SUMMIT NEWSLETTER



Accredited by Canadian Centre for Accreditation
Agréé par Centre canadien de l'agrément

Summit Housing & Outreach Programs would like to thank our funders:

Summit Housing & Outreach Programs
Phone: 905-847-3206 Email: info@summit-housing.ca

NOVEMBER 2026

MON	TUE	WED	THU	FRI
2 Decoupage Group Milton Office 12:30pm-2:00pm Men's Group Teams 2:00pm - 3:00pm	**3** Mind-Body Balance Teams 10:00am - 10:30am Knitting with Carol Community Hub 1:00-2:30pm *closed group	**4** Preparing for Interviews Milton Office 1-2:00pm CBT Group Oakville Office 2:00-4:00pm	**5** Open Mic with Terry Milton Office 2:00-3:0pm Donation Boutique Milton Office 2:30-3:30pm	**6** Friday Trivia Teams 10:45am - 11:15am Burlington Walk 1:30-2:30pm
9 Creative Corner Milton Office 1:00-2:30pm Men's Group Teams 2:00pm - 3:00pm	**10** 100 Seeds of Joy Meditation Session Milton Office 11:00-12:00pm Painting with Jon Milton Office 1:30-3:00pm	**11** Art's Socials Oakville Office 11:30am-1pm Decoupage Group Oakville Office 1-2:30pm	**12** Drawing with David Oakville Office 12:00-1:00pm Donation Boutique Milton Office 2:30-3:30pm	**13** Weight Management with Antipsychotics Oakville Office 11:30-12:30pm
16 Handling Interviews Milton Office 1:00-2:00pm Men's Group Teams 2:00pm - 3:00pm	**17** Mind-Body Balance Teams 10:00am - 10:30am Family Support Group Oakville Office 6:30-8:00pm	**18** Let's Talk Programs Teams 11:00-11:30pm Game On Wednesday! Milton Office 1:00-2:00pm	**19** Writing Group with Terry Milton Office 2:00-3:00pm Donation Boutique Milton Office 2:30-3:30pm	**20** Friday Trivia Teams 10:45am - 11:15am Burlington Walk 1:30-2:30pm Movie Mates Milton Office 1:00-3:00pm
23 Knitting with Carol Oakville Office 1:00-2:30pm Men's Group Teams 2:00pm - 3:00pm	**24** Art's Social Community Hub 11:00-12:30pm *closed group Painting with Jon Milton Office 1:30-3:00pm	**25** Shake & Shape with Zara & Felicia Milton Office 1:00-2:00pm Women's Group Teams 3:00pm - 4:00pm	**26** Drawing with David Oakville Office 12:00-1:00pm Healthy Boundaries, Friendships & Family Milton Office 1:00-2:00pm Donation Boutique Milton Office 2:30-3:30pm	**27** Creative Corner Milton Office 11:30-12:30pm1 Interpersonal Skills: Helping Others Meet Your Needs Milton Office 1:00-2:30pm
30 Cooking Group Milton Office 12:30-2pm Men's Group Teams 2:00pm - 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 SARAH:

ssanchez@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: ssanchez@summit-housing.ca

SUMMIT HOUSING & OUTREACH PROGRAMS
CELEBRATING 45+ YEARS

YOU'RE INVITED TO OUR ANNUAL

Holiday Party

Let's celebrate together!

December 17, 2026
4:00 - 8:00PM

COUNTRY HERITAGE PARK- GAMBREL BARN
8560 TREMAINE ROAD
MILTON, ONTARIO L9T 2X7

SPOTS ARE LIMITED!

Please RSVP to your Summit worker or to Anamae (aclaret@summit-housing.ca) by **November 27, 2026**
Kindly share any food allergies and accessibility needs

Transportation is limited.
Bus pick-up and drop-off are at designated areas.

hello November

World Kindness Day - November 13th

World Kindness Day is a reminder that even the smallest act of kindness can brighten someone's day and strengthen our sense of community. Take a moment to thank a colleague, offer a word of encouragement, check in with a friend, or lend a helping hand. Together, these simple gestures create a more positive, supportive, and connected workplace where everyone feels valued.

For additional resources and information visit:
Random Acts of Kindness: www.randomactsofkindness.org

International Men's Day - November 19th

International Men's Day highlights the importance of men's physical and mental health while promoting positive role models and healthy relationships. It provides an opportunity to encourage open conversations about well-being, reduce stigma around seeking support, and recognize the positive contributions men make in our communities.

