



SUMMIT NEWSLETTER



June 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



Ontario
Ministry of
HEALTH AND
LONG-TERM CARE

Summit Housing & Outreach Programs

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



JUNE 2026

SUMMIT HOUSING & OUTREACH PROGRAMS MONTHLY PROGRAMMING CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Men's Group 2:00pm - 3:00pm	2 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:00pm	3 Crochet with Emilie Oakville Office 12:30-2:00pm	4 Drawing Group Oakville Office 11:00-12:00pm Mindfulness-Based Stress Reduction Course Oakville Office 1:00-3:00pm	5 Friday Trivia 10:45am - 11:15am Conservation Walk 1:30-2:30pm	6
7	8 Let's Talk Programs Teams 11:00-12:00pm Creative Corner Milton Office 12:30-1:30pm Men's Group 2:00pm - 3:00pm	9 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	10 Art's Socials Oakville Office 11:30am-1:00pm	11 Mind-Body Balance 10:00am - 10:30am Writing Group Milton Office 2:00-3:00pm	12 Friday Trivia 10:45am - 11:15am Gardening Group 12:00-1:00pm Oakville Memorial Park	13
14	15 Monday Mindfulness 11:00-11:30am Indoor Walk Milton 1:00-2:00pm Men's Group 2:00pm - 3:00pm	16 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:00pm	17 Peer Support Group Oakville Office 11:30 - 12:30pm	18 Drawing Group Oakville Office 11:00-12:00pm Peer Conversation Oakville Office 1:00-2:00pm Family Support Group 6:30-8:00pm Milton Office	19 STAFF BI-ANNUAL TRAINING No Programming	20
21	22 Creative Corner Milton Office 12:30-1:30pm Birthday Bunch Milton Office 2:00-3:00pm Men's Group 2:00pm - 3:00pm	23 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	24 Decoupage Group Oakville Office 11:00-12:30pm Music Makers Milton Office 1:00-3:00pm	25 Mind-Body Balance 10:00am - 10:30am Movie Mates Milton Office 1:00-3:00pm	26 Karaoke Milton Office 1:30-3:00pm	27
28	29 Monday Mindfulness 11:00-11:30am Cooking Group 1:00-2:30pm Milton Office Men's Group 2:00pm - 3:00pm	30 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:00pm				

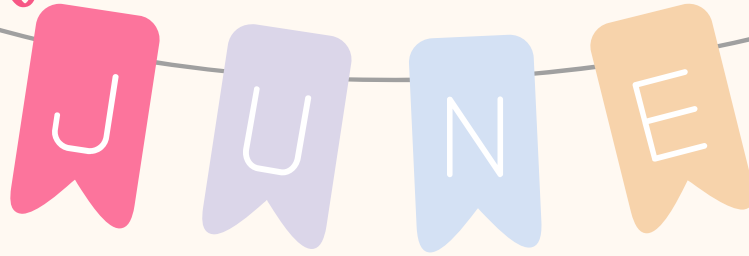
In-Person groups are in RED FONT
Online Groups via Teams are in BLACK FONT

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.

Hello



Pride Month

a time to celebrate and support 2SLGBTQIA+ communities, while recognizing the importance of inclusion, respect, and belonging. It's a reminder to honour diverse identities, amplify voices, and continue building a culture where everyone can feel safe being their authentic selves.

🌈 Happy Pride Month! 🌈

♥ National Indigenous History Month ♥

June is National Indigenous History Month—a time to recognize and celebrate the history, heritage, resilience, and diversity of First Nations, Inuit, and Métis Peoples. It's an opportunity to learn, reflect, and honour Indigenous voices, cultures, and contributions, while continuing to support reconciliation.

Let's take time to listen, learn, and move forward together.



KARAOKÊ

Get ready for an afternoon of karaoke, laughter, and show-stopping performances!

