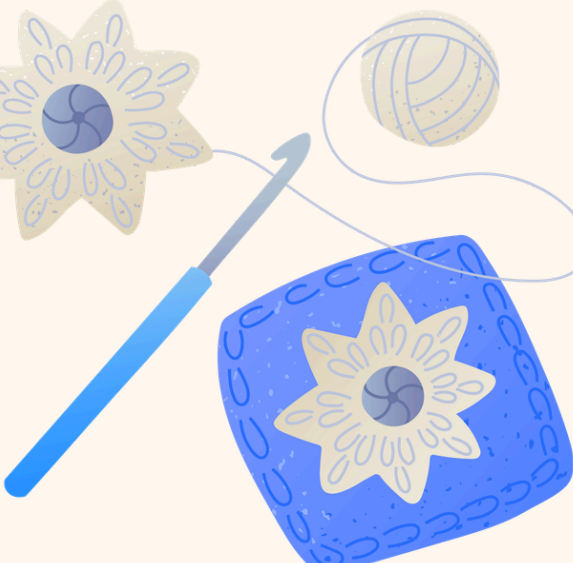
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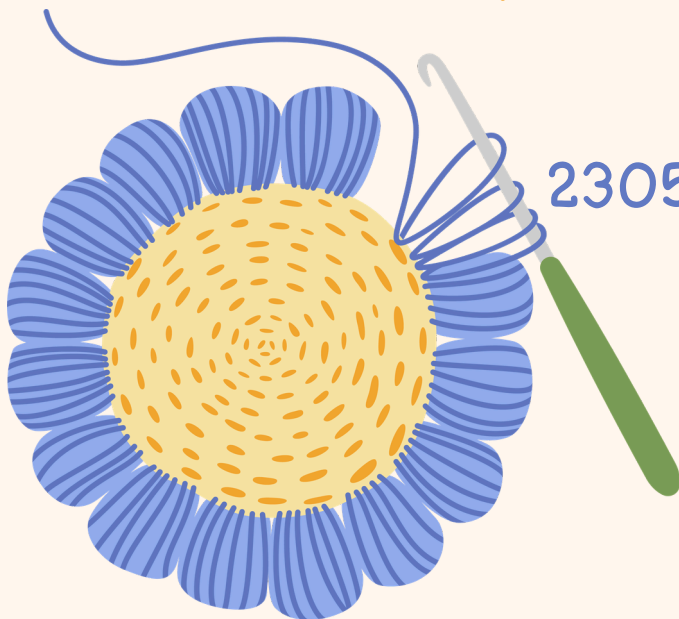
Crochet

with Emilie

A blue crochet hook and a ball of light blue yarn are positioned to the right of the word "Crochet".

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


Tuesday April 22nd
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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Arts Social

with Roberta & Paul

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

Wednesday, April 1st
1:00-2:30pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca

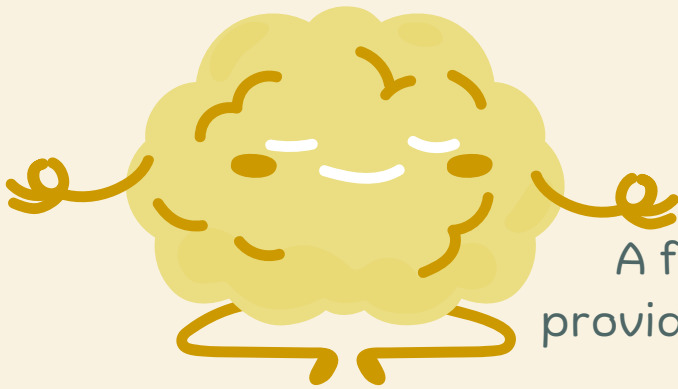


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Health & Wellness

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Family Support Group Resources in the Community for Caregivers



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

Thursday, April 16th

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



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OPEN MIC

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

Wednesday, April 29th

1:00pm - 3:00pm

Milton office

2-917 Nipissing Rd., Milton



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



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

April 8th, 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

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Conservation Walk



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

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



INDOOR WALK



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

*Wednesday April 8th
1:00 - 2:00pm
*Register for location details**

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



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PAINTING

with **JON**

in Milton



Tuesday, April 7th
1:30pm-3:30pm

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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Mind-Body Balance

Join us 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



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Health & Wellness

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CRAFTS WITH



LOIS



WHEN:

FRIDAY, APRIL 17TH

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, April 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

Registration required for Teams Meeting Link

Please contact Mike & Igor to register:



ITurkowski@summit-housing.ca



MForester@summit-housing.ca



Churchill
Neighbourhood Centre

COMMUNITY
PARTNERSHIP

Coffee Social

at Churchill Neighbourhood Centre

Community Coffee, Tea, Snacks and Games



Tuesday's 12:00-2:00pm

125 North Service Road E, Oakville
905-257-6029 ext. 109
navigator@opnc.ca



APRIL EMPLOYMENT READINESS WORKSHOPS

Join us for our FREE virtual employment readiness workshops



Running on Empty? Let's Talk Burnout

Tuesday, April 14th
1:30 PM - 3:00 PM

Interview Skills

Thursday, April 30th
1:30 PM - 3:00 PM

For workshop descriptions and to register, visit www.stride.on.ca
For questions email: 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: Focusing on the Now

It's easy to get caught up in overthinking, replaying the past, or worrying about what's next, but staying present can help you feel more grounded and in control. In this session, we'll explore the benefits of focusing on the present moment, including reduced anxiety, improved clarity, and greater emotional balance. Together, we'll practice simple, practical techniques to help you stay in the moment, manage racing thoughts, and move through your day with more ease and intention.

- Thursday, April 16th at 1:30-3:00pm via Teams

In-Person: Job Search Café: Sip, Search & Apply

Looking for a summer job or your next opportunity? Join us for a relaxed, supportive space where you can explore job opportunities, build momentum, and take action. We'll chat about summer job opportunities, Canada Summer Jobs programs, seasonal work, and volunteer roles while supporting each other through the process. Bring your laptop or device and get hands-on with applications, resume updates, and job searching in real time. If you don't have access to a device, no problem - we can provide a laptop for you to use during the session. Whether you're just starting or feeling stuck, this session is all about making the process feel more manageable, and even a little enjoyable.

- Thursday, April 30th, 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





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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