For additional resources & information please visit:
Movember: ca.movember.com

National Child Day - November 20th

National Child Day celebrates the rights, well-being, and potential of children and youth across Canada. It serves as a reminder that every child deserves safe, supportive, and inclusive environments where they can learn, grow, and thrive.

For additional resources & information please visit:
Government of Canada Child and Youth Resources
Kids Help Phone: 1-800-668-6868
kidshelpphone.ca

Transgender Day of Remembrance - November 20th

Transgender Day of Remembrance honours the memory of transgender individuals whose lives have been lost due to anti-transgender violence. It is also an opportunity to reaffirm our commitment to creating inclusive, respectful, and supportive spaces where all individuals feel safe and valued.

For additional resources & information please visit:
rainbowhealthontario.ca

International Day for the Elimination of Violence Against Women - November 25th

International Day for the Elimination of Violence Against Women raises awareness about gender-based violence and marks the beginning of the 16 Days of Activism Against Gender Violence campaign. This day encourages education, advocacy, and action to help build safer communities and support those affected by violence.

For additional resources & information please visit:
Assaulted Women's Helpline: 1-866-863-0511
Women's Shelters Canada: womenshelters.ca
211 Ontario for local support services

Community in Action

What an inspiring day at the Walk to the Lighthouse, organized in support of mental health and addiction services at Joseph Brant Hospital. We were proud to join community members, volunteers, and partners in raising awareness, reducing stigma, and supporting a stronger, more connected community. 💙





On October 8th, Summit Housing & Outreach programs was pleased to participate in the SOCPSY 3Y03: Applied Social Psychology Networking Event at McMaster University. This community-engaged learning opportunity brought together studnts and community organizations to discuss real-world social issues, share experiences,a and explore potential research topics that can drive positive change. We enjoyed connecting with students, highlighting the work we do to support individuals in their recovery journeys, and engaging in meaningful conversations about the challenges and opportunities facing our communities. Thank you to McMaster University for fostering these valuable connections between education and community practice.

Summit Housing & Outreach Programs
Health & Wellness
Phone: 289-795-5847 Email: ssanchez@summit-housing.ca

Thank You to Our Volunteers

Our volunteers are at the heart of many of our programs and services. Their generosity, compassion, and commitment help create welcoming spaces where people feel supported, connected, and valued.
Whether assisting with wellness programming, special events, donation initiatives, administrative support, or community outreach, our volunteers contribute countless hours that enrich the lives of clients and strengthen our organization.
To every volunteer who has shared their time, talents, and kindness over the past 45 years, thank you. Your dedication helps make Summit's mission possible.

Volunteer Spotlight



Hi, I'm Sharon. I've lived in Milton for 19 years. Raised my two children, now young adults & Milton has been a fabulous place to raise a family. It's with that I am proud to volunteer as a driver for Summit Housing & Outreach. They're a great non-profit organization doing great things in our community!

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Group News & Highlights 📸✨

Every photo tells a story of friendship, growth, and community. Our Social Recreation programs offer opportunities to meet new people, try new activities, and stay connected. Whether you're interested in gardening, knitting, crochet, arts and crafts, social groups, games, wellness activities, or community outings, there's something for everyone to enjoy.

We hope these snapshots inspire you to explore our calendar and join us at one of our upcoming groups. We'd love to welcome you, help you make new connections, and create lasting memories together!













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Creative Corner

MONDAY NOVEMBER 2ND

1:00-2:30 PM

FRIDAY NOVEMBER 27TH

11:30-12:30 PM

Summit Health & Wellness Hub

917 Nipissing Rd, Unit 2, Milton



Please contact Sarah to register:

289-795-5847

ssanchez@summit-housing.ca

NEW



Preparing for Interviews

Building confidence and employment readiness

November 4th, 2026- 1:00-2:00pm

Milton Office
917 Nipissing Road #2, Milton ON

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

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.

