



SUMMIT NEWSLETTER



July 2026



Accredited by
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

JULY 2026

MON	TUE	WED	THU	FRI
		1 CLOSED 	2 Mind-Body Balance 10:00am - 10:30am Drawing Group Oakville Office 11:00-12:00pm	3 Friday Trivia 10:45am - 11:15am Conservation Walk 1:30-2:30pm 
6 Men's Group 2:00pm - 3:00pm	7 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	8  Art's Socials Oakville Office 11:30am-1:00pm Crochet with Emilie Oakville Office 1:30-2:30pm 	9 Mind-Body Balance 10:00am - 10:30am Drawing Group Oakville Office 11:00-12:00pm Writing Group Milton Office 2:00-3:00pm 	10 Friday Trivia 10:45am - 11:15am Gardening Group Oakville Memorial Park 12:00-1:00pm
13  Let's Talk Programs 11:00-12:00pm  Indoor Walk Milton 1:00-2:00pm Men's Group 2:00pm - 3:00pm	14 Mind-Body Balance 10:00am - 10:30am Painting with Jon Milton Office 1:30-3:00pm 	15 Decoupage Group Oakville Office 11:00-12:30pm Mindfulness w/ Mark Oakville Office 1:30 - 2:30pm	16 Mind-Body Balance 10:00am - 10:30am Knitting with Carol Oakville Office 1:00-3:00pm Family Support Group Milton Office 6:30-8:00pm	17 Conservation Walk 1:30-2:30pm 
20 Monday Mindfulness 11:00-11:30am Creative Corner Milton Office 12:30-1:30pm Men's Group 2:00pm - 3:00pm	21 Mind-Body Balance 10:00am - 10:30am Crochet Group Community Hub 1:00-2:30pm *closed group	22 Coffee & Conversation Milton Office 10:30-11:30am Music Makers Oakville Office 1:00-3:00pm	23 Drawing Group Oakville Office 11:00-12:00pm	24 Gardening Group Oakville Memorial Park 12:00-1:00pm Movie Mates Milton Office 1:00-3:00pm
27 Monday Mindfulness 11:00-11:30am  Cooking Group Milton Office 1:00-2:30pm Men's Group 2:00pm - 3:00pm	28 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:00pm 	29 Mind-Body Balance 10:00am - 10:30am  Pontoon Boat Oakville 12:45-2:00pm	30 Drawing Group Oakville Office 11:00-12:00pm Peer Conversation Oakville Office 1:00-2:00pm	31 Friday Trivia 10:45am - 11:15am Conservation Walk 1:30-2:30pm Karaoke Milton Office 1:30-3:00pm 

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.

In Memoriam: Sharon Kay Paris



It is with profound sadness that we share the passing of Sharon Kay Paris on June 6, 2026.

Sharon's loss is deeply felt across our organization and within the many communities she touched. Our thoughts are with all those who knew her, worked alongside her, and were supported by her compassion and care.

In her role as Peer Support, Sharon exemplified empathy, resilience, and unwavering dedication. She stood alongside individuals during some of their most challenging moments, offering dignity, understanding, and strength.

Her advocacy and commitment made a lasting impression—not only on those she supported, but also on every colleague fortunate enough to work with her.

Since joining our organization in 2014, Sharon made an extraordinary and enduring impact. Her legacy lives on through the countless lives she touched, the partnerships she fostered, and the community she helped strengthen.

We recognize that this loss may be deeply felt. We encourage everyone to take the time needed to reflect, grieve, and support one another during this difficult time.

To learn more about Sharon's life and legacy, please visit her obituary:
<https://www.koprivataylor.com/obituaries/sharon-paris>



Hello

JULY



July 1st – Canada Day is a time to celebrate and reflect. As we mark the country's history and achievements, we also recognize the diverse communities and Indigenous Peoples who shape Canada today. Let's take a moment to celebrate, learn, and continue building a more inclusive future.

Happy Disability Pride Month!



This month, we celebrate the strength, diversity, and contributions of people with disabilities. It's a time to raise awareness, challenge stigma, and continue creating accessible and inclusive spaces where everyone can thrive.

Happy International Non-Binary People's Day!



