

Programs Offered at the Compass

Market – Local area food bank offered for people in the L5J, L5H, L5E and L5G area codes (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.

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.

Computer Classes – Basic computer support and lessons

Coffee Time – Hot breakfast and an opportunity for social time

The Good Food Box – Boxes of fresh seasonal fruit and vegetables offered at discounted prices for clients and community members (every other Thursday)

Cooking Classes – A hands on cooking class offered with the Good Food Box delivery (every other Thursday)

SHIP – Services & Housing in The Province – Assistance for 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

Bloom Clinic – A harm reduction clinic offering education and testing for Hepatitis C

Programs Offered at Other Locations

Destination Café – 211B Lakeshore Road East, Mississauga

Drop-in – Thursday 2 – 4PM

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

Lakeshore Links – Drop in program – Thursday afternoon