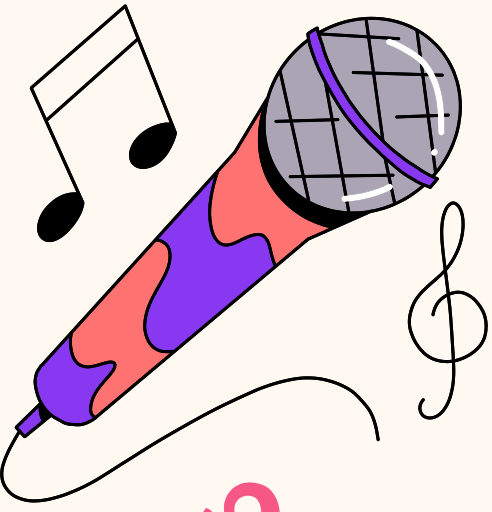
Presented by
Sandra Mackay RSW, MSW
Jacob John RSW, MSW

Wednesday
November 4th
2:00-4:00pm

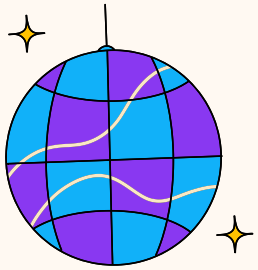
Oakville Office
2305 Wyecroft Road, Suite 200
Oakville

Closed Group • Limited Spots Available • Transportation May Be Available

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



Open Mic with Terry



Welcome, everyone, to our Open Mic!

This is a space to share your creativity, stories, and talents in whatever way feels right for you. Whether you'd like to sing, recite poetry, tell a story, sign a song, or express yourself in another creative way, we're excited to hear and support you.

November 5th
2:00-3:30pm

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

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

Friday TRIVIA

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



Friday, November 6th & 20th
10:45am-11:15am

Register for link

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

SUMMIT Health & WELLNESS

Burlington Walk



Friday, November 6th & 20th
1:30 - 2:30pm

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

100 Seeds of Joy Meditation Session

Take a moment for yourself, embrace the present, and discover your inner peace! 🌿🧘‍♀️

Through a simple guided meditation & de-stressing breathing exercise as well elements of mindful gentle movement you'll nurture your body, mind and spirit in a welcoming and supporting environment. This self-realization workshop is tailored for your holistic well-being

Tuesday, November 10th
11:00-12:00pm

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

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

SUMMIT Health & WELLNESS

PAINTING with JON

in Milton

Tuesday, November 10th & 24th
1:30pm-3:00pm

SUMMIT HEALTH & WELLNESS HUB

917 NIPISSING RD, UNIT 2, MILTON

Please contact Sarah to register:

289-795-5847

ssanchez@summit-housing.ca







Arts' Socials with Roberta & Paul

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

Wednesday, November 11th

11:30-1:00pm

Oakville office
2305 Wyecroft Road, Suite 200
Oakville

Please contact Sarah to register:
289-795-5847
ssanchez@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.



Monday, November 2nd
12:30-2:00pm

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

Wednesday, November 11th
1:00-2:30pm

2305 Wyecroft Road, Suite 200
Oakville

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca



Drawing with David

Thursday

NOVEMBER 12TH & 26TH

12:00-1:00pm

2305 Wyecroft Road, Oakville

Suite 200



Please contact Sarah to register:

289-795-5847

ssanchez@summit-housing.ca

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Health & Wellness
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Weight Management with Antipsychotics

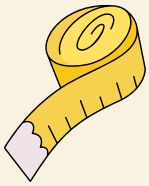


Join our Weight Management with Antipsychotics Program to learn practical strategies for maintaining a healthy weight while taking antipsychotic medications.











Explore healthy eating habits, physical activity, and lifestyle changes in a supportive, judgment-free environment! 💚

Friday, November 13th
11:30-12:30pm
Oakville Office
2305 Wyecroft Road, Suite 200
Oakville

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

NEW



Handling Interviews

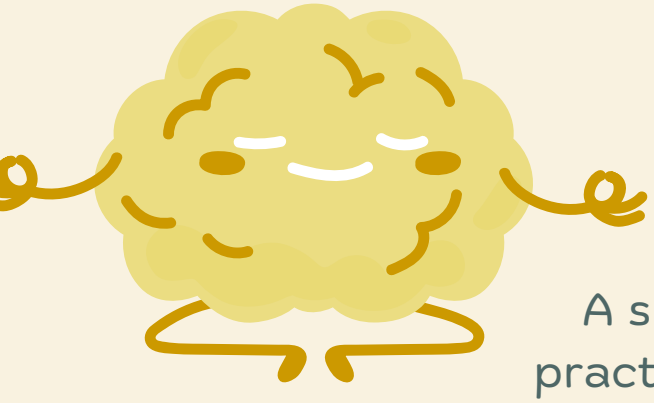
Building confidence and employment readiness

November 16, 2026- 1:00-2:00pm

Milton Office
917 Nipissing Road #2, Milton ON

Please contact Sarah to register:
289-795-5847
ssanchez@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.

