

SUMMIT NEWSLETTER





SEPTEMBER 2026

MON

TUE

WED

THU

FRI

	1 Mind-Body Balance <u>10:00am - 10:30am</u> Crochet Group Community Hub 1:00-2:30pm *closed group	2  Art's Socials Oakville Office <u>11:30am-1:00pm</u>	3  Writing Group Milton Office <u>2:00-3:00pm</u> Donation Boutique Milton Office <u>1:30-3:00pm</u>	4 Friday Trivia <u>10:45am - 11:15am</u> Gardening Group Oakville Memorial Park <u>12:00-1:00pm</u> 
7 OFFICES CLOSED 	8 Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office <u>1:30-3:00pm</u> 	9  Decoupage Group Oakville Office <u>11:00-12:30pm</u>	10 Drawing with David Oakville Office <u>11:00-12:00pm</u> Karaoke Milton Office <u>1:30-3:00pm</u> Donation Boutique Milton Office <u>1:00-2:30pm</u> 	11 Peer Conversation Oakville Office <u>11:00am-12:00pm</u> Burlington Walk <u>1:30-2:30pm</u> 
14 Boost your mood through food Milton Office <u>12:00- 1:00pm</u>  Creative Corner Milton Office <u>1:00-2:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>	15 Mind-Body Balance <u>10:00am - 10:30am</u>  Crochet Group Community Hub 1:00-2:30pm *closed group	16  Pontoon Boat <u>12:45pm-2:00pm</u>  Music Makers Oakville Office <u>1:00-3:00pm</u>	17 Donation Boutique Milton Office <u>2:30-4:00pm</u> 	18 Friday Trivia <u>10:45am - 11:15am</u> Gardening Group Oakville Memorial Park <u>12:00-1:00pm</u>  Movie Mates Milton Office <u>1:00-3:00pm</u>
21  Knitting with Carol Oakville Office <u>1:00-2:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>	22 Art's Social Community Hub 11:00-12:30pm *closed group 	23  Crochet with Emilie Oakville Office <u>12:00-1:30pm</u>  CBT Group Oakville Office <u>2:00-4:00pm</u>	24  Drawing with David Oakville Office <u>12:00-1:00pm</u> Donation Boutique Milton Office <u>2:00-3:30pm</u> Family Support Group Milton Office <u>6:30-8:00pm</u> 	25 Let's Talk Programs <u>11:00-11:30pm</u>  Burlington Walk <u>1:30-2:30pm</u> 
28  Cooking Group Milton Office <u>1:00-2:30pm</u> Men's Group <u>2:00pm - 3:00pm</u>	29 Mind-Body Balance <u>10:00am - 10:30am</u>  Crochet Group Community Hub 1:00-2:30pm *closed group Women's Group <u>3:00pm - 4:00pm</u>	30  Shake & Shape with Zara & Felicia Milton Office <u>1:00-2:00pm</u>  CBT Group Oakville Office <u>2:00-4:00pm</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 ANAMAE:

aclaret@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: 905-876-1319 ext 223/ Email: aclaret@summit-housing.ca



hello September

Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month, a time to increase understanding, reduce stigma, and encourage open conversations about mental health. By wearing teal and purple and supporting one another with compassion, we can help create a community where everyone feels seen, heard, and valued.

Awareness, education, and connection can save lives.

If you or someone you know is struggling, support is available 24/7 through the 9-8-8 Suicide Crisis Helpline by calling or texting 9-8-8. For additional information and resources, visit CAMH, CMHA, the Centre for Suicide Prevention, or the Government of Canada's Suicide Prevention webpage.

International Day of Sign Languages (September 23)

The International Day of Sign Languages celebrates the rich diversity of sign languages. It also highlights the importance of accessible communication and creating environments where everyone can participate fully. Wearing blue can be a simple way to show support for accessibility, inclusion, and equal opportunities for all.

