

Programs Offered at the Compass

MARKET – Local area food bank offered for people in the L5J, L5H, L5E and L5G area codes. The boundaries are from Winston Churchill to Long Branch loop and from QEW south to the lake.

ESL & LITERACY CLASSES – English as a Second Language classes offered for all community members.

LUNCH PROGRAM – Lunch for the community and an opportunity for social time.

MEN'S GROUP – Drop in and enjoy dinner and discussions about current events.

WOMEN'S GROUP – Dinner, discussions and activities. All are welcome, please sign up at Hospitality Desk.

REFRESH - A morning of fellowship, spiritual devotion & music, followed by a shared meal.

EMPLOYMENT WORKSHOP– Job search strategies and interview techniques.

EMPLOYMENT CO-ORDINATOR - Resume, cover letter and general employment information offered every Wednesday for all community members.

COMPUTER CLASSES– Basic computer support and lessons.

COFFEE TIME – Hot breakfast and an opportunity for social time.

THE GOOD FOOD BOX PROGRAM – Boxes of fresh seasonal fruit and vegetables offered at discounted prices for clients and community members every other Thursday.

COOKING PROGRAM – Instructional cooking classes offered on same day as Good Food Boxes come in, every other Thursday.

S.H.I.P. - SUPPORTIVE HOUSING IN PEEL – Assistance to people with mental health and addiction issues who are in need of supportive housing (subsidized housing with mental health case management support); also information and referral to other services available in the community.

HAIRCUTS – For clients offered by a local stylist.

ONTARIO WORKS – General assistance accessing Ontario Works and/or the Ontario Disability Support Program.

NURSE – foot care and general inquiries – Please sign up for an appointment

PAARC (Peel Addiction Assessment and Referral Centre) - offers many services and supports for people living with substance misuse and abuse, substance dependence, and harmful gambling

ARABIC RESOURCE – Arabic speaking contact

Programs Offered at other Locations

DESTINATION CAFÉ – 211B Lakeshore Road East, Mississauga – Drop-in – Thursday 2 – 4PM

- Women's Circle – last Monday each mth 2-4PM

Lakeshore Links program – Drop in program – Thursday afternoon