



THE COMPASS

Help for Today ♥ Hope for Tomorrow

October 2026

V1.1

RESOURCE Partners and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Moyo 11am - 12pm	2 Nursing Services 9:30 am - 4pm ODSP 9:30am - 4pm Ontario Works 9:30 am - 4:30pm	3 Refresh 10:30 am - 1 pm
5 PAARC 10am - 1pm Voice The Vote 10am -2pm Counselling Service 10am - 6pm PolyCultural Settlement 2pm-5pm	6 Mens Group 5:30pm - 7:30pm	7 BLOOM 9am - 1pm SHIP 10 am - 12 pm PAARC 10am - 1pm ACCES Employment 10am - 1pm Womens Group 5:30pm - 7:30pm	8 Moyo 11am - 12pm Thanksgiving Dinner	9 Nursing Services 9:30 am - 4pm ODSP 9:30am - 4pm Ontario Works 9:30 am - 4:30pm	10 Refresh 10:30 am - 1 pm
12 Closed	13 Mens Group 5:30pm - 7:30pm	14 SHIP 10 am - 12 pm PAARC 10am - 1pm Open Late 7pm	15 Moyo 11am - 12pm Indus Community Services 11am - 1pm	16 Nursing Services 9:30 am - 4pm ODSP 9:30am - 4pm Ontario Works 9:30 am - 4:30pm	17 Refresh 10:30 am - 1 pm
19 Counselling Service 9:30am - 7:00pm PAARC 10am - 1pm Dental Hygine Screening 9:30am-2pm	20 Mens Group 5:30pm - 7:30pm	21 BLOOM 9am - 1pm SHIP 10 am - 12 pm PAARC 10am - 1pm Shining Lighte 10:30am- 1pm Womens Group 5:30pm - 7:30pm	22 Moyo 11am - 12pm Youth Group 4:30pm - 6pm	23 Nursing Services 9:30 am - 4pm ODSP 9:30am - 4pm Ontario Works 9:30 am - 4:30pm	24 Refresh 10:30 am - 1 pm
26 Counselling Service 9:30am - 7:00pm Dental Hygine Screening 9:30am-2pm	27 Mens Group 5:30pm - 7:30pm	28 Dr. Hershkop 9:30am - 10:30am Counselling Service 9:30am - 5:00pm SHIP 10 am - 12 pm PAARC 10am - 1pm Womens Group 5:30pm - 7:30pm	29 Moyo 11am - 12pm	30 Nursing Services 9:30 am - 4pm ODSP 9:30am - 4pm Ontario Works 9:30 am - 4:30pm Black Health and Social Services Hub 11am - 12pm	31 Refresh 10:30 am - 1 pm



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.

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.

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.