



SUMMIT NEWSLETTER



HELLO OCTOBER!



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Centre canadien
de l'agrément



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



Ontario Health
Central



Ontario Health
West



Ontario
Ministry of
HEALTH AND
LONG-TERM CARE

Summit Housing & Outreach Programs

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



OCTOBER 2026

MON

TUE

WED

THU

FRI

			1 Drawing with David Oakville Office <u>12-1:00pm</u> Donation Boutique Milton Office <u>2:30-3:30pm</u>	2 Friday Trivia Teams <u>10:45am - 11:15am</u> Gardening Group Oakville Memorial Park <u>12:00-1:00pm</u>
5 Creative Corner Milton Office <u>1:00-2:30pm</u> Men's Group Teams <u>2:00pm - 3:00pm</u>	6 Mind-Body Balance Teams <u>10:00am - 10:30am</u> Knitting with Carol Community Hub <u>1:00-2:30pm</u> *closed group	7 Resume Writing Workshop Milton Office <u>1:00-2:00pm</u> CBT Group Oakville Office <u>2:00-4:00pm</u>	8 Coping Strategies for Stress Milton Office <u>2:00-3:30pm</u> Donation Boutique Milton Office <u>2:30-3:30pm</u>	9 Let's Talk Programs Teams <u>11:00-11:30pm</u> Movie Mates Milton Office <u>1:00-3:00pm</u>
12 Happy Thanksgiving OFFICES CLOSED	13 Art's Social Community Hub <u>11:00-12:30pm</u> *closed group Painting with Jon Milton Office <u>1:30-3:00pm</u>	14 Decoupage Group Oakville Office <u>11:30-1:00pm</u> CBT Group Oakville Office <u>2:00-4:00pm</u>	15 Drawing with David Oakville Office <u>12-1:00pm</u> Game On Thursday! Milton Office <u>2:00-3:00pm</u> Donation Boutique Milton Office <u>2:30-3:30pm</u>	16 Friday Trivia Teams <u>10:45am - 11:15am</u> Gardening Group Oakville Memorial Park <u>12:00-1:00pm</u>
19 Knitting with Carol Oakville Office <u>1:00-2:30pm</u> Men's Group Teams <u>2:00pm - 3:00pm</u>	20 Mind-Body Balance Teams <u>10:00am - 10:30am</u> Open Mic with Teri Milton Office <u>2:00-3:30pm</u>	21 Art's Socials Oakville Office <u>11:30am-1:00pm</u> CBT Group Oakville Office <u>2:00-4:00pm</u>	22 Wellness Awards Event <u>Invite Only</u> Donation Boutique Milton Office <u>2:30-3:30pm</u> Family Support Group Oakville Office <u>6:30-8:00pm</u>	23 Burlington Walk <u>1:30-2:30pm</u> Karaoke Milton Office <u>1:30-3:00pm</u> Women's Group Teams <u>3:00pm - 4:00pm</u>
26 Cooking Group Milton Office <u>1:00-2:30pm</u> Men's Group Teams <u>2:00pm - 3:00pm</u>	27 Art's Social Community Hub <u>11:00-12:30pm</u> *closed group Painting with Jon Milton Office <u>1:30-3:00pm</u>	28 Shake & Shape with Zara & Felicia Milton Office <u>1:00-2:00pm</u> CBT Group Oakville Office <u>2:00-4:00pm</u>	29 Writing Group with Teri Milton Office <u>2:00-3:00pm</u> Donation Boutique Milton Office <u>2:30-3:30pm</u>	30 Halloween- Spooktacular Social Hour Milton Office <u>12:00-1:00pm</u> Halloween Craft Corner Milton Office <u>1:30-2:30pm</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



Celebrating 45 Years of Service and Impact

This year marks a remarkable milestone as Summit Housing & Outreach Programs celebrates 45 years of serving individuals, families, and communities across Halton and surrounding regions.

For more than four decades, Summit has worked alongside people facing housing challenges, mental health concerns, and barriers to community participation. What began as a vision to provide hope, support, and opportunity has grown into a respected organization that empowers individuals to achieve stability, wellness, and independence.

Over the years, thousands of clients have accessed housing supports, community programs, wellness initiatives, case management services, and opportunities for meaningful connection. Behind every service provided is a story of resilience, recovery, and personal growth.

As we celebrate this important anniversary, we also recognize that our success has been made possible through the dedication of our staff, volunteers, community partners, donors, funders, and most importantly, our clients, whose courage and determination inspire our work every day.

The impact of Summit is measured not only in programs delivered but also in lives changed, relationships strengthened, and communities made more inclusive and supportive.

Thank you for being part of our journey. We look forward to continuing this work together for many years to come.



1981-2026



Summit Housing & Outreach Programs
Health & Wellness

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A Message to Our Clients

To all our clients, thank you for allowing us to be part of your journey.

