



SUMMIT NEWSLETTER



MAY

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:



Ontario Health
Central



Ontario Health
West



Summit Housing & Outreach Programs

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



MAY 2026

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Friday Trivia 11:00am - 12:00pm Creative Corner Milton Office 12:30-1:30pm	2
3	4 Let's Talk Programs 11:00-12:00pm Monday Mindfulness 1:00-1:30pm Men's Group 2:00pm - 3:00pm	5 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:30pm	6 Indoor Walk Milton 10:00-11:00am Music Makers Oakville Office 1:00-3:00pm	7 Drawing with David Oakville Office 11:00-12:00pm Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	8 Friday Trivia 11:00am - 12:00pm Conservation Walk 1:30-2:30pm	9
10	11 Indoor Walk Milton 10:00-11:00am Monday Mindfulness 1:00-1:30pm Men's Group 2:00pm - 3:00pm	12 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	13 Art's Socials Oakville Office 11:30am-1:00pm Writing Group Milton Office 2:30-3:30pm	14 Mind-Body Balance 10:00am - 10:30am Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	15 Financial Literacy 101 Oakville Office 11:00-12:00pm Client Luncheon Oakville Office 12:00-12:30pm Crochet with Emilie Oakville Office 12:30-2:00pm	16
17	18 Victoria Day OFFICES CLOSED	19 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:30pm	20 Indoor Walk Milton 10:00-11:00am Decoupage Group Milton Office 12:00-1:30pm Peer Support Group 3:00pm - 4:00pm	21 Drawing with David Oakville Office 11:00-12:00pm Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	22 Friday Trivia 11:00am - 12:00pm Conservation Walk 1:30-2:30pm	23
24 31	25 Men's Group 2:00pm - 3:00pm	26 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	27	28 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	29 Movie Mates Milton Office 1:00-3:00pm	30

In-Person groups are in RED FONT

Online Groups via Teams are in BLACK FONT

External closed group in BLUE FONT

INTERESTED IN A PROGRAM?

REGISTER WITH REAGAN:

rjacobs@summit-housing.ca

Transportation may be available

Want to share your thoughts with Summit?

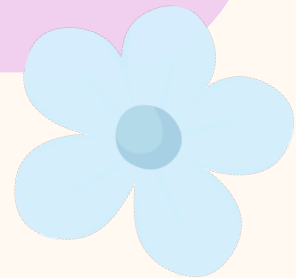
Suggestion boxes are available in our reception area in the Oakville office and Milton office.



Hello May

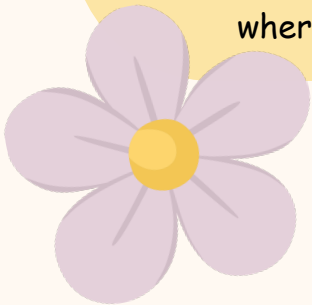
✨ Canadian Mental Health Week! ✨

May 3rd-9th; Canadian Mental Health Week is an opportunity to pause and reflect on the importance of mental health and well-being. Led by the Canadian Mental Health Association, the week promotes open conversations, reduces stigma, and supports greater mental health literacy to help build compassionate, supportive, and inclusive communities.



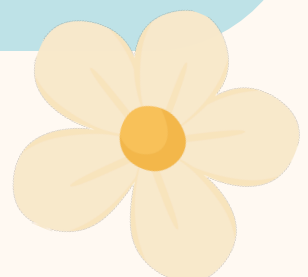
✨ International Day Against Homophobia, Transphobia, & Biphobia ✨

May 17th; This day highlights the importance of standing against discrimination and violence faced by 2SLGBTQ+ communities. It's an opportunity to reaffirm our commitment to inclusion, respect, and dignity, and to continue building environments where everyone feels safe, valued, and able to be their authentic selves.



✨ National AccessAbility Week! ✨

May 24th-30th; National AccessAbility Week recognizes the valuable contributions of Canadians with disabilities and highlights the importance of building a barrier-free society. This week encourages learning, reflection, and action to improve accessibility and inclusion in our workplaces, communities, and systems so everyone can participate fully, equally, and with dignity.



Burlington Trade Show



Aamna is proud to represent Summit Housing & Outreach Programs at the Burlington Trade Show held on April 21, 2026 at the Burlington Performing Arts Centre. 🍷

The event brought together local non-profits, community organizations, and service providers with a shared goal — strengthening connections, sharing resources, and supporting our community more effectively.

It was a great opportunity to engage in meaningful conversations around housing support, outreach services, and the growing needs within our community. We saw strong interest in Summit's programs and the impact we continue to make.

Aamna had a brief and insightful conversation with Rowen Fraser, discussing community needs and the importance of accessible housing support — a topic that continues to be critical in today's landscape.