July 14th celebrates individuals whose gender identities exist beyond the binary. It's a chance to recognize and uplift non-binary voices, promote understanding, and continue fostering a workplace where everyone can show up as their authentic selves.



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



RSVP with dietary restrictions and
transportation needs to: Anamae-aclaret@summit-housing.ca or to
your Summit worker

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

RSVP DEADLINE IS JULY 17, 2026

Spots are limited!





ART CALL OUT



We are looking for talented artists to showcase their work in our upcoming Annual Report

🕒 **Deadline:**
JULY 31, 2026

Summit Housing & Outreach Programs is looking for artwork that reflects the agency to include in this year's Annual Report!

The Annual Report is prepared for our clients, funders, community members, and is available on our website.

ARTIST WHOSE ARTWORK IS SELECTED WILL RECEIVE A GIFT CARD

Please email your artwork to:

✉️ **NYU@SUMMIT-HOUSING.CA**

Message from the Senior Leadership Team

Ontario Perception of Care (OPOC) Survey Results

Overall, the results of the 2026 OPOC survey were mostly positive, with clients reporting that Summit Housing & Outreach Programs provides a service environment where they feel welcomed, respected, supported, and confident in the care they receive. Ratings across service access, service participation and rights, discharge planning, environment, and overall experience exceeded provincial benchmarks. Supportive Housing respondents also rated many areas very positively, particularly participation and rights, services and staff support, and overall sense of community.

Areas of opportunity to improve programs and services include wait times for services, client awareness of the complaint process, discharge planning, and, within Supportive Housing, creating a physical space for visits with family and friends. For the full infographic report, please click the following link: [OPOC Infographic 2026 final](#)

Strategic Planning in Motion

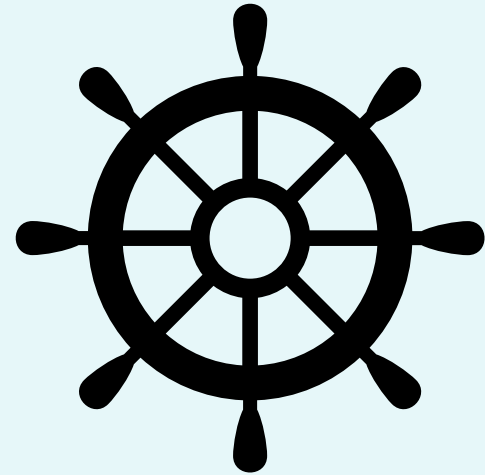
We are excited to share that Summit's 2027–2030 Strategic Planning process is now officially underway. This important initiative will help shape our direction for the coming years, ensuring we continue to grow our impact and strengthen our long-term sustainability.

To support this work, we have partnered with SN Management as our strategic planning consultant. The process kicked off in June with the Discovery phase, focused on gathering insights, understanding emerging needs, and building a strong foundation for decision-making. Over the coming weeks, SN Management will lead a broad engagement process to ensure a wide range of voices inform the plan. This includes interviews and focus groups—both in-person and virtual—with

- Community partners
 - Funders
 - Board members
 - Staff and leadership
- Clients and individuals with lived experience

This collaborative approach is designed to ensure that our future direction reflects real community needs, diverse perspectives, and the realities of the systems we operate within. We look forward to sharing updates as this work progresses and to building a strong, forward-looking strategy together.

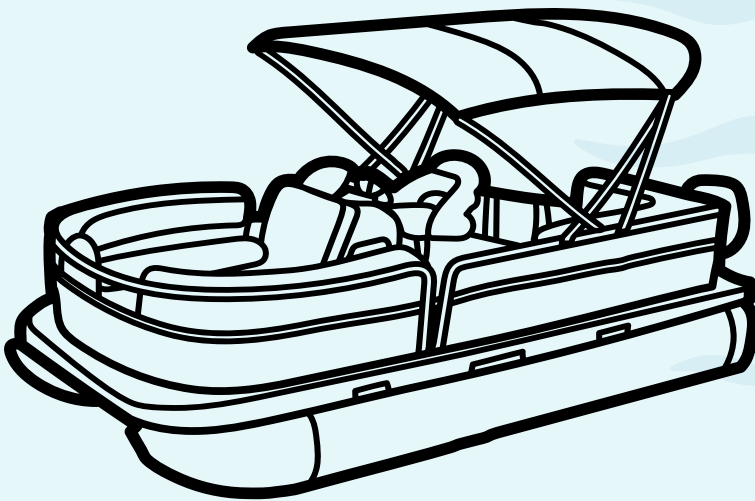
Pontoon Boat Ride



Enjoy a 60-minute guided cruise through nature on a fully accessible pontoon boat.