Your resilience, courage, and determination inspire us each day. Through your participation, feedback, and willingness to engage with our programs and services, you help shape Summit into a stronger and more responsive organization.

As we celebrate 45 years of service, we recognize that every success story, every milestone achieved, and every step forward belongs to you.

Together, we continue to build communities of hope, wellness, recovery, and belonging.



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Voices of Impact

"The support I received helped me move forward during one of the most difficult periods of my life."

""The programs have provided friendship, belonging, and a sense of purpose that I never expected to find."

"Volunteering with Summit has allowed me to witness firsthand the positive difference the organization makes every day."

"Movie Group is fun, popcorn an da movie! We all had a good time. Groups like Pontoon boat was so beautiful, around the lake. Get to meet new people."

"Summit gave me a safe place to reconnect with others and regain confidence in myself."

"Boost Your Mood through Food group was very informative and I learned about Mediterranean Diet. Also, about healthy food choices. Pontoon Boat was very relaxing and enjoyable experience. Meeting new people was very good and interesting. Movie group fun comedy movie, also meeting new clients, very nice. Thanks." E.F

"ACTT Team is a very supportive and intensive community. i ma very grateful to be a part of it. I ma quite new so I am here to capture their services going forward." S.E

"Fun, lowkey, low stress, hilarious, sweet people. Makes me feel welcome."

"Music Makers is a lot of fun. We express ourselves, learn new songs and develop our existing skills."





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



I am Proud to work with Summit Housing Outreach Programs. I will be taking writing 🖋️ and open mic 🎤 group. All my life back home 🏠 in Pakistan 🇵🇰 I have been a Principal and I still love ❤️ teaching ❤️💙 you never like to give up your profession. I joined Summit Housing Outreach last year on September 2nd 2025 and since ❤️ then I have joined all the groups 💙
Thank you. Taranaum

Welcome Aboard!

Staff Spotlight



Hi, my name is Sarah, and I am a Social
Recreational Worker.

I'm originally from Mexico and I'm a cheerful
and caring person who loves connecting with
others. I love horses and old country style. In
my free time I enjoy reading, traveling and
taking walks in nature.



Community in Action



Summit Housing & Outreach Programs was proud to stand alongside **SAVIS of Halton at the 37th Annual Take Back the Night.**

It was a powerful evening of solidarity, advocacy, and community, standing with survivors and supporting the shared mission of creating safer communities across Halton.

We were grateful for the opportunity to represent Summit, share our services, strengthen partnerships, and build meaningful new connections. Events like this remind us that real change happens when communities come together.

Proud to stand together. Proud to be part of the change.



Summit Housing & Outreach Programs was proud to participate in **Overdose Awareness Day** alongside community partners from across Halton Region. The event was a meaningful opportunity to connect, collaborate, and learn from organizations dedicated to supporting individuals and families affected by substance use.

Through shared stories, valuable conversations, and resource sharing, we strengthened partnerships and reinforced our collective commitment to building a more compassionate and supportive community.

Together, we can continue to create positive change and make a lasting impact in the lives of those we serve. ♥



Our Summit team was pleased to attend the **CDH Volunteer Fair**, an important community event that gave us the opportunity to showcase our services, connect with community members, and share the impact of volunteering at Summit.

We were delighted to meet so many people interested in learning more about our programs and volunteer opportunities.

Events like these help strengthen community connections and inspire others to get involved and make a difference.

Building Connections Through Volunteerism



Summit Housing & Outreach Programs
Health & Wellness

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

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!





hello OCTOBER

*Connection, Community
& Well-Being*

Mental Illness Awareness Week (October 5th-October 11th)

This week, we recognize Mental Illness Awareness Week and the importance of fostering understanding, compassion, and access to support. Mental health affects us all, and together we can help create communities where everyone feels seen, heard, and supported.

**For additional resources and information visit:
Canadian Mental Health Association: <https://cmha.ca>**

World Mental Health Day- October 10th

October 10 is World Mental Health Day, a reminder that mental health is an essential part of overall health. Whether through self-care, reaching out to a friend, or seeking support, every step toward well-being matters.

**For additional resources & information please visit:
<https://www.who.int/news-room/events/detail/2026/10/09/default-calendar/world-mental-health-day-webinar>**

Women's History Month

October marks Women's History Month in Canada, an opportunity to celebrate the accomplishments, resilience, and leadership of women and girls who have made a lasting impact on our communities and country. October 18 marks "Persons Day" in Canada, commemorating the 1929 decision that recognized women as "persons" under Canadian law. This landmark ruling advanced gender equality and opened the door for greater participation of women in public and political life.