For additional ASL learning resources, visit:

<https://cad-asc.ca/>

<https://www.handspeak.com/>

National Day for Truth and Reconciliation (September 30)

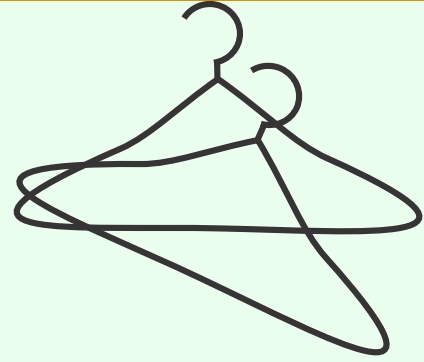
National Day for Truth and Reconciliation honours the survivors of residential schools, their families, and Indigenous communities. It is a day to reflect, learn, and support meaningful actions that advance reconciliation in Canada. Wearing orange is a meaningful way to recognize the lasting impacts of residential schools and support ongoing efforts toward truth, healing, and reconciliation.

For additional resources and information, visit:

<https://trw-svr.nctr.ca/lunch-and-learns/>

<https://trw-svr.nctr.ca/parliament-hill/>





Donation Boutique

Our Donation Boutique offers clients the opportunity to access clothing and other essentials on designated boutique days. Clients are warmly welcomed and assisted by our staff and volunteers, who help them select items that best meet their needs.



Thursday, **September 3rd** from 1:30-3:00pm
Thursday, **September 10th** from 1:00-2:30pm
Thursday, **September 17th** from 2:30-4:00pm
Thursday, **September 24th** from 2:00-3:30pm

📍 2-917 Nipissing Road, Milton

***Unable to attend? Speak with your Case Manager to complete a request form, and we will prepare a package for you.**

For any additional questions please reach out to Ivana
imilojic@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

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CBT Skills Group

Learn New Ways to Think, Cope, and Thrive

Discover practical CBT techniques to help navigate life's challenges and create positive change. The program will run for 6 consecutive weeks from September 23rd to October 28th.

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

Wednesday
September 23rd & 30th (first two sessions)
2:00 - 4:00pm

Oakville Office
2305 Wyecroft Road, Suite 200
Oakville

Closed Group • Limited Spots Available • Transportation May Be Available



To register, please contact:
Sandra: smackay@summit-housing.ca
Jacob: jjohn@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness
Phone: 905-876-1319 ext 223/ Email: aclaret@summit-housing.ca



Arts Social

with Roberta & Paul

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

Wednesday, September 2nd
11:30am-1:00pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca



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Writing Group



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



Thursday, September 3rd



2:00–3:00pm



2–917 Nipissing Road, Milton



Please contact Anamae to register:

📞 905-876-1319 ext 223

✉️ aclaret@summit-housing.ca



Friday

TRIVIA

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

Friday, September 4th & 18th
10:45am-11:15am

Register for link

Please contact Anamae to register:

📞 905-876-1319 ext 223

✉️ aclaret@summit-housing.ca





GARDENING GROUP



WHEN: FRIDAY SEPTEMBER 4TH & 18TH

12:00 - 1:00 PM

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

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca



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Health & Wellness

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PAINTING

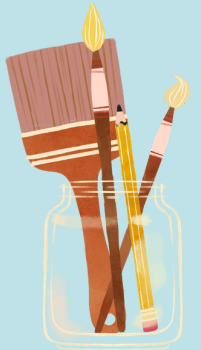
with **JON**

in Milton



Tuesday, September 8th
1:30pm-3:00pm

SUMMIT HEALTH & WELLNESS HUB
917 NIPISSING RD, UNIT 2, MILTON



Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@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.