November 17th

6:30pm - 8:00pm

2305 Wyecroft Road, Suite 200
Oakville



Please contact Amala or Sandra to register:
ajames@summit-housing.ca
smackay@summit-housing.ca

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Let's Talk Programs

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!

November 18th

11:00-11:30am

Join Teams Meeting
by registering



Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

NEW

Game On! Wednesday





JOIN US TO UNWIND, PLAY SOME GAMES AND HANG OUT!

- **November 18th**
- **1:00-2:00pm**
- **Milton Health & Wellness Hub**
  917 Nipissing Road #2, Milton



No experience required, and feel free to bring your own favorites.



Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

Writing Group with Terry

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

Thursday, November 19th

2:00-3:00pm

Milton Office
2-917 Nipissing Road, Milton



Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

MOVIE Mates

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



Friday, November 20th
1:00-3:00pm

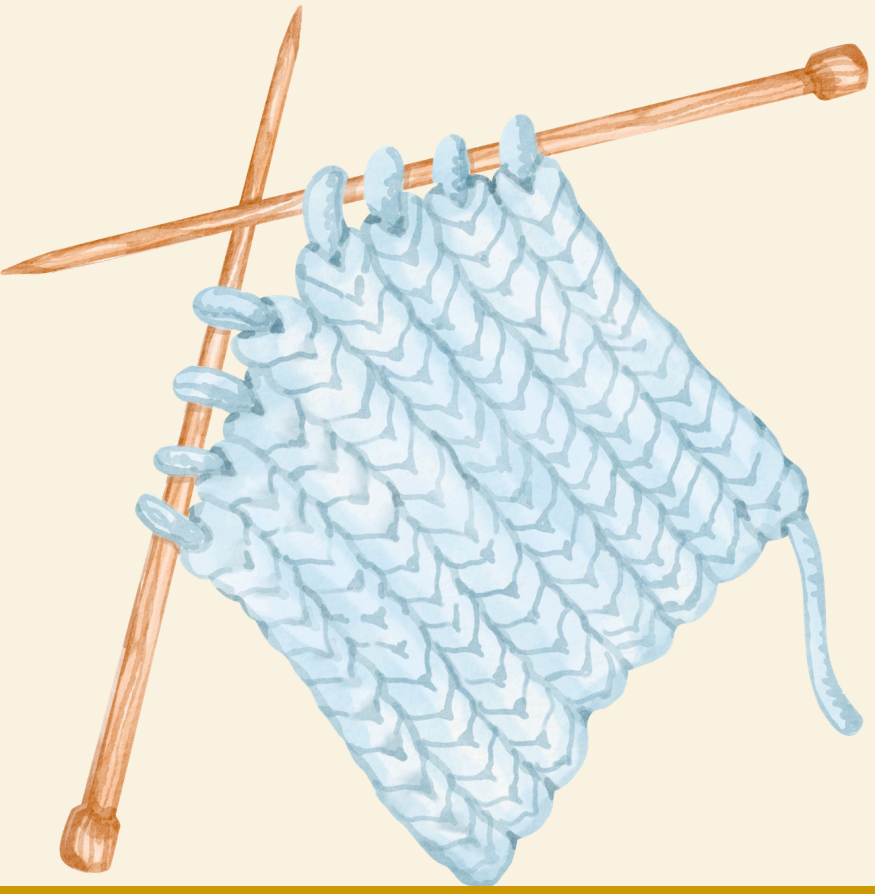
Summit Health & Wellness Hub
917 Nipissing Road, Unit 2
Milton, ON L9T 5E3

PLEASE CONTACT SARAH TO REGISTER:
289-795-5847
SSANCHEZ@SUMMIT-HOUSING.CA

Knitting with Carol

Monday, November 23rd 1:00-2:30pm

Oakville office
2305 Wyecroft Road, Suite 200
Oakville



Please contact Sarah to register:
289-795-5847
ssanchez@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, November 25th
1:00PM- 2:00PM

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





Please contact Sarah to register:
289-795-5847
ssanchez@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.

