



# THE COMPASS

Help for Today ♥ Hope for Tomorrow

## September 2026

V1

### RESOURCE Partners and Programs

| Monday                                                                                                                              | Tuesday                              | Wednesday                                                                                                                                                                                                                   | Thursday                                                                                                             | Friday                                                                                                                          | Saturday                          |
|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
|                                                                                                                                     | 1                                    | 2                                                                                                                                                                                                                           | 3                                                                                                                    | 4                                                                                                                               | 5                                 |
|                                                                                                                                     |                                      | <b>Dr. Hershkop</b><br>9:30am - 10:30am<br><b>Counselling Service</b><br>9:30am - 5:00pm<br><b>SHIP</b><br>10 am - 12 pm<br><b>PAARC</b><br>10am - 1pm                                                                      | <b>ID Clinic</b><br>10am - 12:30pm<br><br><b>Moyo</b><br>11am - 12pm                                                 | <b>Nursing Services</b><br>9:30 am - 4 pm<br><br><b>Ontario Works</b><br>9:30 am - 4:30pm<br><br><b>ODSP</b><br>9:30am - 4:00pm |                                   |
|                                                                                                                                     | <b>Mens BBQ</b>                      |                                                                                                                                                                                                                             |                                                                                                                      |                                                                                                                                 |                                   |
| 7                                                                                                                                   | 8                                    | 9                                                                                                                                                                                                                           | 10                                                                                                                   | 11                                                                                                                              | 12                                |
| <b>Compass Closed</b><br><br><b>Labour Day</b>                                                                                      |                                      | <b>BLOOM</b><br>9am - 1pm<br><b>Counselling Service</b><br>9:30am - 5:00pm<br><b>SHIP</b><br>10 am - 12 pm<br><b>PAARC</b><br>10am - 1pm<br><b>ACCES Employment</b><br>11am - 2pm<br><b>Open Untill 7pm</b>                 | <b>Moyo</b><br>11am - 12pm                                                                                           | <b>Nursing Services</b><br>9:30 am - 4 pm<br><br><b>Ontario Works</b><br>9:30 am - 4:30pm<br><br><b>ODSP</b><br>9:30am - 4:00pm |                                   |
| 14                                                                                                                                  | 15                                   | 16                                                                                                                                                                                                                          | 17                                                                                                                   | 18                                                                                                                              | 19                                |
| <b>Counselling Service</b><br>9:30am - 7:00pm<br><br><b>Service Canada</b><br>9:30am - 3pm                                          |                                      | <b>Dr. Hershkop</b><br>9:30am - 10:30am<br><b>Counselling Service</b><br>9:30am - 5:00pm<br><b>SHIP</b><br>10 am - 12 pm<br><b>PAARC</b><br>10am - 1pm                                                                      | <b>Moyo</b><br>11am - 12pm<br><b>Indus Community Services</b><br>11am - 1pm<br><b>Youth Group</b><br>4:30pm - 6:00pm | <b>Nursing Services</b><br>9:30 am - 4 pm<br><br><b>Ontario Works</b><br>9:30 am - 4:30pm<br><br><b>ODSP</b><br>9:30am - 4:00pm | <b>Compass Walk</b><br>9am - 1pm  |
| 21                                                                                                                                  | 22                                   | 23                                                                                                                                                                                                                          | 24                                                                                                                   | 25                                                                                                                              | 26                                |
| <b>Employment Services</b><br>9:30am - 3pm<br><br><b>Counselling Service</b><br>9:30am - 7:00pm<br><br><b>PM Law</b><br>10am - 12pm | <b>Mens Group</b><br>5:30pm - 7:30pm | <b>BLOOM</b><br>9am - 1pm<br><b>Counselling Service</b><br>9:30am - 5:00pm<br><b>SHIP</b><br>10 am - 12 pm<br><b>PAARC</b><br>10am - 1pm<br><b>ACCES Employment</b><br>11am - 2pm<br><b>Womens Group</b><br>5:30pm - 7:30pm | <b>Moyo</b><br>11am - 12pm                                                                                           | <b>Nursing Services</b><br>9:30 am - 4 pm<br><br><b>Ontario Works</b><br>9:30 am - 4:30pm<br><br><b>ODSP</b><br>9:30am - 4:00pm | <b>Refresh</b><br>10:30 am - 1 pm |
| 28                                                                                                                                  | 29                                   | 30                                                                                                                                                                                                                          | 1                                                                                                                    | 2                                                                                                                               | 3                                 |
| <b>Counselling Service</b><br>9:30am - 7:00pm                                                                                       | <b>Mens Group</b><br>5:30pm - 7:30pm | <b>Dr. Hershkop</b><br>9:30am - 10:30am<br><b>Counselling Service</b><br>9:30am - 5:00pm<br><b>SHIP</b><br>10 am - 12 pm<br><b>PAARC</b><br>10am - 1pm<br><b>Womens Group</b><br>5:30pm - 7:30pm                            | <b>Moyo</b><br>11am - 12pm                                                                                           | <b>Nursing Services</b><br>9:30 am - 4 pm<br><br><b>Ontario Works</b><br>9:30 am - 4:30pm<br><br><b>ODSP</b><br>9:30am - 4:00pm | <b>Refresh</b><br>10:30 am - 1 pm |



**September 2026**

V1

## **COMPASS Food Bank and Community Lunch Hours**

Check calendar for date and time changes to Compass hours

|           |           |                      |
|-----------|-----------|----------------------|
| Monday    | Food Bank | 9:30 am - 7:00 pm    |
|           | Breakfast | 9:30am - 11am        |
|           | Lunch     | 11:30am - 2pm        |
|           | Dinner    | 5:15pm - 6:30pm      |
| Tuesday   | Drop In   | 10:00 am - 1:00 pm   |
|           | Breakfast | 10am - 11am          |
|           | Lunch     | 11:30am - 12:30pm    |
| Wednesday | Food Bank | 9:30 am - 5:00 pm    |
|           | Breakfast | 9:30am - 11am        |
|           | Lunch     | 11:30am - 2pm        |
| Thursday  | Drop In   | 10:00 am to 1:00 pm  |
|           | Breakfast | 10am - 11am          |
|           | Lunch     | 11:30 am to 12:30 pm |
| Friday    | Food Bank | 9:30 am - 5:00 pm    |
|           | Breakfast | 9:30am - 11am        |
|           | Lunch     | 11:30am - 2pm        |

## **Resource Descriptions**

### **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.

### **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.

### **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.