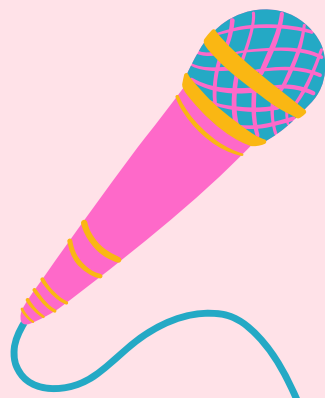


Friday, June 26th
1:30-3:00pm

*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



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 22nd, 2026

September

December

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917 Nipissing Rd, Unit 2, Milton

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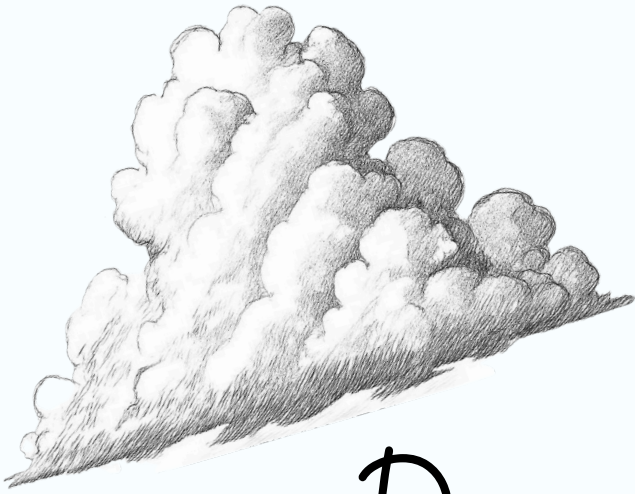
Creative Corner

MONDAY JUNE 8TH & 22ND
12:30PM-1:30 PM

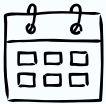
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Drawing with David



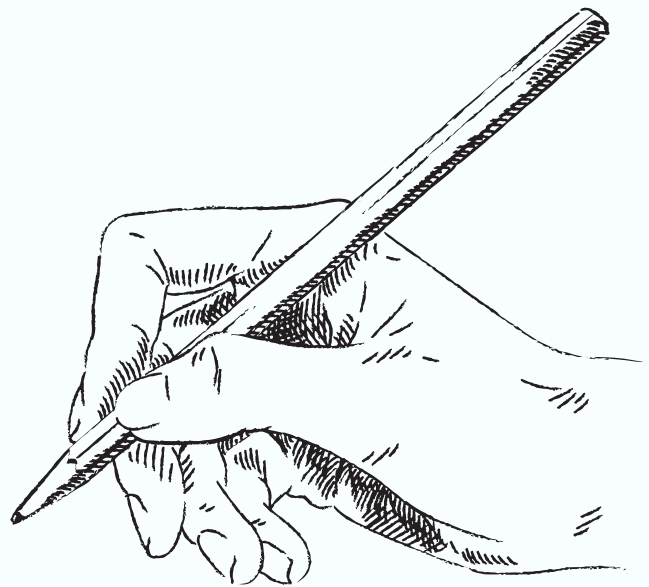
Thursday, June 4th & 18th



11:00-12:00pm



2305 Wyecroft Road, Oakville
Suite 200



Please contact Reagan to register:

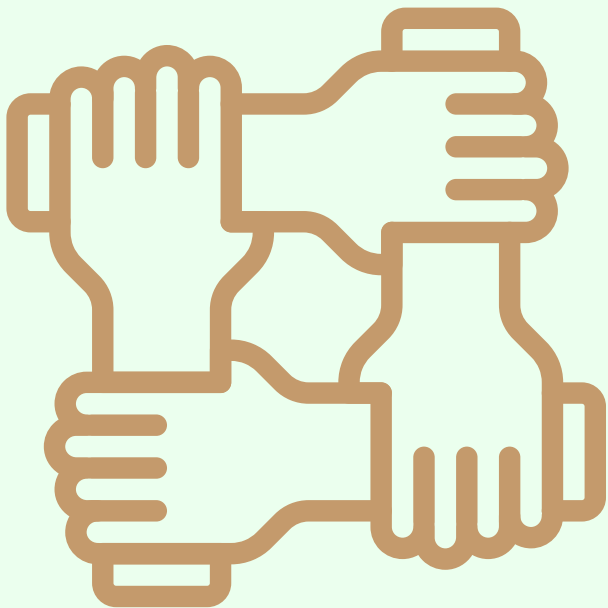
 289-795-5847

 rjacobs@summit-housing.ca



Peer Support Group

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




Wednesday, June 17th
11:30-12:30pm

2305 Wyecroft Road,
Suite 200
Oakville

Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



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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 June 24th

