






RESOURCE Partners and Programs

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

January 2026



THE COMPASS
Help for Today ♥ Hope for Tomorrow

V1.1

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