



SUMMIT NEWSLETTER



August 2026

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Canadian Centre
for Accreditation



Agréé par
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



AUGUST 2026

MON	TUE	WED	THU	FRI
3 CLOSED  CIVIC HOLIDAY	4 Mind-Body Balance <u>10:00am - 10:30am</u> Crochet Group Community Hub 1:00-2:30pm *closed group	5 Coffee & Conversation <u>10:00-10:30am</u>	6 Mind-Body Balance <u>10:00am - 10:30am</u>  Writing Group Milton Office <u>2:00-3:00pm</u>	7 Friday Trivia <u>10:45am - 11:15am</u> Gardening Group Oakville Memorial Park <u>12:00-1:00pm</u>
10 Monday Mindfulness <u>11:00-11:30am</u> Creative Corner Milton Office <u>12:30-1:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>	11 Art's Social Community Hub <u>11:00-12:30pm</u> *closed group Mindfulness w/ Mark Oakville Office <u>11:00 - 12:00pm</u> Painting with Jon Milton Office <u>1:30-3:00pm</u>	12  Art's Socials Oakville Office <u>11:30am-1:00pm</u> Music Makers Oakville Office <u>1:00-3:00pm</u>	13 Drawing Group Oakville Office <u>11:00-12:00pm</u> Peer Conversation Oakville Office <u>1:00-2:00pm</u>	14 Friday Trivia <u>10:45am - 11:15am</u> Conservation Walk North <u>1:30-2:30pm</u>  Burlington Walk <u>1:30-2:30pm</u>
17 Let's Talk Programs  <u>11:00-12:00pm</u> Lunch & Learn *For Volunteers Oakville Office <u>1:30-2:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>	18 Mind-Body Balance <u>10:00am - 10:30am</u> Crochet Group Community Hub 1:00-2:30pm *closed group	19  Crochet with Emilie Oakville Office <u>12:00-1:30pm</u>	20  Client Picnic Event	21 Gardening Group Oakville Memorial Park <u>12:00-1:00pm</u> Movie Mates Milton Office <u>1:00-3:00pm</u>
24 Monday Mindfulness <u>11:00-11:30am</u> Healthy Relationships Milton Office <u>2:00-3:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>	25 Art's Social Community Hub <u>11:00-12:30pm</u> *closed group Painting with Jon Milton Office <u>1:30-3:00pm</u>	26 Decoupage Group Oakville Office <u>11:00-12:30pm</u> Knitting with Carol Oakville Office <u>1:00-3:00pm</u>	27 Drawing Group Oakville Office <u>11:00-12:00pm</u> Family Support Group Milton Office <u>6:30-8:00pm</u>	28 Burlington Walk <u>1:30-2:30pm</u> 
31 Monday Mindfulness <u>11:00-11:30am</u>  Cooking Group Milton Office <u>1:00-2:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>				

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.

Summit Housing & Outreach Programs
Health & Wellness

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



INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

AUGUST 9TH - THIS DAY RECOGNIZES THE RICH CULTURES, HISTORIES, KNOWLEDGE, AND CONTRIBUTIONS OF INDIGENOUS PEOPLES AROUND THE WORLD. IT SERVES AS AN OPPORTUNITY TO LEARN, REFLECT, AND SUPPORT ONGOING EFFORTS TOWARD RECONCILIATION, RESPECT, AND THE PROTECTION OF INDIGENOUS RIGHTS.

NATIONAL ACADIAN DAY

AUGUST 15TH - NATIONAL ACADIAN DAY CELEBRATES THE VIBRANT HERITAGE, TRADITIONS, AND RESILIENCE OF ACADIAN COMMUNITIES ACROSS CANADA. IT IS A TIME TO RECOGNIZE THE LASTING CULTURAL CONTRIBUTIONS OF ACADIANS AND THEIR IMPORTANT ROLE IN SHAPING CANADA'S DIVERSE IDENTITY.