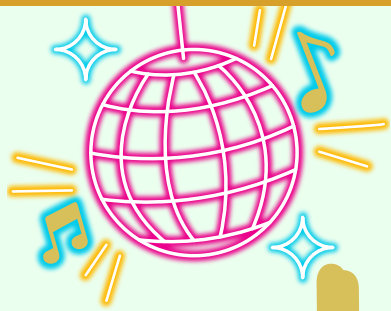
Thursday September 9th
11:00-12:30pm

2305 Wyecroft Road, Suite 200
Oakville

Please contact Anamae to register:

📞 905-876-1319 ext 223

✉️ aclaret@summit-housing.ca



KARAOKÊ

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



Thursday, September 10th
1:30-3:00pm

Summit Health & Wellness Hub
917 Nipissing Road, Unit 2. Milton

Please contact Anamae to register:

☎ 905-876-1319 ext 223
✉ aclaret@summit-housing.ca

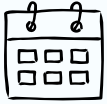


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Health & Wellness

Phone: 905-876-1319 ext 223/ Email: aclaret@summit-housing.ca



Drawing with David



Thursday, September 10th 11:00-12:00pm

Thursday, September 24th 12:00-1:00pm



2305 Wycroft Road, Oakville
Suite 200



Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca



Peer Conversation



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

Friday, September 11th

11:00–12:00pm

Oakville Office
2305 Wyecroft Road, Suite 200
Oakville

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca



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Burlington Walk



Friday, September 11th & 25th

1:30 - 2:30pm

Please contact Anamae to register:

 905-876-1319 ext 223

 aclaret@summit-housing.ca



Boost Your Mood Through Food

In this session, we'll explore how certain foods can help boost mood, increase energy, improve focus, and support overall health. Join us as we learn how making mindful food choices can contribute to a healthier, happier life.



Monday, September 14th
12:00-1:00pm

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

Please contact Anamae to register:

☎ 905-876-1319 ext 223
✉ aclaret@summit-housing.ca



MONDAY SEPTEMBER 14TH
1:00-2:30 PM

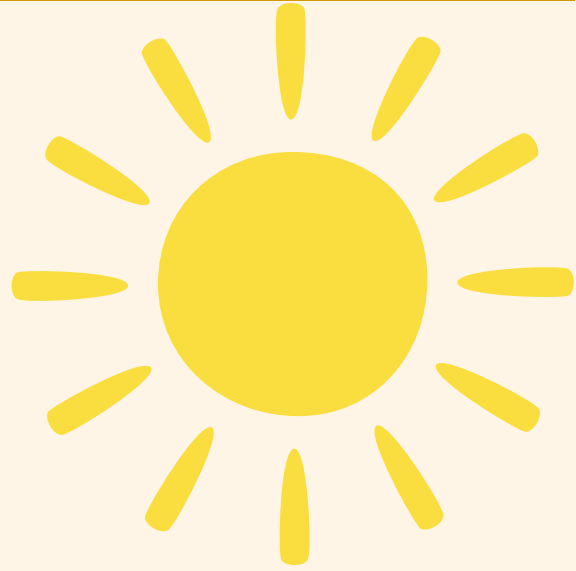
Summit Health & Wellness Hub
917 Nipissing Rd, Unit 2, Milton

Please contact Anamae to register:

☎ 905-876-1319 ext 223
✉ aclaret@summit-housing.ca

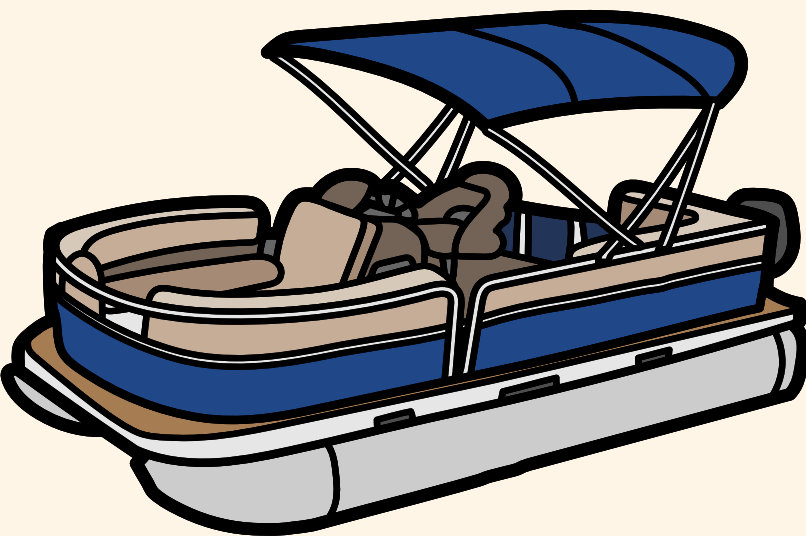


Pontoon Boat



Enjoy a relaxing pontoon boat trip, taking in the beautiful scenery, fresh air, and great company.