11:00-12:30pm

2305 Wycroft Road, Suite 200

Oakville

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



GARDENING GROUP




WHEN: FRIDAY JUNE 12TH & 26TH

12:00 - 1:00 PM

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

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, June 8th
11:00am-12:00pm

Join Teams Meeting
by registering



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, June 15th & 29th
11:00am-11:30am

Join Teams Meeting by registering

Please contact Reagan to register:

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 rjacobs@summit-housing.ca



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Friday

TRIVIA

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

Friday, June 5th & 12th
10:45am-11:15am

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.



Thursday, June 11th 2026




2:00-3:00pm




2-917 Nipissing Road, Milton



Please contact Reagan to register:

 289-795-5847

 rjacobs@summit-housing.ca



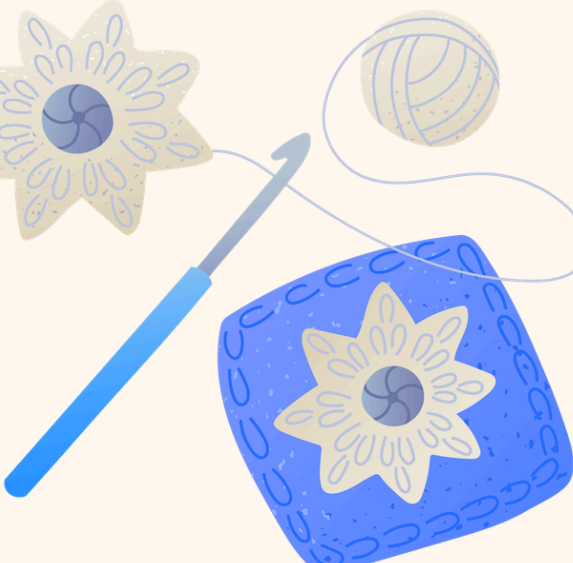
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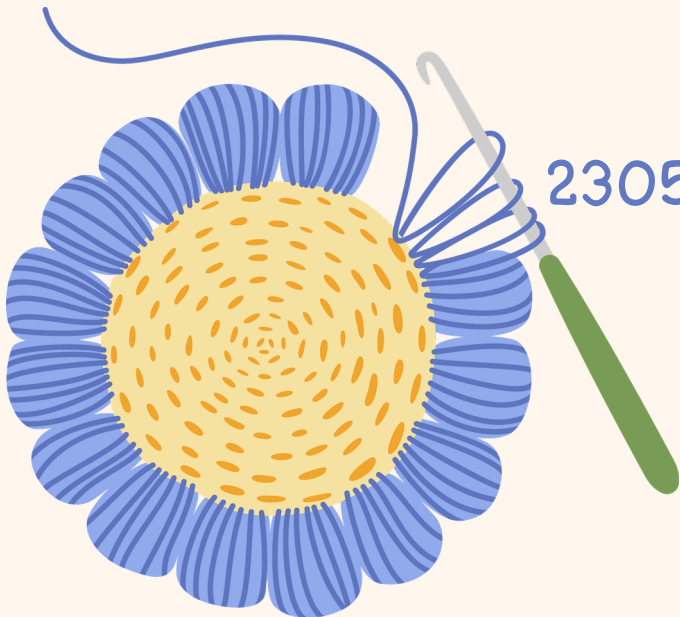
Crochet

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 June 3rd
12:30-2:00pm



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, June 10th
11:30am-1:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