WOMEN'S EQUALITY DAY

AUGUST 26TH - WOMEN'S EQUALITY DAY HIGHLIGHTS THE ONGOING JOURNEY TOWARD GENDER EQUITY AND CELEBRATES THE ACHIEVEMENTS OF WOMEN IN ADVANCING SOCIAL, ECONOMIC, AND POLITICAL CHANGE. IT IS AN OPPORTUNITY TO REFLECT ON PROGRESS MADE WHILE REAFFIRMING OUR COMMITMENT TO CREATING INCLUSIVE AND EQUITABLE WORKPLACES AND COMMUNITIES FOR ALL



Join us for a fun and tropical

Annual Summit PICNIC!



Bring your aloha spirit for a day of
fun, food and community!

THURSDAY, AUGUST 20, 2026
11:30AM-2:30PM

BRONTE CREEK PARK- PS11-BRECKON
1219 BURLOAK DRIVE, OAKVILLE ON



 **Dress to impress in your best
Hawaiian vibes – the most aloha-
inspired outfit will receive a prize!** 

Registration is closed!





"Transform your thoughts,
transform your life"

Our CBT Skills Group to return in
September 2026



Presented by
Sandra Mackay RSW, MSW
Jacob John RSW, MSW

For more information, please contact:
smackay@summit-housing.ca
jjohn@summit-housing.ca

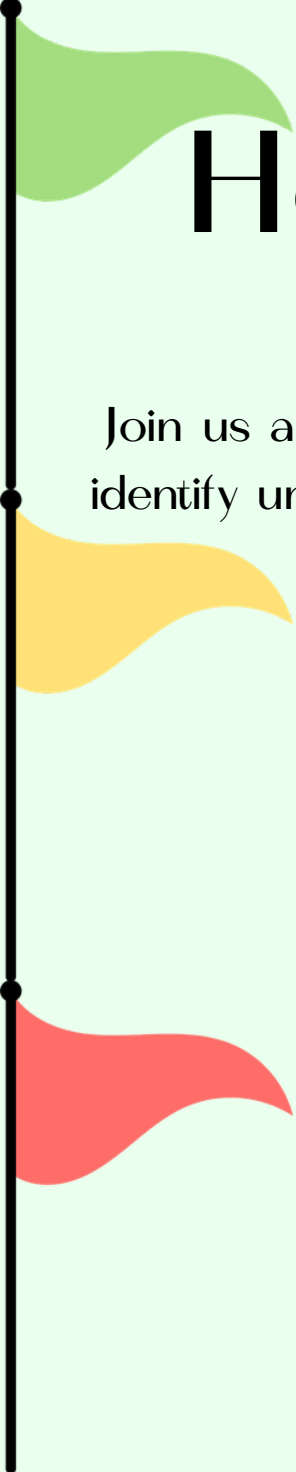
Location TBD

Closed Group - Limited spots available



Summit Housing & Outreach Programs
Health & Wellness

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



Healthy Relationships

Join us as we explore the qualities of healthy relationships, identify unhealthy patterns, and learn practical ways to build supportive and meaningful connections.