- ✓ No cost
- ✓ Wheelchair accessible
- ✓ Open to all abilities

 **Limited spots – first come, first served. Register today!**



Wednesday, July 29th
12:45-2:00pm

Please contact Reagan to register:

 **289-795-5847**

 **rjacobs@summit-housing.ca**



KARAOKÊ

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



Friday, July 31st
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

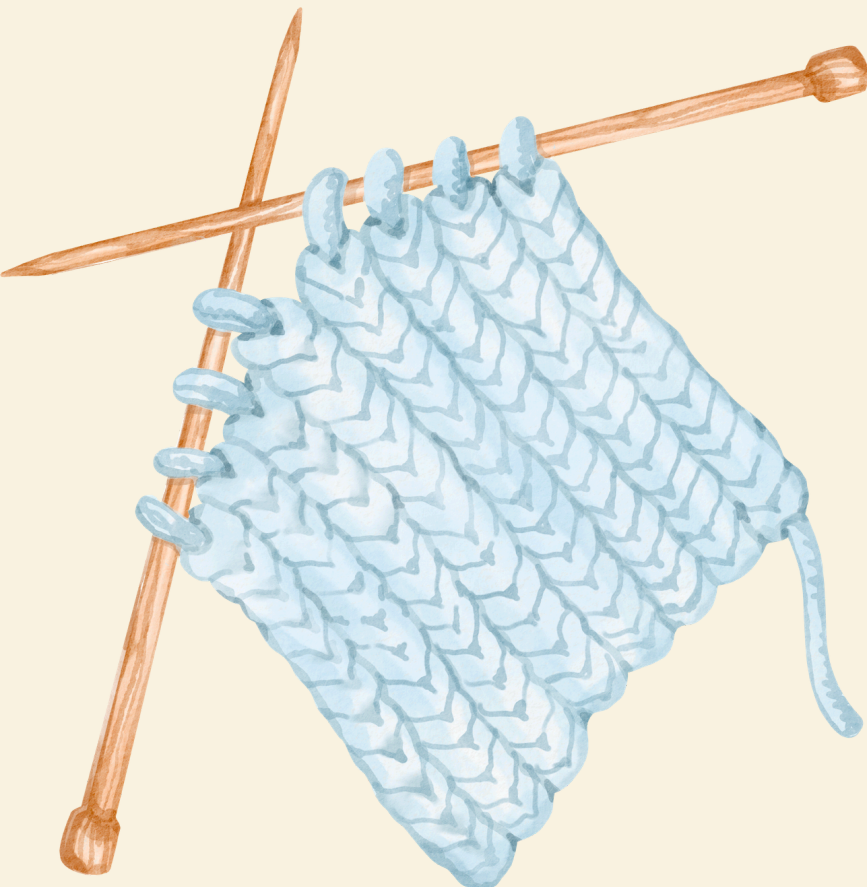


KNITTING WITH CAROL

THURSDAY, JULY 16TH

1:00-3:00PM

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



Creative Corner

MONDAY JULY 20TH
12:30PM-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, July 2nd, 9th, 23rd, 30th



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.



Wednesday, July 15th
1:30-2:30pm

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

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 July 15th

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 JULY 3RD, 17TH, 31ST

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, July 13th
11:00am-12:00pm

Join Teams 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



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, July 20th
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, July 3rd, 10th, & 31st
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, July 9th



2:00-3:00pm



2-917 Nipissing Road, Milton



Please contact Reagan to register:

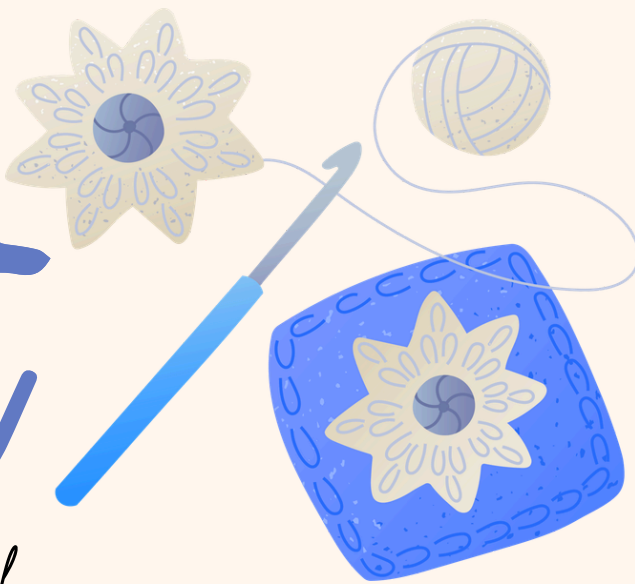
☎ 289-795-5847

✉ rjacobs@summit-housing.ca



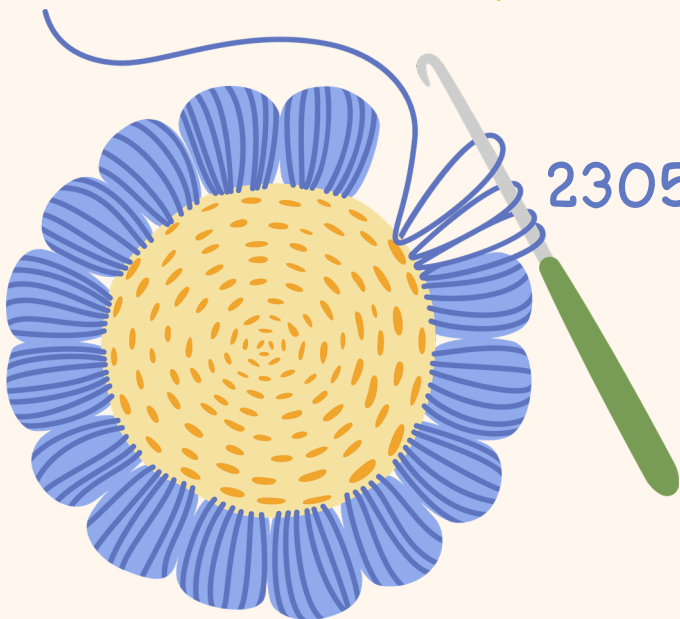
Crochet

with Emile



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

Wednesday July 8th
1:30-2:30pm



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



Arts Social

with Roberta & Paul

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

Wednesday, July 8th
11:30am-1:00pm

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



MUSIC MAKERS

WITH JIM



WEDNESDAY, JULY 22ND
1:00-3:00PM

2305 WYECROFT ROAD
SUITE 200
OAKVILLE

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

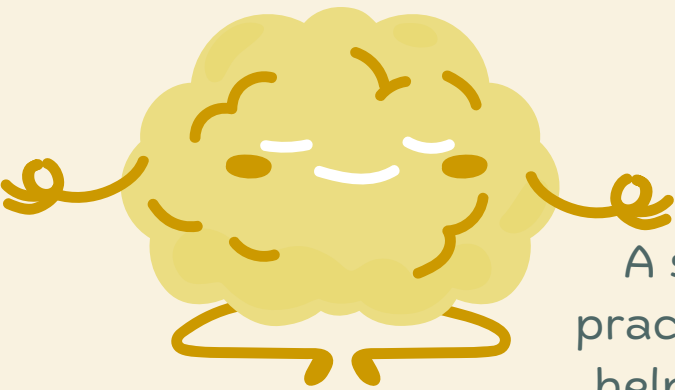
Please contact Reagan to register:
289-795-5847
rjacobs@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness
Phone: 289-795-5847 / Email: 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, July 16th

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, July 30th
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
Phone: 289-795-5847 / Email: rjacobs@summit-housing.ca



Conservation Walk



Friday, July 3rd, 17th & 31st
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 July 13th
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, July 14th & 28th
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, July 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



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



Who am I Beyond my Struggles?

