






**RESOURCE Partners and Programs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Check the back of this calendar</b> for Food Bank, Community Lunch and Drop in Hours			1 <b>CLOSED</b>	2 <b>Nursing Service</b> 9 am - 4 pm  <b>Nurse Practitioner</b> 1 pm-4 pm  <b>Kitchen CLOSED</b> Open for order pick up	3	4
5 <b>Housing Support</b> 10 am - 12 pm  <b>Service Canada</b> 10 am - 3 pm  <b>Counselling Support</b> 10 am - 4 pm	6 <b>PAARC</b> 10 am -1 pm  <b>Men's Group</b> 5:30 - 7:30 pm	7 <b>Counselling Services</b> 10 am - 4 pm  <b>Women's Group</b> 5:30 - 7:30 pm	8 <b>ID Clinic</b> 10 am -12:30 pm  <b>Community Support</b> 10 am -12 pm  <b>MOYO</b> 11 am - 12 pm	9 <b>Nursing Services</b> 9 am - 4 pm  <b>Ontario Works</b> 9:30 am - 4:30 pm  <b>PAARC</b> 10 am - 2 pm  <b>Nurse Practitioner</b> 1 - 4 pm	10 <b>Refresh</b> 10:30 am - 1 pm    <b>Film &amp; Fellowship</b> 5-8 pm (Murder Mystery 2)	11
12 <b>Employment Services</b> 9:30 am - 5 pm  <b>Housing Support</b> 10 am - 12 pm	13 <b>PAARC</b> 10 am -1 pm  <b>Men's Group</b> 5:30 - 7:30 pm	14 <b>BLOOM</b> 9:30 am - 1 pm  <b>Counselling Services</b> 10 am - 4 pm  <b>Women's Group</b> 5:30 - 7:30 pm	15	16 <b>Nursing Services</b> 9 am - 4 pm  <b>Ontario Works</b> 9:30 am - 4:30 pm  <b>PAARC</b> 10 am - 2 pm  <b>Nurse Practitioner</b> 1 - 4 pm	17 <b>Refresh</b> 10:30 am - 1 pm  	18
19 <b>Legal Advice</b> 10 am to 12 pm  <b>Housing Support</b> 10 am - 12 pm	20 <b>PAARC</b> 10 am -1 pm  <b>Men's Group</b> 5:30 - 7:30 pm	21 <b>Women's Group</b> 5:30 pm - 7:30 pm  <b>Counselling Services</b> 10 am - 4 pm	22 <b>Community Support</b> 10 am -12 pm	23 <b>Nursing Services</b> 9 am - 4 pm  <b>Ontario Works</b> 9:30 am - 4:30 pm  <b>PAARC</b> 10 am - 2 pm  <b>Nurse Practitioner</b> 1 - 4 pm	24 <b>Refresh</b> 10:30 am - 1 pm    <b>Film &amp; Fellowship</b> 5-8 pm (Back in Action)	25
26 <b>Housing Support</b> 10 am - 12 pm	27 <b>PAARC</b> 10 am -1 pm  <b>Men's Group</b> 5:30 - 7:30 pm	28 <b>BLOOM</b> 9:30 am - 1 pm  <b>Women's Group</b> 5:30 pm - 7:30 pm  <b>Counselling Services</b> 10 am - 4 pm	29	30 <b>Nursing Services</b> 9 am - 4 pm  <b>Ontario Works</b> 9:30 am - 4:30 pm  <b>PAARC</b> 10 am - 2 pm  <b>Nurse Practitioner</b> 1 - 4 pm	31 <b>Refresh</b> 10:30 am - 1 pm  	

January 2026



THE COMPASS  
Help for Today ♥ Hope for Tomorrow

V1

## COMPASS Food Bank and Community Lunch Hours

Check calendar for date and time changes to Compass hours

Monday	Food Bank	9:30 am to 7:00 pm
	Kitchen	Closes at 6:30 pm
Tuesday	Drop In	10:00 am to 1:00 pm
	Community Lunch	11:30 am to 12:30 pm
Wednesday	Food Bank	9:30 am to 5:00 pm
	Kitchen	Closes at 4:30 pm
Thursday	Drop In	10:00 am to 1:00 pm
	Community Lunch	11:30 am to 12:30 pm
Friday	Food Bank	9:30 am to 5:00 pm
	Kitchen	Closes at 4:30 pm

## 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

### Community Support

PRP, PAARC, and PCHS partnership offers many services and supports for legally involved individuals living with mental health concerns and substance use

### Films and Fellowship

Enjoy a movie and a meal

### Refresh Bible study and discussion