Wednesday, September 16th
12:45pm - 2:00pm



Please contact Anamae to register:



905-876-1319 ext 223



aclaret@summit-housing.ca



MUSIC MAKERS

WITH JIM

WEDNESDAY, SEPTEMBER 16TH

1:00-3:00PM

2305 WYECROFT ROAD
SUITE 200
OAKVILLE

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

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca

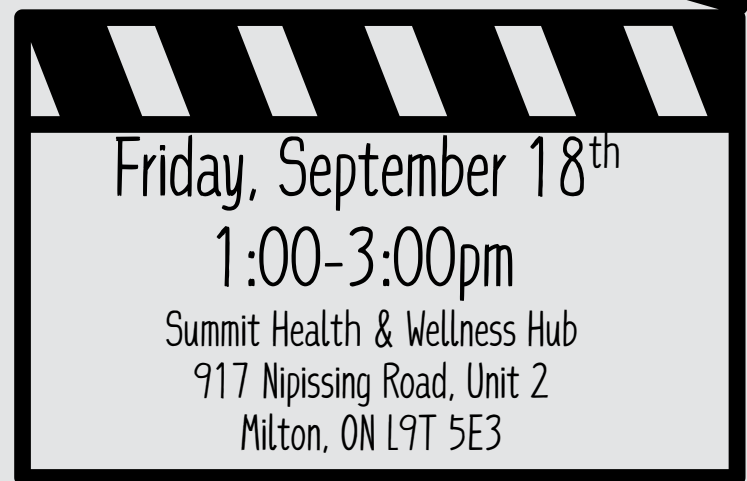
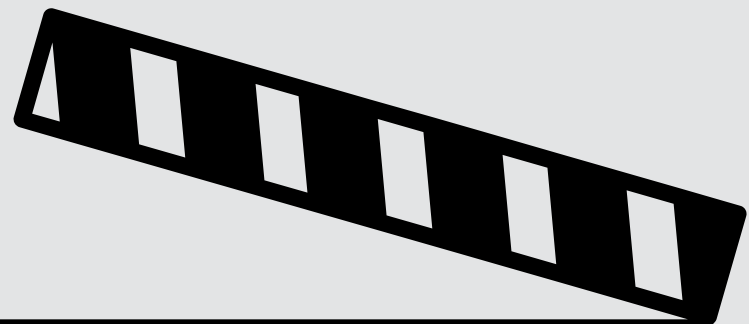


Summit Housing & Outreach Programs
Health & Wellness

Phone: 905-876-1319 ext 223/ Email: aclaret@summit-housing.ca



Join us for an afternoon of snacks,
connecting & a movie!



PLEASE CONTACT ANAMAE TO REGISTER:

☎ 905-876-1319 EXT 223

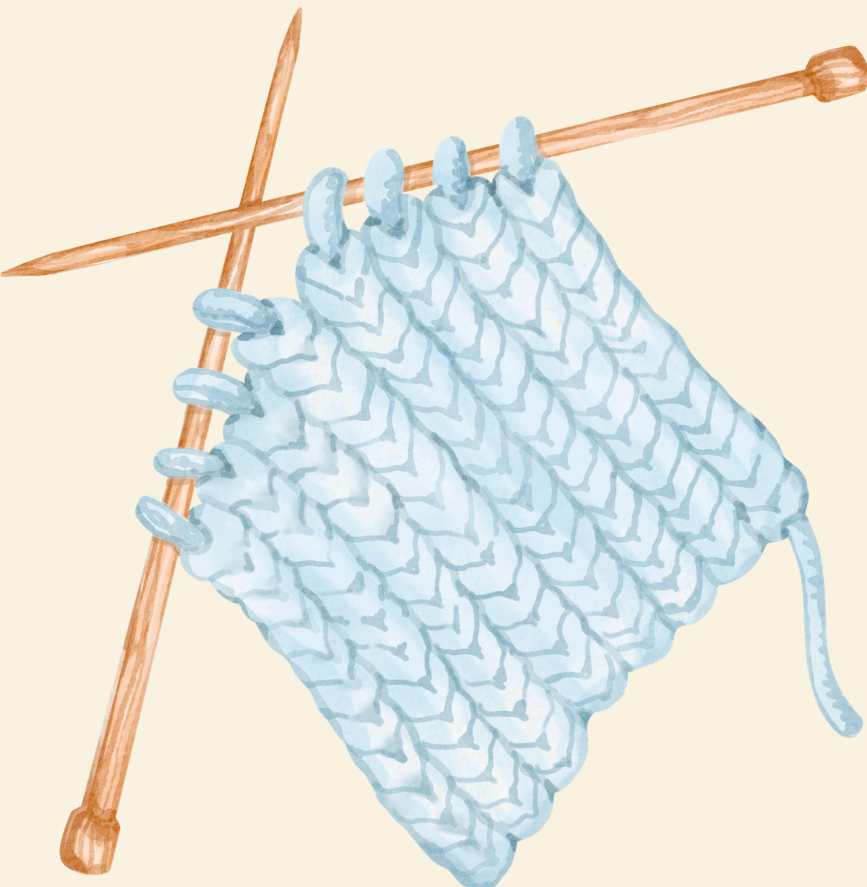
✉ ACLARET@SUMMIT-HOUSING.CA



KNITTING WITH CAROL

MONDAY, SEPTEMBER 21ST 1:00-2:30PM

OAKVILLE OFFICE
2305 WYECROFT ROAD, SUITE 200
OAKVILLE



Please contact Anamae to register:

☎ 905-876-1319 ext 223
✉ aclaret@summit-housing.ca



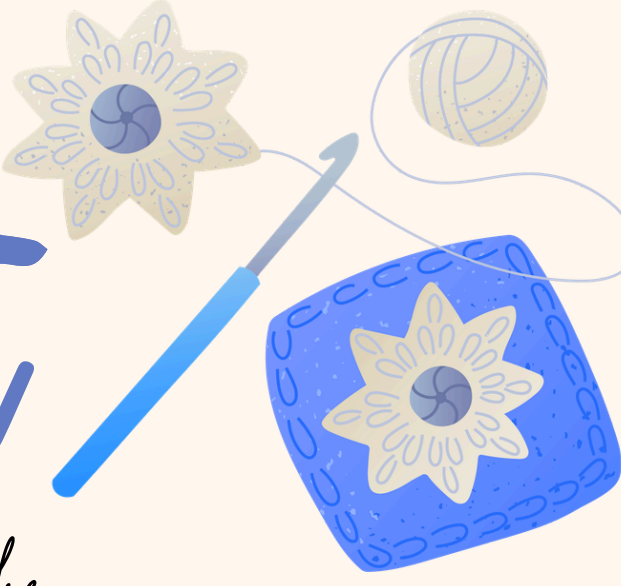
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Crochet

with Emile

An illustration of a blue crochet hook with a silver tip, a ball of yellow yarn, and a blue crocheted square with a yellow star pattern.

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

Wednesday, September
23rd

12:00–1:30pm

2305 WYECROFT ROAD, SUITE 200
OAKVILLE

Please contact Anamae to register:

 905-876-1319 ext 223

 aclaret@summit-housing.ca



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Health & Wellness

Phone: 905-876-1319 ext 223/ Email: aclaret@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, September 24th

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: 905-876-1319 ext 223/ Email: aclaret@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!

Friday, September 25th
11:00am-11:30pm

Join Teams Meeting
by registering

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca





COOKING GROUP



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

**Monday, September 28th
1:00PM- 2:30PM**

Limited spots available

Please contact Anamae to register:

☎ 905-876-1319 ext 223
✉ aclaret@summit-housing.ca

Summit Housing & Outreach Programs
Health & Wellness

Phone: 905-876-1319 ext 223/ Email: aclaret@summit-housing.ca



Women's Group

Women's Group brings women together to connect, support one another, and build lasting friendships. Join us as we share experiences, learn from each other, and create a welcoming community where everyone feels they belong.