Thanksgiving- October 12

🍂 Thanksgiving is a time to pause, reflect, and express gratitude for the people and experiences that enrich our lives. It reminds us of the importance of appreciation, connection, and community, making it a wonderful opportunity to come together and celebrate all that we are thankful for. ✨

Halloween- October 31st

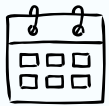
Halloween is a time for creativity, fun, and community. Celebrated each October, it brings people together through costumes, festive treats, games, and laughter.

**Join us on October 30th as we embrace the spirit of the season and enjoy a spooktacular time together.
Check the flyer for more info.**





Drawing with David



Thursday

OCTOBER 1ST & 15TH

12:00-1:00pm



2305 Wyecroft Road, Oakville
Suite 200



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, October 2nd & 16th
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 OCTOBER 2ND & 16TH

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



Summit Housing & Outreach Programs
Health & Wellness

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MONDAY OCTOBER 5TH
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



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NEW



Resume Writing Workshop

Building confidence and employment readiness

October 7, 2026- 1:00-2:00pm

Milton Office
917 Nipissing Road #2, Milton ON

Please contact Anamae to register:

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



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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

On Wednesdays
October 7th, 14th, 21st & 28th
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



Coping Strategies for Stress

Are you dealing with stress? Do you want to learn proven ways to manage it?

In this presentation, we'll explore coping skills that have been scientifically studied and shown to work. We'll discuss how to cope with stress and examine what works versus what doesn't work according to the research.

All are welcome!



Thursday, October 8th
2:00-3:30pm

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

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca



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!

Friday, October 9th
11:00am-11:30pm

Join Teams Meeting
by registering

Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ 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



Summit Housing & Outreach Programs
Health & Wellness

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PAINTING

with **JON**
in Milton



Tuesday, October 13th & 27th
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.



Wednesday October 14th
11:30-1:00pm

2305 Wyecroft Road, Suite 200
Oakville

Please contact Anamae to register:

📞 905-876-1319 ext 223

✉️ aclaret@summit-housing.ca



NEW

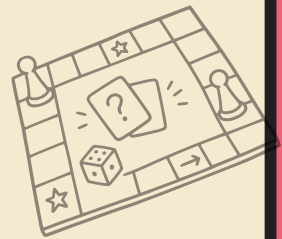


Game On! THURSDAY



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

- 👉 **Thursday, October 15th**
- 👉 **2:00-3:00pm**
- 👉 **Milton Health & Wellness Hub**
917 Nipissing Road #2, Milton



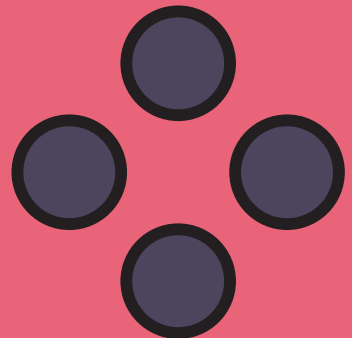
No experience required, and feel free to bring your own favorites.



Please contact Anamae to register:

☎ 905-876-1319 ext 223

✉ aclaret@summit-housing.ca





KNITTING WITH CAROL

MONDAY, OCTOBER 19TH 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



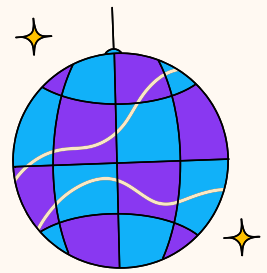
Summit Housing & Outreach Programs
Health & Wellness

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



Open Mic with Teri

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.

**Tuesday, October 20th
2:00–3:30pm**

Milton Office
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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Arts' Socials with Roberta & Paul

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

*Wednesday, October 21st
11:30-1:00pm*

*Oakville office
2305 Wyecroft Road, Suite 200
Oakville*

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



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, October 22nd

6:30pm - 8:00pm

Summit Health & Wellness Hub

917 Nipissing Road, Unit 2, Milton ON L9T
5E3



Please contact Amala or Sandra to register:

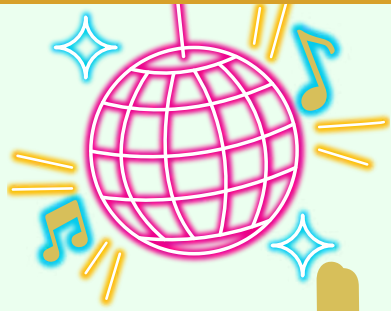
✉ ajames@summit-housing.ca

✉ smackay@summit-housing.ca



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Health & Wellness

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



KARAOKÊ

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



Thursday, October 23rd
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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Burlington Walk



Friday, October 23rd
1:30 - 2:30pm
Robert Edmunson

Please contact Anamae to register:

 905-876-1319 ext 223

 aclaret@summit-housing.ca



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Health & Wellness

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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.