Wednesday, July 22, 2026

1:30 PM - 3:30 PM

Who were you before your biggest challenges? Join us for a workshop focused on rediscovering who you are beyond difficult moments. We'll explore our strengths, values, and passions while learning to separate our identity from our struggles, recognize our growth, and honor the journey of becoming who we are.

Register [HERE](#)

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





STRIDE

you can work • we can help

EMPLOYMENT READINESS *Workshops*

Join us at our FREE Virtual July
Workshops

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



July 9 and 28



Virtual Via Teams



Thursday July 9
1:30 pm - 3:00 pm

Resume and
Cover Letters



Tuesday July 28
1:30 pm - 3:00 pm

Coping with
Disappointment

For workshop descriptions & registration visit www.stride.on.ca



@STRIDE4WORK

 **STRIDE**
you can work • we can help

Canada 

**EMPLOYMENT
ONTARIO**

Ontario 

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 Session:

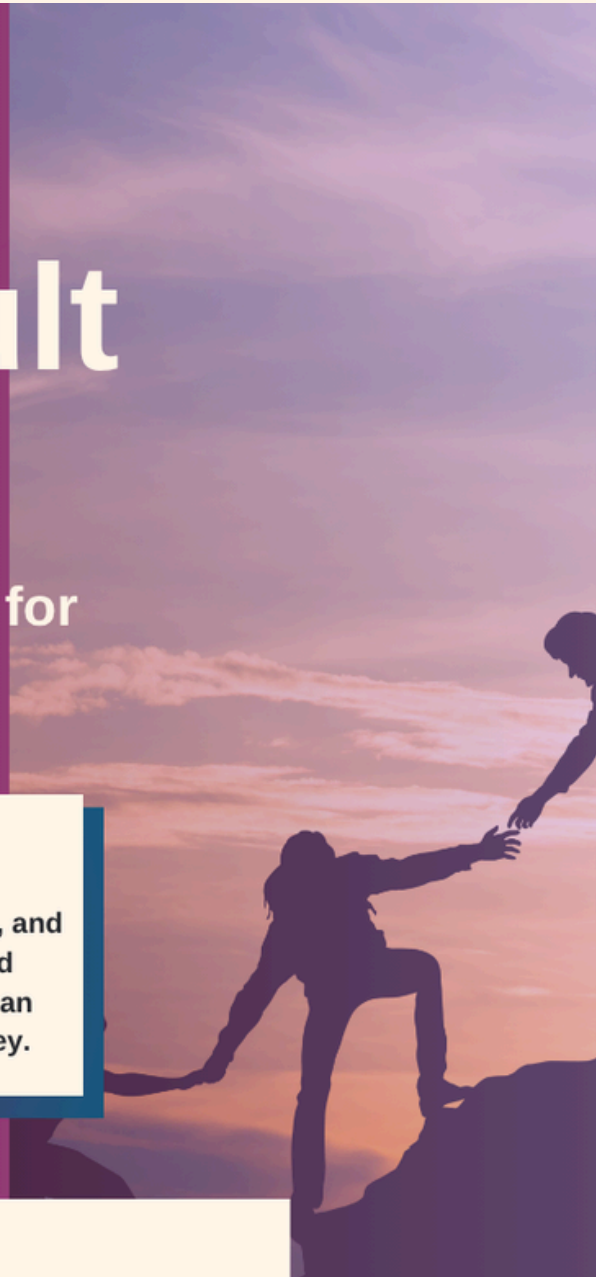
In-Person: Where I Am, Where I'm Going

Join us for an interactive mindfulness and self-reflection session designed to help you reconnect with your goals, values, and vision for the future. Through a collage-style activity, we'll reflect on personal values, self-compassion, daily routines, and the worries we're ready to leave behind. This session is all about mindfulness, intention, and creating a vision for the life you want to build.

- Thursday, July 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 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



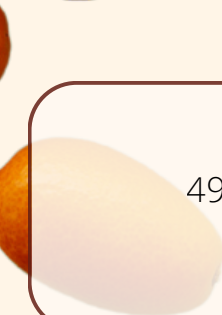
St John's United Church

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
Phone: 905-847-3206

Email: info@summit-housing.ca

Website: www.summithousing.ca



summitprograms



summitprograms



SummitPrograms



summit-housing-outreach-programs



Ontario Health
Central



Ontario Health
West