Tuesday, September 29th
3:00-4:00pm

Registration required for Teams Meeting Link

Please contact Anamae to register:

📞 905-876-1319 ext 223

✉️ aclaret@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

Phone: 905-876-1319 ext 223/ Email: aclaret@summit-housing.ca

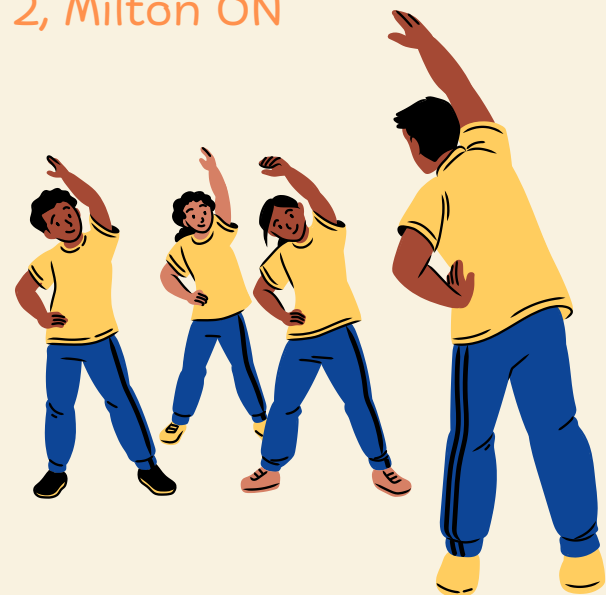


Shake & Shape with Zara & Felicia

Join Shake & Shape for light, easy-to-follow movements set to upbeat Latin rhythms. Whether seated or standing, this group encourages everyone to move, stretch, and have fun while enjoying music and social connection.

Wednesday, September 30th
1:00PM- 2:00PM

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



Please contact Anamae to register:



905-876-1319 ext 223



aclaret@summit-housing.ca

Summit Housing & Outreach Programs
Health & Wellness

Phone: 905-876-1319 ext 223/ Email: aclaret@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:



MForester@summit-housing.ca



ITurkowski@summit-housing.ca



Mind-Body Balance

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

BI-WEEKLY TUESDAYS |
FROM 10:00-10:30AM



Join the Team meeting by registering

Please contact Anamae to register:

☎ 905-876-1319 ext 223
✉ aclaret@summit-housing.ca



Summit Housing & Outreach Programs
Health & Wellness

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Churchill
Neighbourhood Centre