November 25th
3:00-4:00pm

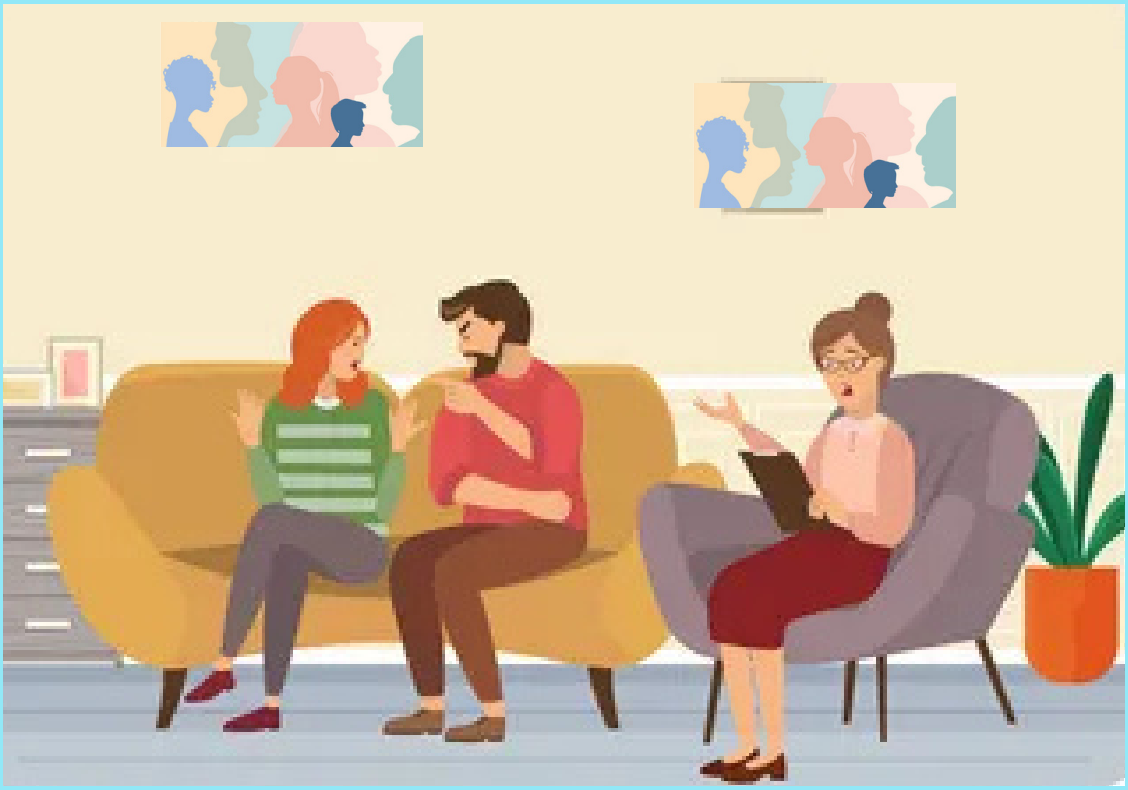
Registration required for Teams Meeting Link



Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

HEALTHY BOUNDARIES FRIENDSHIPS AND FAMILY

Discover practical ways to communicate your needs, set boundaries with confidence, and create more balanced and respectful connections with the people you care about.



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

Thursday, November 26th
1:00PM- 2:00PM

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

COOKING GROUP



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

Monday, November 30th
12:30PM- 2:00PM

Limited spots available

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

Interpersonal Skills: Helping Others Meet Your Needs

Do you want to master the art of communication? Making sure your needs are heard is an important skill. Together, we will explore effective communication skills and learn how to make sure our voices are heard.
All are welcome!



November 27th
1:00-2:30pm

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

Please contact Sarah to register:
289-795-5847
ssanchez@summit-housing.ca

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.

Every Thursday
2:30-3:30pm



Summit Health & Wellness Hub
917 Nipissing Road, Unit 2
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

Men's Group

Let's get the discussion going on.....



Self care

Physical activity

Wellness

Health

Isolation

Addictions

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

Summit Housing & Outreach Programs
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 | FROM 10:00-10:30AM

Join the Team meeting by registering

Please contact Sarah to register:

289-795-5847

ssanchez@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

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



The Chaos Chronicles: A Survival Guide To Your Inner Peace

November 18th, 2026

1:30 PM - 3:30 PM

Join us for a supportive, peer-led virtual wellness workshop designed to help you navigate stress, overwhelm, and emotional noise. Together, we'll explore simple, grounding practices and share practical tools to reconnect with calm, clarity, and resilience. Through reflection and community, we'll begin crafting our own survival guides for inner peace one breath at a time.