Grateful for the connections made and looking forward to continued collaboration 💙

#SummitHousing #OutreachPrograms #CommunitySupport #HaltonHousing
#LighthouseShelter #ROIcan #SahajaYogaMeditation
#WalkToTheLighthouseForMentalHealth #SummitWell #BurlingtonEvents
#NonProfitNetwork #CommunityConnections #RowenFraser



Volunteer Appreciation Week Celebration



On April 21, 2026, we celebrated with our amazing volunteers over lunch! It was so nice seeing everyone, catching up, and thanking them in person for all the time and heart they give to the Summit Health & Wellness Program.

We're truly grateful for everything you do ✨🌟

#VolunteerAppreciationWeek #ThankYouVolunteers



Community Development Halton - Volunteer Impact Award 2026

We are incredibly proud to share that our volunteer Jon is a recipient of the CDH Volunteer Impact Award - a well-deserved recognition for his dedication and passion. Jon's leadership, creativity, and heart have made a real difference in our community.

We are so proud to have him as part of our Health & Wellness Program



#CDH Volunteer Awards 2026 #VolunteerImpactHalton



NEW



Creative Corner

FRIDAY, MAY 1ST
12:30 PM - 1:30 PM

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

Please contact Reagan to register:

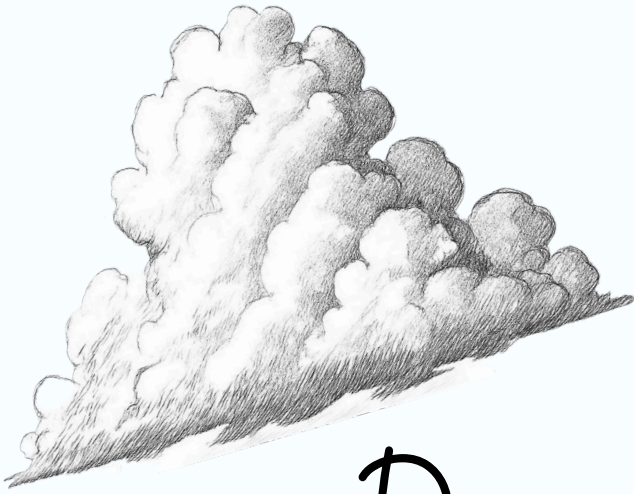
 289-795-5847  rjacobs@summit-housing.ca

Summit Housing & Outreach Programs
Health & Wellness

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



NEW



Drawing with David



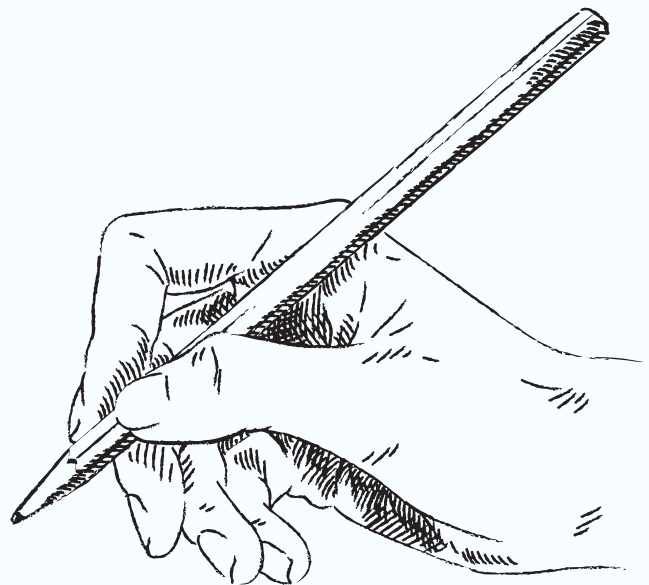
Thursday, May 14th & 21st 2026



11:00-12:00pm



2305 Wycroft Road, Oakville



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca

NEW



FINANCIAL LITERACY

101

SUPPORT, GUIDANCE AND SIMPLE TOOLS

FRIDAY, MAY 15TH
11:00AM-12:00PM

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:



289-795-5847



rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

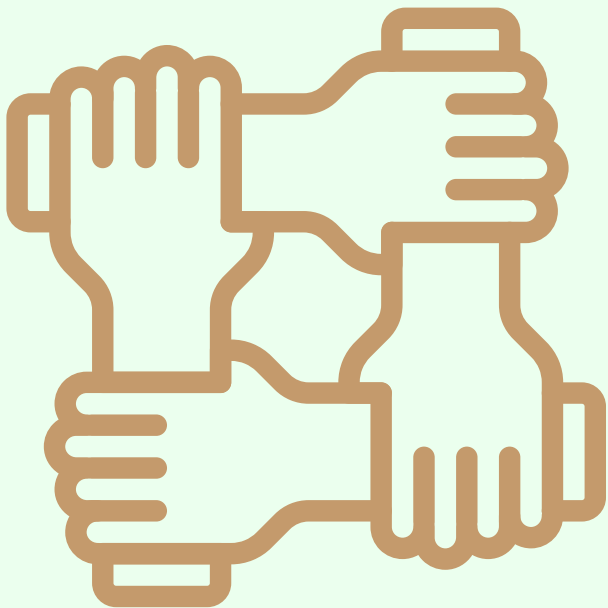
Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



New!