COMMUNITY
PARTNERSHIP

Coffee Social

at Churchill Neighbourhood Centre



Community Coffee, Tea, Snacks and Games

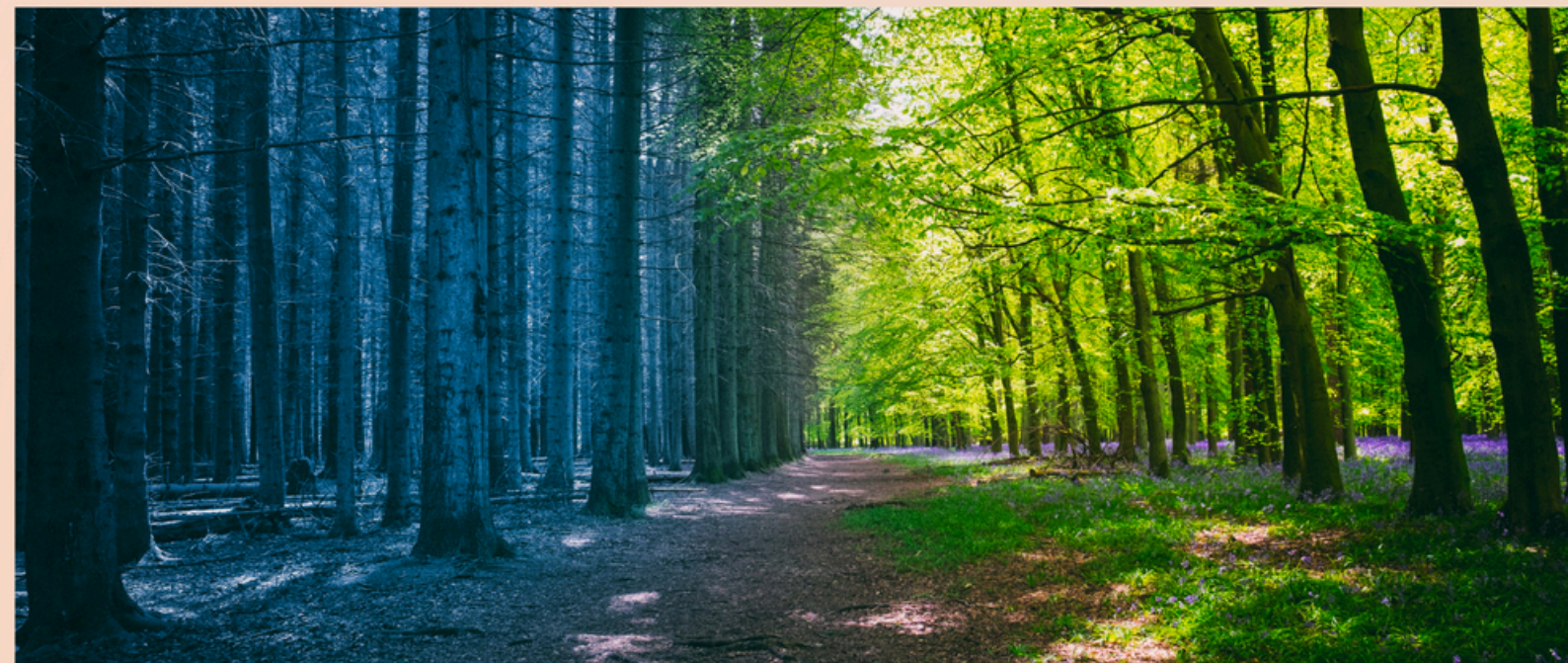
Tuesday's 12:00-2:00pm

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+
Click [HERE](#) to Register.



Changing Seasons, Changing Paths

Wednesday, September 16, 2026

1:30 PM - 3:30 PM

Description

Changing Seasons, Changing Paths is a peer-led mental health and wellness workshop where we explore how life changes and transitions can affect our thoughts, emotions, behaviours, and relationships. Together, we'll reflect on navigating change, identify what is within our control, and explore practical coping strategies, self-care, grounding, and ways to stay connected to our supports while moving through new seasons of life.

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



Young Adult Program

A fresh community designed for peers aged 18 to 29.

About This Space

This initiative is a collaboration between Stride's Youth Employment and Peer Teams. Our aim is to grow, learn, and share insights on mental health and employment-related topics. Together, we'll delve into what these themes mean for young adults embarking on their employment journey.

Upcoming Sessions:

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

Ready to take the next step in your job search? Join us for a relaxed, supportive space where you can explore job opportunities, build momentum, and take action. We'll chat about current job opportunities, seasonal work, volunteer roles, and other ways to gain experience while supporting each other through the process. Bring your laptop or device and get hands-on with applications, resume updates, and job searching in real time. If you don't have access to a device, no problem, we can provide a laptop for you to use during the session. Whether you're just getting started or feeling stuck, this session is all about making the process feel more manageable, building confidence, and taking the next step together.

- Thursday, September 24, from 3:00 PM to 5:00 PM at our Oakville Office, located at 247 North Service Road, Suite 200 and offered virtually via Microsoft Teams

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



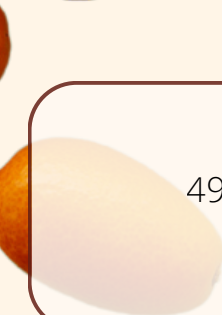
St John's United Church

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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