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

@STRIDE4WORK

STRIDE
you can work • we can help

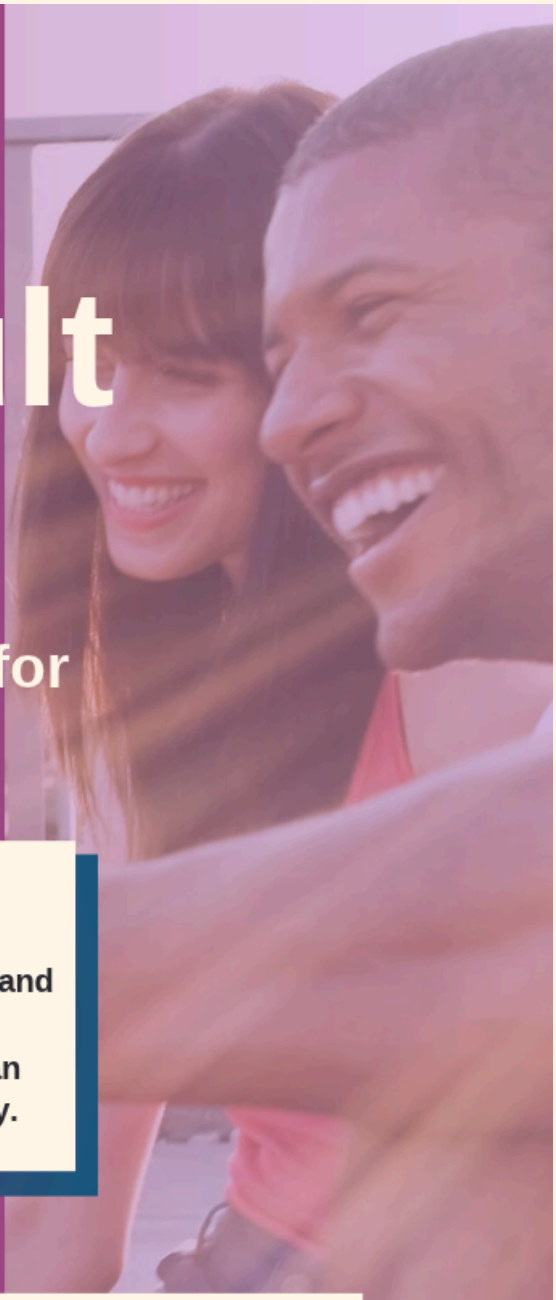
Canada

EMPLOYMENT ONTARIO

Ontario

STRIDE
you can work • we can help

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:

From Burnout to Breakthrough: Building Sustainable Work Habits

Feeling overwhelmed or running on empty? This month, we're exploring how to move from burnout to balance by building sustainable work habits that support employment goals, productivity and well-being. Discover practical strategies to manage stress, set healthy boundaries, prioritize what matters most, and create routines that help you work smarter, not harder. Small, intentional changes can make a big difference in creating a healthier, more sustainable approach to work.

- Thursday, November 26th at 3:00 PM - 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

Community Development Halton + STRIDE you can work • we can help.

WE WANT TO HEAR YOUR EMPLOYMENT STORY

Tell us about your experiences finding and keeping work.

Community Development Halton and Stride are working together to improve employment supports.

WE WANT TO LEARN:

- What helps people find work
- What challenges people face
- What supports are needed
- How employment programs can be more inclusive and accessible

TAKE PART

WHO?
People who have experienced challenges finding or keeping employment.

WHAT?
Focus Groups to help identify our gifts, strengths, and barriers in employment.

WHEN?
November 10, 2026:
1-3pm OR 7-9pm
at Holiday Inn Express & Suites (Eastons Ballroom), 2125 North Sheridan Way, Mississauga, ON L5K 1A3.

ACCESSIBILITY

We want everyone to be able to participate.

Accommodation supports are available, including:

- Breaks during sessions
- Support persons welcome
- Alternative formats upon request

If you have accessibility needs, please let us know when you register. We will do our best to meet your needs.

SCAN TO REGISTER

Participants will receive $75 honorarium

INTERESTED?

Contact us to learn more or sign up.

Employerengagement@stride.on.ca

(905) 693-4252

YOUR VOICE. STRONGER COMMUNITY. BETTER EMPLOYMENT SUPPORTS.



Join us online every weekday for a 30 minute guided lunchtime meditation.
Take advantage of this session to relax, de-stress and recharge your batteries. These sessions are FREE and for everyone.
Join using this Zoom Link: https://zoom.us/j/859102060

Summit Housing & Outreach Programs
Health & Wellness
Phone: 289-795-5847 Email: ssanchez@summit-housing.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

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