Peer Support Group

A safe, respectful, and judgment-free environment to come together and share experiences, offer encouragement, and support one another




Wednesday, May 20th
3:00-4:00pm

Register for Teams Link

Please contact Reagan to register:

 **289-795-5847**

 **rjacobs@summit-housing.ca**



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Health & Wellness

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NEW

Decoupage



A simple and creative art technique where decorative paper images are glued onto objects and sealed with a clear finish.

It transforms everyday items into personalized, stylish décor.



Wednesday May 20th

1:00-2:30pm

2-917 Nipissing Road,
Milton

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca


GARDENING GROUP



WHEN: DATES TBD

**WHERE: MEMORIAL GARDENS
120 OAK PARK BLVD., OAKVILLE**

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, May 4th & 11th
1:00pm-1:30pm

Join Teams 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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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, May 4th
11:00am-12:00pm

Join Teams Meeting
by registering



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, May 1st & 22nd
11:00am-12:00pm

Register for link



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Writing Group



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



Wednesday, May 13th 2026




2:30-3:30pm




2-917 Nipissing Road, Milton



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



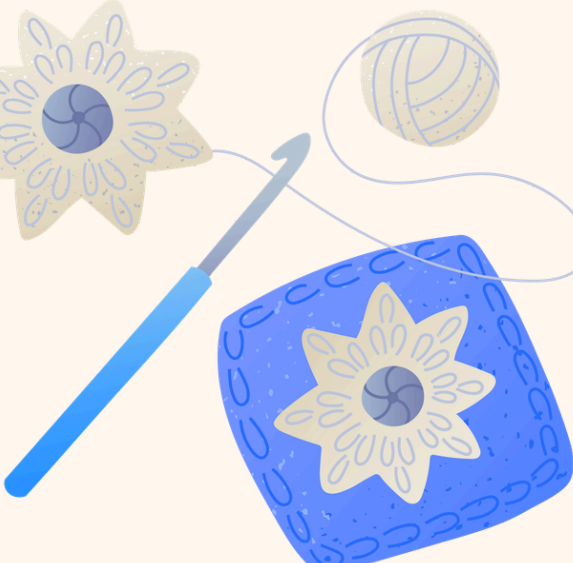
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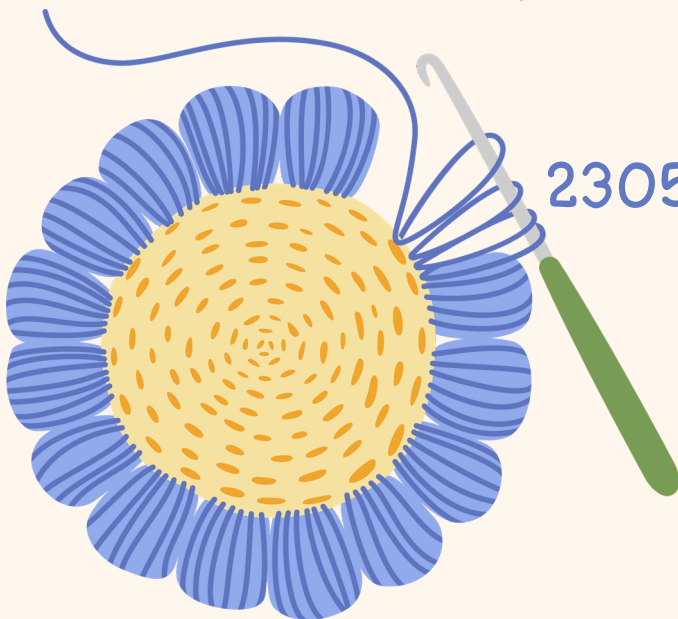
Crochet

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!


