

October 2025



THE COMPASS

Help for Today ♥ Hope for Tomorrow

V5

RESOURCE Partners and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
Check the back of this calendar for Food Bank, Community Lunch and Drop in Hours		SHIP 10 am-12 pm Counselling Services (Female) 10 am-5 pm Women's Group 5:30 - 7:30 pm	ID Clinic 10 -12:30 Canadian Dental Care Plan 10:30 - 12:30	Ontario Works 9:30 am - 4:30 pm PAARC 10 am-2 pm Nursing Services 9 am - 4 pm Nurse practitioner 1 - 4pm Early Foodbank closing - 4 pm		
6	7	8	9	10	11	12
Late Foodbank Opening - 10:30 am Employment Services 9:30 am - 5 pm Housing Support 10 am - 12 pm Service Canada 10 am - 3:30 pm Counselling Support (Male) 1 pm-6 pm	PAARC 10 am-1 pm Men's Group 6 - 8 pm	BLOOM Clinic 9:30am - 1pm SHIP 10 am to 12 pm Counselling Services (Female) 10 am-5 pm Women's Group 5:30 - 7:30	MOYO 11am - 12 pm Thanksgiving Dinner 4 and 6 PM Registration Required	Ontario Works 9:30 am - 4:30 pm PAARC 10 am-2 pm Nursing Services 9 am - 4 pm Nurse practitioner 1 - 4pm	Refresh 10:30 am - 1pm 	
13	14	15	16	17	18	19
CLOSED Thanksgiving Day	PAARC 10 am-1 pm	Extended Food Bank Hours 9:30 am - 7 pm SHIP 10am - 12pm Counselling Services (Female) 10am-5pm		Nursing Services 9 am - 4 pm Ontario Works 9:30 am - 4 pm PAARC 10 am-2 pm Nurse practitioner 1 - 4pm	Refresh 10:30 am - 1pm 	
20	21	22	23	24	25	26
Housing Support 10 am - 12 pm Legal Advice 10 am - 12 pm Counselling Support (Male) 1 pm-6 pm	PAARC 10 am-12 pm Men's Group 6 - 8 pm	BLOOM Clinic 9:30 am to 1 pm SHIP 10 am-12 pm Counselling Services (Female) 10am-5pm Women's Group 5:30-7:30		Nursing Services 9 am - 4 pm Ontario Works 9:30 am - 4:30 pm PAARC 10 am-2 pm Nurse practitioner 1 - 4pm	Refresh 10:30 am - 1pm 	
27	28	29	30	31		
Housing Support 10 am - 12 pm Counselling Support (Male) 1 pm-6 pm	PAARC 10 am-12 pm Men's Group 6 - 8 pm	SHIP 10 am-12 pm Counselling Services (Female) 10am-5pm Women's Group 5:30-7:30		Nursing Services 9 am - 4 pm Ontario Works 9:30 am - 4:30 pm PAARC 10 am-2 pm Nurse practitioner 1 - 4pm		



COMPASS Food Bank and Community Lunch Hours

Early Closing Friday October 4th - 4 pm

Late Opening Monday October 6th - 10:30 am

CLOSED - Monday October 13th

Check calendar for date and time changes to Compass hours

Monday	Food Bank	9:30 am to 7 pm
	Kitchen	Closes at 6:30
Tuesday	Drop In	10 am to 1 pm
	Community Lunch	11:30 am to 12:30 pm
Wednesday	Food Bank	9:30 am to 5 pm
	Kitchen	Closes at 4:30
Thursday	Drop In	10 am to 1 pm
	Community Lunch	11:30 am to 12:30 pm
Friday	Food Bank	9:30 am to 5 pm
	Kitchen	Closes at 4:30

Resource 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, navigation, and resources.

Employment Services via Family Services of Peel

General employment information, job search strategies and interview techniques.

SHIP (Services and Housing In the Province)

Supportive housing for individuals with serious and persistent mental illness and/or addictions.

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, testing and treatment for Hepatitis C, HIV and Sexually Transmitted Infections (STI).

Welfort Nursing Service

A nurse to address basic health concerns.

Service Canada Community Outreach

A Canada Pension Plan/Old Age Security (CPP/OAS) and Canadian Dental Care Plan (CDCP) in-person clinic to answer your questions.

PM Law

On-site Mondays once a month. Ask a professional your legal questions.

ID Clinic

The ID clinic assists individuals with getting a Canadian birth certificate and walking the applicant through the process.

Region of Peel Harm reduction Team (Van)

Distribution of harm reduction supplies and education.

Ontario Works

Questions answered and assistance in navigating services to get financial assistance

Counselling Service

Psychotherapy offered to eligible clients through Building Bridges Psychotherapy