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MUSIC MAKERS

WITH JIM

WEDNESDAY, JUNE 24TH
1:00-3:00PM

MILTON HEALTH & WELLNESS HUB
917 NIPISSING ROAD, SUITE #2
MILTON

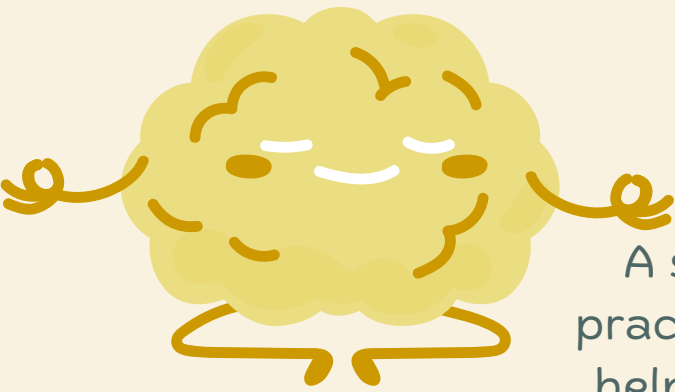
COME ENJOY SOME MUSIC,
& IF YOU WANT YOU CAN
EVEN SING ALONG!

Please contact Reagan to register:
289-795-5847
rjacobs@summit-housing.ca





Family Support Group



A supportive space where families gain practical knowledge, tools, and guidance to help one another and navigate challenges with confidence and care.

Thursday, June 18th

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



Peer Conversation



A space to share ideas, listen to others, and have open, respectful discussions.

Thursday, June 18th

1:00-2:00pm

2305 WYECROFT ROAD, SUITE 200

OAKVILLE

Please contact Reagan to register:

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rjacobs@summit-housing.ca



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Conservation Walk



Friday, June 5th
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




INDOOR WALK



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

*Monday June 15th
1:00 - 2:00pm
*Register for 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




PAINTING

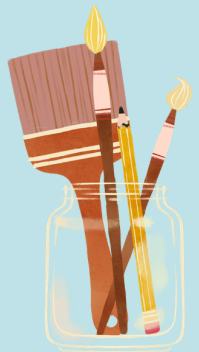
with **JON**

in Milton



 Tuesday, June 2nd, 16th, & 30th
1:30pm-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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Health & Wellness

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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



COOKING GROUP



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

**Monday, June 29th
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





STRIDE
you can work • we can help

AGM

ANNUAL GENERAL MEETING

June 25, 2026



5:00 PM
Light Refreshments



5:30 PM
Presentation

FEATURE PRESENTATION

Opportunity by Design:

**The Inclusive Employment
Partnership Program**



Hugh Foster Hall
141 King St,
Milton, ON L9T 1J9



RSVP to smccann@stride.on.ca
by June 19th

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



Challenging your Inner Critic

Wednesday June 17th 2026

1:30 PM - 3:30 PM

How do we stop being so hard on ourselves? Challenging your Inner Critic is a workshop on how to manage and cope with the stories that we may tell ourselves.

These may impact things such as our self-worth. Join us on this journey about learning the importance of kindness, self-awareness and self-compassion. Let's learn together and from each other about how we can do this in our everyday lives.

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



JUNE



EMPLOYMENT READINESS WORKSHOPS

**TUESDAY
JUNE 9**

INTERVIEW SKILLS

1:30PM - 3:00PM

**JOIN US AT OUR
FREE VIRTUAL
WORKSHOPS**

**FOR WORKSHOP
DESCRIPTIONS &
MORE
INFORMATION, VISIT
WWW.STRIDE.ON.CA**

**FOR QUESTIONS,
EMAIL US BETWEEN
THE HOURS OF
8:00 AM - 4:00PM,
MONDAY-FRIDAY:**

info@stride.on.ca

**THURSDAY
JUNE 18**

COMMUNICATION SKILLS

1:30PM - 3:00PM

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: Emotional Intelligence & Workplace Culture

Join us for a scenario-based session where we'll explore the "unwritten rules" of the workplace and how to communicate effectively in different work environments.

Complete an emotional intelligence reflection and discuss what emotional intelligence can look like on the job, including active listening, giving and receiving constructive feedback, setting healthy work boundaries, and de-escalating conflict. Together, we'll work through real-life workplace scenarios and build practical skills to support confidence, professionalism, and positive workplace relationships.

- Thursday, June 25th, 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



summitprograms



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SummitPrograms



summit-housing-outreach-programs