Monday, August 24th
2:00-3:30pm

Summit Health & Wellness Hub
917 Nipissing Road, 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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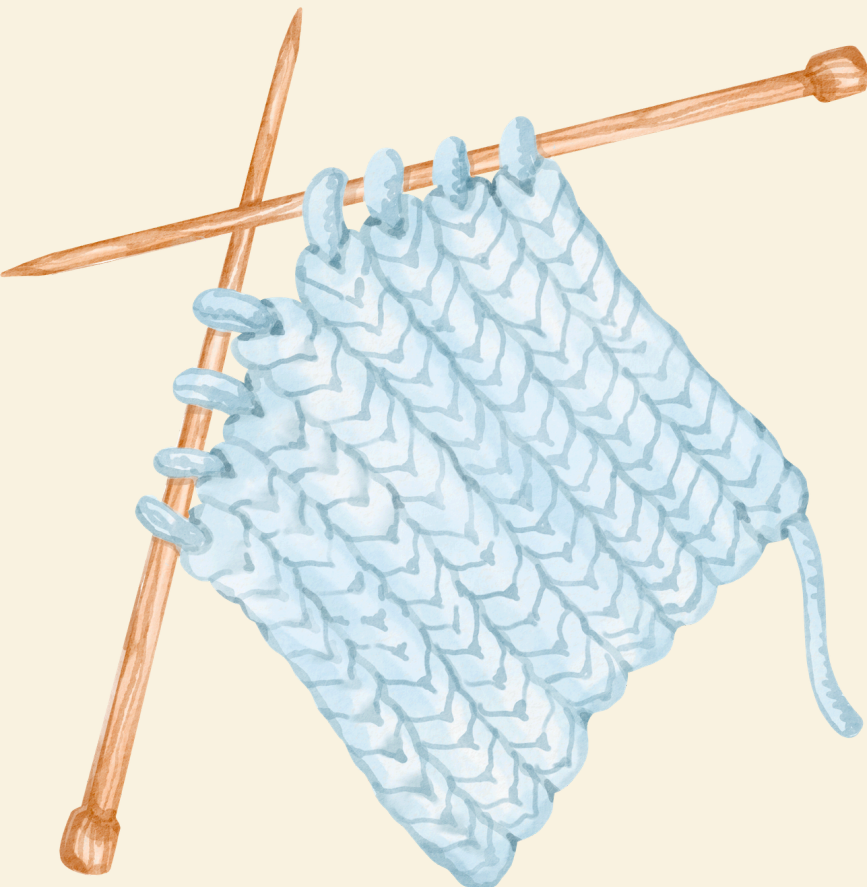


KNITTING WITH CAROL

WEDNESDAY, AUGUST 26TH

1:00-3:00PM

2305 WYECROFT ROAD
SUITE 200
OAKVILLE



Please contact Reagan to register:

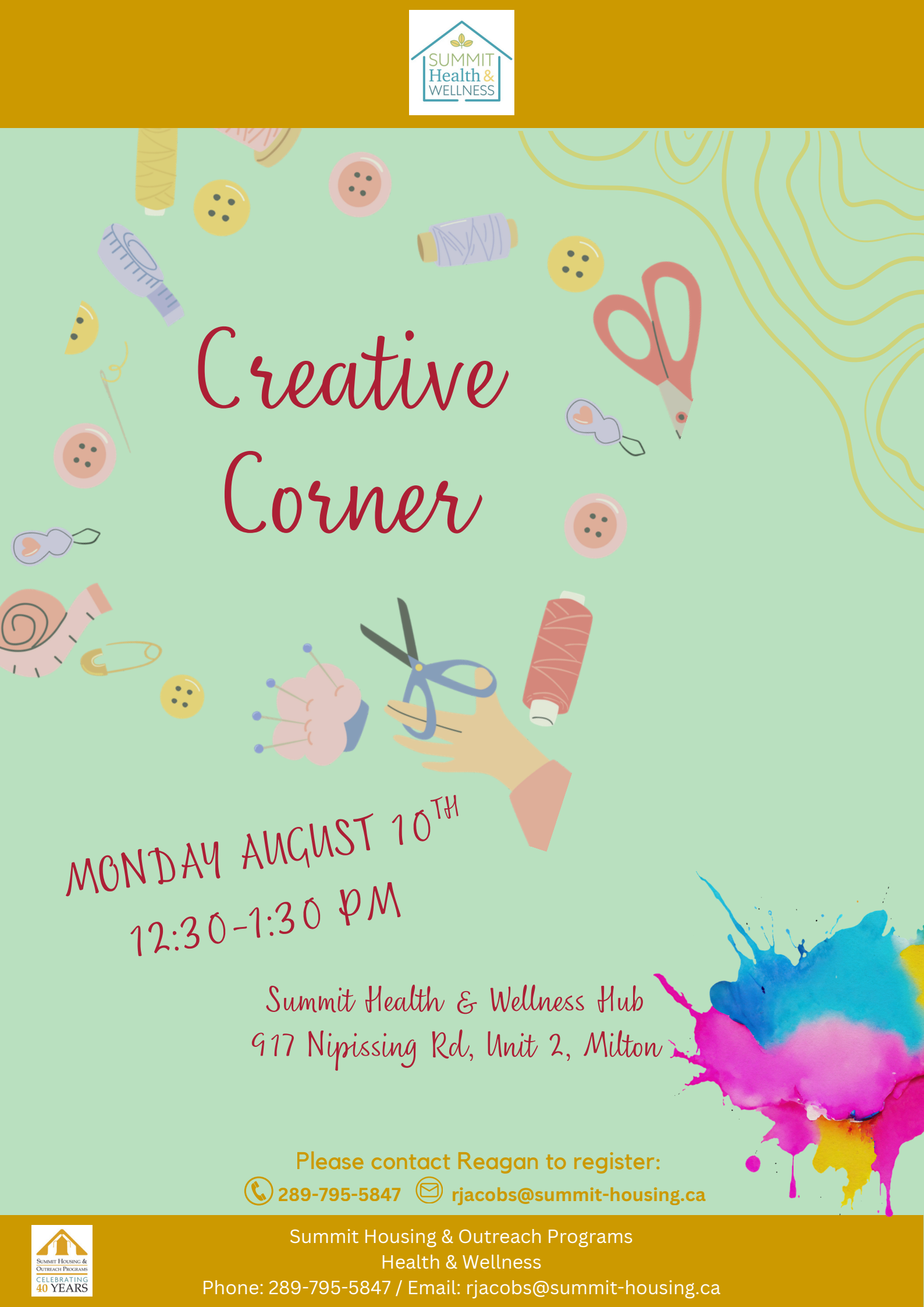
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Creative Corner

MONDAY AUGUST 10TH
12:30-1:30 PM

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

Please contact Reagan to register:

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



Drawing with David



Thursday, August 13th & 27th



11:00-12:00pm



2305 Wyecroft Road, Oakville
Suite 200



Please contact Reagan to register:

☎ 289-795-5847

✉ rjacobs@summit-housing.ca



Mindfulness with Mark

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



Tuesday, August 11th
11:00-12:00pm

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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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 August 26th

11:00-12:30pm

2305 Wyecroft Road, Suite 200
Oakville

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



GARDENING GROUP



WHEN: FRIDAY AUGUST 7TH & 21ST

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



Summit Housing & Outreach Programs
Health & Wellness

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



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, August 10th
11:00am-12:00pm

Join Teams Meeting
by registering



Please contact Reagan to register:

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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, August 10th, 24th, & 31st
11:00am-11:30am

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, August 7th & 14th
10:45am-11:15am

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, August 6th



2:00-3:00pm



2-917 Nipissing Road, Milton



Please contact Reagan to register:

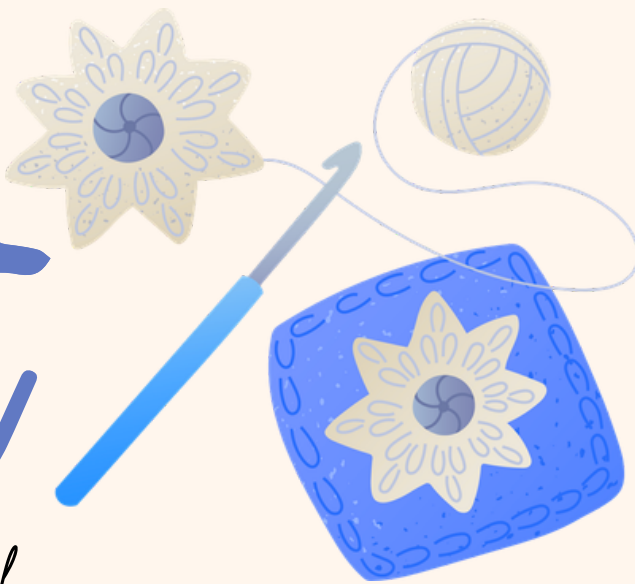
☎ 289-795-5847

✉ rjacobs@summit-housing.ca



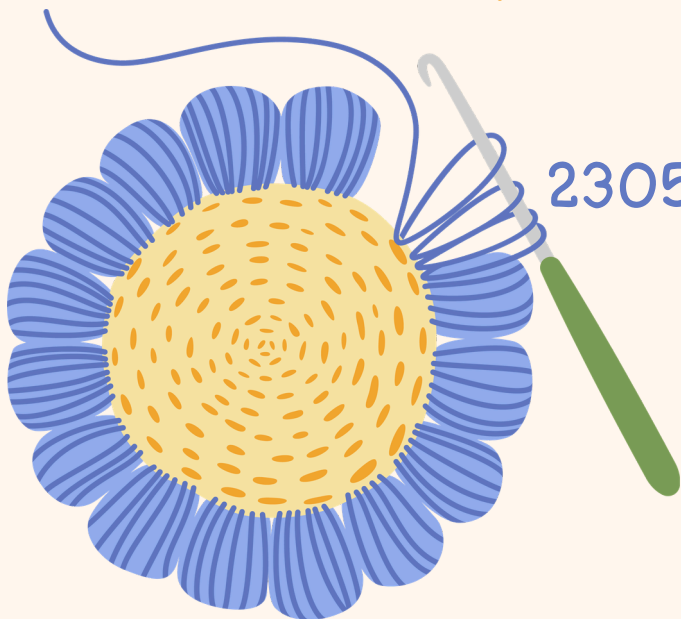
Crochet

with Emile



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

Wednesday August 19th
1:30-2:30pm



2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

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✉️ 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, August 12th
11:30am-1:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

📞 289-795-5847

✉️ rjacobs@summit-housing.ca



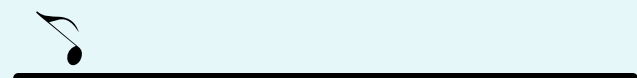
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MUSIC MAKERS

WITH JIM


WEDNESDAY, AUGUST 12TH
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

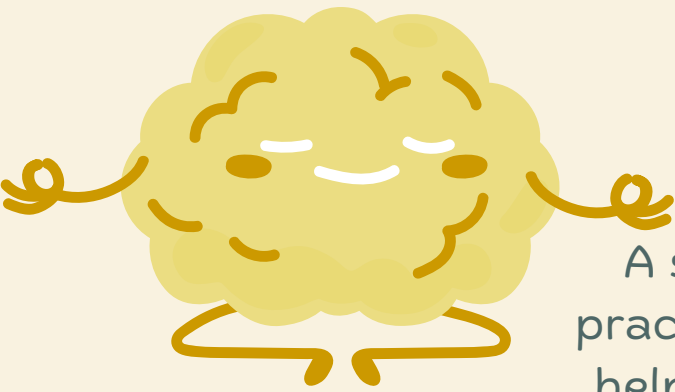


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Health & Wellness

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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, August 27th

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, August 13th

1:00-2:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Reagan to register:

289-795-5847

rjacobs@summit-housing.ca

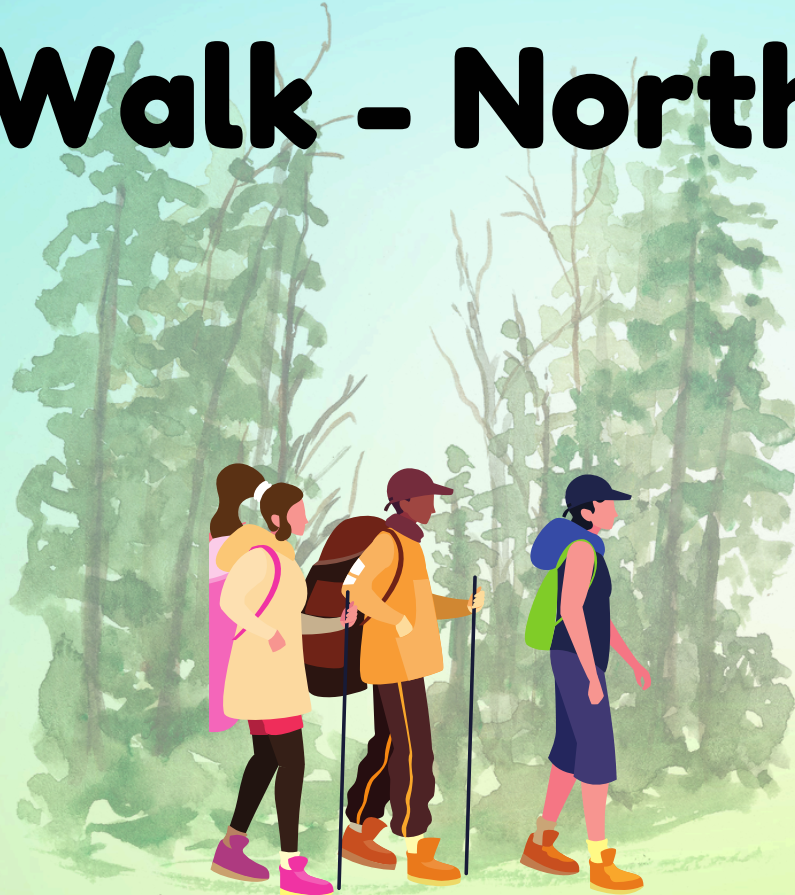


Summit Housing & Outreach Programs
Health & Wellness

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Conservation Walk – North



Friday, August 14th

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



Burlington Outdoor Walk



Friday, August 14th & 28th
1:30 - 2:30pm

Please contact Reagan to register:

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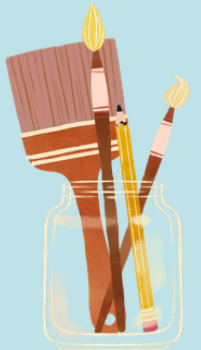
PAINTING

with **JON**
in Milton



Tuesday, August 11th & 25th
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



Summit Housing & Outreach Programs
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



COOKING GROUP



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

**Monday, August 31st
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



Summit Housing & Outreach Programs
Health & Wellness

Phone: 289-795-5847 / Email: rjacobs@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



Balanced Thinking

August 19th, 2026

1:30 PM - 3:30 PM

What if there was another way of looking at the situation? Join us for an engaging workshop exploring how our thoughts shape the way we see ourselves, others, and the world around us. Together, we'll learn to recognize common thinking traps, challenge unhelpful patterns and discover practical strategies to respond with greater curiosity, confidence, and self-compassion.

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

   @STRIDE4WORK





AUGUST ✨ ✨ ✨ ✨ ✨ ✨

EMPLOYMENT READINESS WORKSHOPS

**THURSDAY
AUGUST 6**

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

**TUESDAY
AUGUST 25**

INTRODUCTION TO LINKEDIN

1:30PM - 3:00PM



@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:

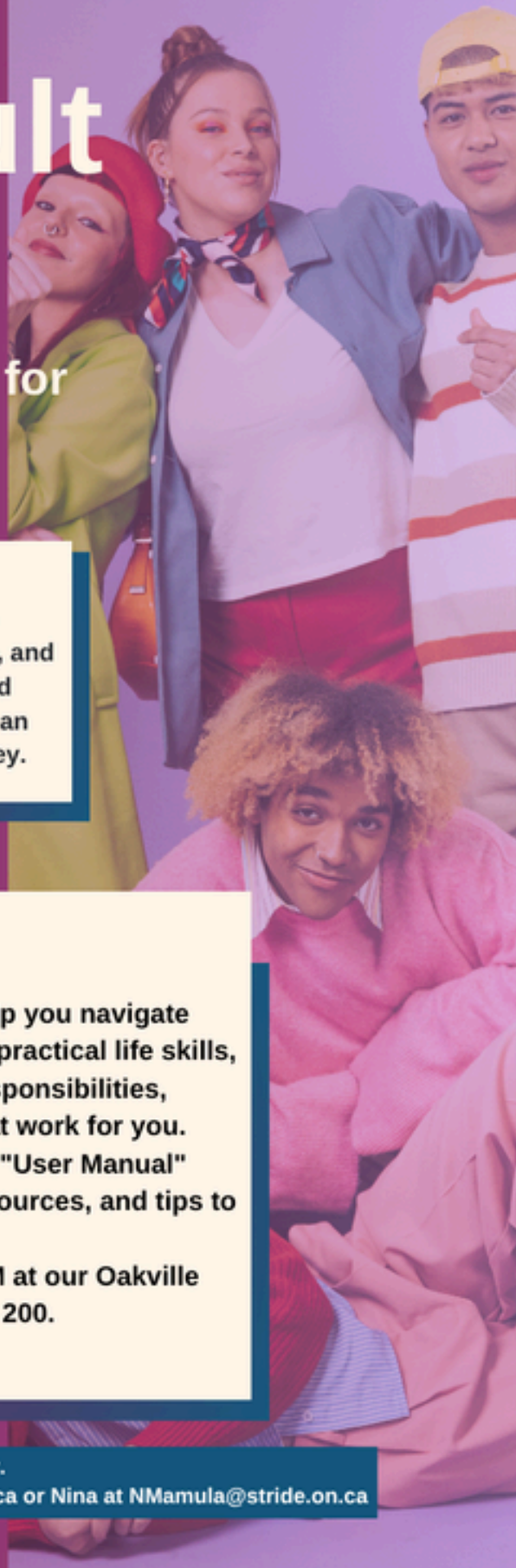
In-Person: Adulting 101

Join us for an interactive workshop designed to help you navigate adulthood with confidence. Together, we'll explore practical life skills, everyday wellness, and strategies for managing responsibilities, building healthy routines, and creating systems that work for you. Through discussion, reflection, and a personalized "User Manual" activity, you'll leave with practical tools, helpful resources, and tips to make everyday life a little easier.

- Thursday, August 27th, 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 Aysha 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

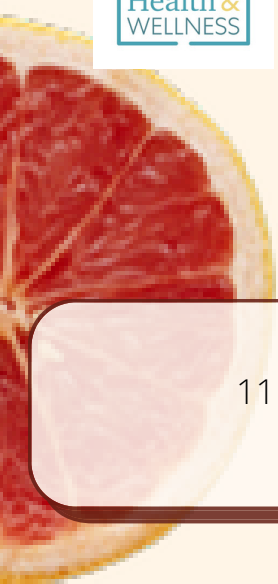
130 Mill St East (519) 853-1140 or (519) 853-5610

Monday – Friday 930am – 12pm

<https://halton.cioc.ca/record/ACT0756>

Food Bank Information

GEORGETOWN



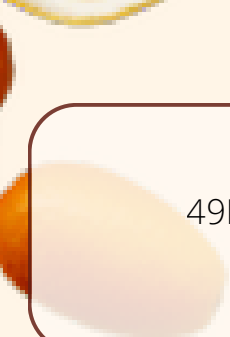
St John's United Church

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
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