

March 2026



**THE COMPASS**  
Help for Today ♥ Hope for Tomorrow

V1.3

**RESOURCE Partners and Programs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Employment Services</b> 9:30am - 4pm <b>PAARC</b> 10am - 4:30pm	3 <b>Men's Group</b> 5:30 - 7:30 pm	4 <b>SHIP</b> 10 am - 12 pm <b>Cousselling Service</b> 10am - 4pm <b>PAARC</b> 10am - 1pm <b>Women's Group</b> 5:30 - 7:30 pm	5 <b>ID Clinic</b> 10 am -12:30 pm <b>Moyo</b> 10am - 12pm	6 <b>Nursing Services</b> 9 am - 4 pm <b>Ontario Works</b> 9:30 am - 4:30 pm <b>ODSP</b> 9:30am - 4:30pm <b>Income Support Specialist</b> 10am - 12pm <b>Nurse Practitioner</b> 1pm- 4pm	7 <b>Refresh</b> 10:30 am - 1 pm <b>Flim &amp; Fellowship</b> 5-8 pm (Back to the Future 2)
9 <b>Service Canada</b> 10am - 3pm <b>PAARC</b> 10am - 2:30pm <b>Counselling Support</b> 12pm - 5pm	10 <b>Peel Housing Support</b> 9:30am - 1pm <b>Acces Street Fleet</b> 9:30am - 1pm <b>Men's Group</b> 5:30 - 7:30 pm	11 <b>Dr.Hershkop</b> 9:30am- 10:30am <b>SHIP</b> 10 am - 12 pm <b>Cousselling Service</b> 10am - 4pm <b>BLOOM</b> 9:00am - 1pm <b>PAARC</b> 10am - 1pm <b>Women's Group</b> 5:30 - 7:30 pm	12 <b>Community Support</b> 10 am -12 pm <b>Moyo</b> 10am - 12pm	13 <b>Nursing Services</b> 9 am - 4 pm <b>Ontario Works</b> 9:30 am - 4:30 pm <b>ODSP</b> 9:30am - 4:30pm <b>Income Support Specialist</b> 10am - 12pm <b>Nurse Practitioner</b> 1pm- 4pm	14 <b>Refresh</b> 10:30 am - 1 pm <b>Flim &amp; Fellowship</b> 5-8 pm (Rudy)
16 <b>PAARC</b> 10am - 2:30pm <b>PM Law</b> 10am - 12pm <b>Counselling Support</b> 12pm - 5pm	17 <b>Peel Housing Support</b> 9:30am - 1pm <b>Men's Group</b> 5:30 - 7:30 pm	18 <b>SHIP</b> 10 am - 12 pm <b>Cousselling Service</b> 10am - 4pm <b>PAARC</b> 10am - 1pm <b>Women's Group</b> 5:30 - 7:30 pm	19 <b>CLOSED</b>	20 <b>CLOSED</b>	21 <b>No Programs</b>
23 <b>PAARC</b> 10am - 1pm <b>Counselling Support</b> 12pm - 5pm	24 <b>Peel Housing Support</b> 9:30am - 1pm <b>ACCESS Street Fleet</b> 9:30am -1pm <b>Men's Group</b> 5:30 - 7:30 pm	25 <b>Dr.Hershkop</b> 9:30am- 10:30am <b>SHIP</b> 10 am - 12 pm <b>Cousselling Service</b> 10am - 4pm <b>BLOOM</b> 9:00am - 1pm <b>PAARC</b> 10am - 1pm <b>Women's Group</b> 5:30 - 7:30 pm	26 <b>Moyo</b> 10am - 12pm <b>Indus Community Service</b> 11am - 1pm <b>Community Support</b> 10am - 12pm <b>Easter Dinner</b>	27 <b>Nursing Services</b> 9 am - 4 pm <b>Ontario Works</b> 9:30 am - 4:30 pm <b>ODSP</b> 9:30am - 4:30pm <b>Income Support Specialist</b> 10am - 12pm <b>Nurse Practitioner</b> 1pm- 4pm	28 <b>Refresh</b> 10:30 am - 1 pm <b>Flim &amp; Fellowship</b> 5-8 pm (Hit Man)
30 <b>PAARC</b> 10am - 2:00pm <b>Counselling Services</b> 12pm -5pm	31 <b>Peel Housing Support</b> 9:30am - 1pm <b>Men's Group</b> 5:30 - 7:30 pm	1 <b>Check the back of this calendar</b> for Food Bank, Community Lunch and Drop in Hours			



**March 2026**

V1.3

**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**

Once a month 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.

**Moyo Health and Community Services**

Provides a growing array of health promotion, education, social and support services for people living with, affected by, and at systemic risk of HIV.

**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 partner to provide comprehensive services for justice-involved individuals with mental health and substance use needs.

**Income Support Specialist**

CHMA Income Support Specialists can support clients with government financial assistance programs (e.g., ODSP, OW).

**Indus Community Services**

Provides community health outreach focused on diabetes prevention, service navigation (services offered by PCHS and LAMP).

**ODSP**

Ontario Disability Support Worker can help clients navigate support programs and individuals access benefits for basic needs and disability-related costs.

**ACCES Employment's Street Fleet**

Provides on-site help with job coaching, resumes, program intake, and referrals to job training and employment.

**Dr. Hershkop**

Assists with addiction and substance abuse, mental health, and treatment.

**Films and Fellowship**

Enjoy a movie and a meal.

**Refresh**

Bible study and discussion.