Friday May 15th
12:30-2:00pm



2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

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Arts Social

with Roberta & Paul

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

Wednesday, May 13th
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



MUSIC MAKERS

WITH JIM





WEDNESDAY MAY 6TH
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:

 289-795-5847

 rjacobs@summit-housing.ca

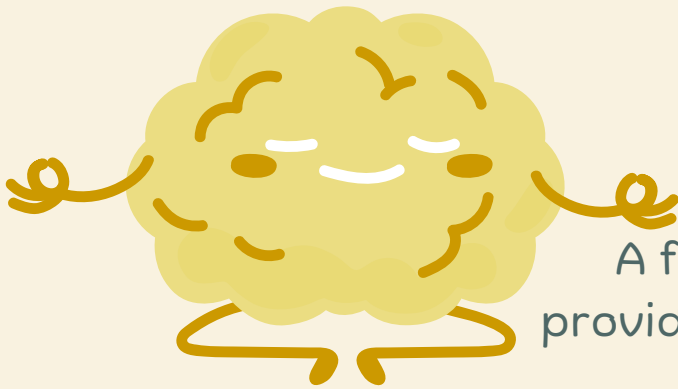


Summit Housing & Outreach Programs
Health & Wellness

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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, May 28th

6:30pm - 8:00pm

Summit Health & Wellness Hub

917 Nipissing Road, Unit 2, Milton ON L9T
5E3

Please contact Amala or Sandra to register:

✉ ajames@summit-housing.ca

✉ smackay@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

Conservation Walk



Friday, May 8th & 22nd
1:30 - 2:30pm

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



PAINTING

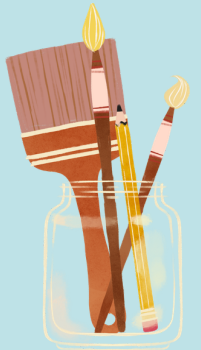
with **JON**

in Milton



Tuesday, May 5th & 19th
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



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!*


Wednesday May 6th and 20th

Monday May 11th

10:00 - 11:00am

Register for location details

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



Mind-Body Balance

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

BI-WEEKLY 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

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



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



Thriving Through Change

Wednesday May 13

1:30 PM - 3:30 PM

Join us for a supportive workshop focused on navigating change and building resilience. Change is a natural part of life, but it can bring uncertainty, stress, and a range of emotions. Together, we'll explore how change impacts us, develop a deeper understanding of our responses, and learn practical tools and strategies to adapt, stay grounded, and move forward with confidence.

For questions 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:

In-Person: Build Your Wellness Punch Card

Join us for a creative, wellness-focused session where you'll design your own personalized self-care punch card.

Choose activities that support your well-being, whether it's movement, mindfulness, or time to recharge, and turn them into a tool you can use in your daily life. Take your punch card home to stay motivated, track your progress, and build positive routines at your own pace in a way that feels realistic and meaningful to you.

- Thursday, May 28th, 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



MAY WORK READINESS WORKSHOPS



Thursday, May 7th

Am I Ready to Work?
1:30 PM - 3:00 PM



Tuesday, May 19th

Resume & Cover Letter Writing
1:30 PM - 3:00PM

Join us for our
FREE virtual
Employment
Readiness
Workshops

For workshop descriptions &
more information, visit
www.stride.on.ca

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

   @STRIDE4WORK

 **STRIDE**
you can work · we can help

 Canada

 EMPLOYMENT
ONTARIO

 Ontario 

WELLNESS RECOVERY ACTION PLAN®

SEMINAR I

CREATE THE LIFE YOU WANT

JOIN US FOR AN INTERACTIVE **8-WEEK VIRTUAL** SEMINAR DESIGNED FOR THOSE INTERESTED IN WELLNESS, WHOLE BODY-MIND HEALTH, AND RECOVERY. COME DEVELOP A PERSONALIZED PLAN FOR GETTING WELL, STAYING WELL, AND BUILDING THE LIFE YOU DESIRE.

WRAP® IS AN EVIDENCE-BASED PRACTICE USED BY MILLIONS WORLDWIDE.

IT HAS BEEN SHOWN TO:

REDUCE PSYCHIATRIC SYMPTOMS,
ESPECIALLY DEPRESSION & ANXIETY
INCREASE HOPE, EMPOWERMENT,
QUALITY OF LIFE & SELF-ADVOCACY
STRENGTHEN RECOVERY AND LONG-TERM WELLNESS



FREE 8-WEEK VIRTUAL WORKSHOP HOSTED BY STRIDE

WHEN:

THURSDAYS: MAY 21 - JULY 9, 2026

1:30PM - 4:00PM

LOCATION: MICROSOFT TEAMS

SPACE IS LIMITED

REGISTER BETWEEN: APRIL 27 - MAY 8, 2026*

ONLINE REGISTRATION:

[WELLNESS RECOVERY ACTION PLAN®
REGISTRATION](#)

*REGISTRATION MAY CLOSE EARLIER IF ALL SPOTS ARE FILLED

QUESTIONS?

PLEASE CONTACT THE CO-FACILITATORS:
GEN BLAZIK – GBLAZIK@STRIDE.ON.CA
KAREN JACELA – KJACELA@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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summit-housing-outreach-programs

