



THE COMPASS

Help for Today ♥ Hope for Tomorrow

November 2023 - Version 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Drop-In 10 am -1 pm PAARC 10 am - 12 pm Community Lunch 12 -1 pm Nursing Services 2 - 4 pm Men's Group 6:15 - 8:30 pm	1 Food Bank 9:30 am - 5 pm S.H.I.P. Housing 10 am - 2 pm BLOOM Clinic 10 am - 1 pm I.D. Clinic 12p-3p Women's Group 5:30 - 8 pm	2 Drop-In 10 am - 4 pm Community Lunch 12 -1 pm Moyo 10 - 1p	3 Food Bank 9:30 am - 4 pm Nursing Services (HHP) 9:30 am - 1 pm PAARC 10 am - 12 pm	4 Refresh 10:30 am -12:30pm	5
6 Food Bank 9:30 am - 7 pm Housing Support 10 am - 12 pm	7 Drop-In 10 am -4 pm PAARC 10 am - 12 pm Community Lunch 12 -1 pm Nursing Services 2 - 4 pm Men's Group 6:15 - 8:30 pm	8 Food Bank 9:30 am - 5 pm S.H.I.P. Housing 10 am - 2 pm Women's Group 5:30 - 8 pm	9 Drop-In 10 am - 4 pm Community Lunch 12 -1 pm Moyo 10 am - 1 pm	10 Food Bank 9:30 am - 5 pm Nursing Services (HHP) 9:30 am - 1 pm PAARC 10 am - 12 pm	11 Refresh 10:30 am - 12:30 pm	12
13 Food Bank 9:30 am - 7 pm Housing Support 10 am - 12 pm	14 Drop-In 10 am -4 pm PAARC 10 am - 12 pm Community Lunch 12 -1 pm Nursing Services 2 - 4 pm Men's Group 6:15 - 8:30 pm	15 Food Bank 9:30 am - 5 pm S.H.I.P. Housing 10a-2 I.D. Clinic 12 - 3 pm BLOOM Clinic 10 am - 1 pm Women's Group 5:30 - 8 pm	16 Drop-In 10 am - 4 pm Community Lunch 12 -1 pm Moyo 10 am - 1 pm	17 Food Bank 9:30 am - 5 pm Nursing Services (HHP) 9:30 am - 1 pm PAARC 10 am - 12 pm	18 Refresh 10:30 am - 12:30 pm	19
20 Food Bank 9:30 am - 7 pm Housing Support 10 am - 12 pm	21 Drop-In 10 am - 4 pm PAARC 10 am - 12 pm Community Lunch 12 -1 pm Nursing Services 2 - 4 pm Men's Group 6:15 - 8:30 pm	22 Food Bank 9:30 am - 5 pm S.H.I.P. Housing 10 am - 2 pm Women's Group 5:30 - 8 pm	23 Drop-In 10 am - 4 pm Community Lunch 12 -1 pm Moyo 10 am - 1 pm	24 Food Bank 9:30 am - 5 pm Nursing Services (HHP) 9:30 am - 1 pm PAARC 10 am - 12 pm	25 Refresh 10:30 am - 12:30 pm	26
27 Food Bank 9:30 am - 7 pm Housing Support 10 am - 12 pm	28 Drop-In 10 am -4 pm PAARC 10 am - 12 pm Community Lunch 12 -1 pm Nursing Services 2p - 4p Men's Group 6:15-8:30pm	29 Food Bank 9:30 am - 5 pm S.H.I.P. Housing 10 am - 2 pm BLOOM Clinic 10 am - 1 pm Women's Group 5:30 - 8 pm	30 Drop-In 10 am - 4 pm Community Lunch 12 -1 pm Moyo 10 am - 1 pm	1 Food Bank 9:30 am - 5 pm Nursing Services (HHP) 9:30 am - 1 pm PAARC 10 am - 12 pm	2	3

427 Lakeshore Road East, Mississauga ON L5G 1H8 www.thecompass.ca

The Compass is a registered charity: **Charitable Registration Number 86235 2754 RR0001**

(Registered as Lakeshore Community Outreach Centre Inc.)

Updated 8, 2023



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Programs Descriptions

The Region of Peel Housing Support

A housing support worker from the Region of Peel will be on-site to assist with housing support, housing navigation and resources.

Drop-in

On Tuesdays and Thursdays, we will operate on a drop-in basis, providing a place that you can visit for advice, help, a sense of community, etc., without making an appointment first.

Community Lunch Program

An eat-in lunch and an opportunity for building community and social interaction.

Employment Services via Family Services of Peel

General employment information, job search strategies and interview techniques.

S.H.I.P. (Supportive Housing in Peel)

Supportive Housing in Peel— Assistance for people with mental health and addiction issues who are in need of supportive housing

Haircuts

For clients offered by a local stylist

Nursing Services

Offered by Homeless Health Peel focused on primary care, serving those who are experiencing homelessness or at risk of homelessness.

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

ID Clinic

Assistance with applying for health cards, birth certificates, etc.

Moyo

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Safe Space Agreement

Welcome to The Compass.

By entering this space and using our services, you are agreeing to maintain a safe and healthy environment.

Our expectations of our staff, volunteers and clients are that they adhere to the following guidelines:

The Compass is a place free from judgement.
The language used in our space should reflect this.

No unauthorized use of images across all types of media.
Picture taking or video calls are NOT permitted on site.

At The Compass, we respect the ideas and opinions of others.
We work to keep The Compass free from disrespectful comments or behaviours.

There will be no substance use at The Compass.
Impaired individuals may be asked to wait outside to receive their order.

Violence, threats, inappropriate behaviour and/or aggressive language will not be tolerated.
Inappropriate actions may lead to removal and/or a ban from The Compass.