Friday, October 23rd
3:00-4:00pm

Registration required for Teams Meeting Link

Please contact Anamae to register:

📞 905-876-1319 ext 223

✉️ aclaret@summit-housing.ca



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Health & Wellness

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COOKING GROUP



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

**Monday, October 26th
1:00PM- 2:30PM**

Limited spots available

Please contact Anamae to register:

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



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Health & Wellness

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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, October 28th
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



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Health & Wellness

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



Writing Group

with Teri

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



Thursday, October 29th



2:00–3:00pm



Milton Office
2-917 Nipissing Road, Milton



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



Halloween Spooktacular Social Hour

NO TRICKS, JUST TREATS!

Join us for a Halloween celebration filled with fun activities, costume spirit, tasty snacks, and great company.



Friday, October 30th
12:00PM- 1:00PM



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



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Halloween Craft Corner

**CRAFT, CREATE, AND CELEBRATE THE SEASON! JOIN US FOR A FRIGHTFULLY
FUN TIME MAKING HALLOWEEN-INSPIRED MASTERPIECES. 🎃 ✨**

Friday, October 30th
1:30PM– 2:30PM

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



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Health & Wellness

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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

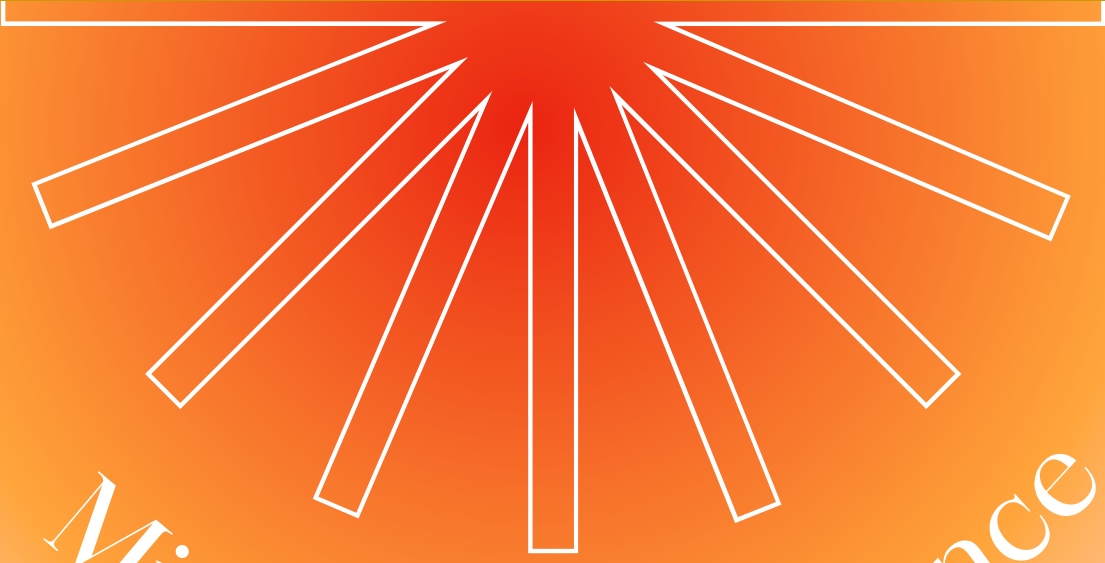


ITurkowski@summit-housing.ca



Summit Housing & Outreach Programs
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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 Anamae to register:

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



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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+
For workshop description & more info, visit www.stride.on.ca



The Chaos Chronicles: A Survival Guide To Your Inner Peace

October 21st, 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



OCTOBER

EMPLOYMENT READINESS WORKSHOPS

JOIN US AT OUR FREE VIRTUAL WORKSHOPS

For workshop descriptions & more information, visit

www.stride.on.ca



INTRODUCTION TO LINKEDIN

OCTOBER 27TH, 2026

🕒 1:30 PM to 3:00 PM

📍 Virtual

For questions, email us between the hours of
8:00 AM - 4:00PM, Monday-Friday:

info@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 Sessions:

Let's Talk About it: Ghosts of the Past

We all carry pieces of the past: old pain, regrets, and memories that still affect us today.

Join us for some creativity & connection as we explore self-forgiveness, self-compassion, & the path to emotional recovery. Together, we'll have open conversations about moving beyond guilt and shame, learn tools to challenge negative self-talk, and share strategies for letting go of what no longer serves us.

Come dressed up (**costumes welcome!**) and enjoy a fun, hands-on pumpkin carving or painting activity as part of this reflective experience. **Best carved or painted pumpkin will receive a \$10 gift card to Tim Hortons!**

- Thursday, October 29th 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





Peace Comes From Within

100seedsofjoy.com

**Free Lunch Meditations (Mon to Fri)
at 12:30 pm to 1 pm (EST)**

**Join us on Zoom:
<https://us02web.zoom.us/j/859102060>**

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