# November 2026

THE COMPASS
Help for Today ♥ Hope for Tomorrow

V1.4

## RESOURCE Partners and Programs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 2<br>**PAARC**<br>10am - 1pm<br>**Counselling Service**<br>10am - 6pm<br>**CarePoint Flu Clinic**<br>11am - 2pm | 3<br>**Mens Group**<br>5:30pm - 7:30pm | 4<br>**BLOOM**<br>9am - 1pm<br>**Counselling Service**<br>9:30am - 5:00pm<br>**Dental Hygine Screening**<br>9:30am - 2pm<br>**SHIP**<br>10am - 12pm<br>**PAARC**<br>10am - 1pm<br>**Womens Group**<br>5:30pm - 7:30pm | 5<br>**ID Clinic**<br>10am - 12:30pm<br>**Moyo**<br>11am - 12pm | 6<br>**Nursing Services**<br>9:30 am - 4pm<br>**ODSP**<br>9:30am - 4pm<br>**Ontario Works**<br>9:30 am - 4:30pm<br>**Stride**<br>10am - 12pm | 7<br>**Refresh**<br>10:30 am - 1 pm<br>**Flim & Fellowship**<br>5pm - 8pm |
| 9<br>**Employment Services**<br>9am - 5pm<br>**Dental Hygine Screening**<br>9:30am - 2pm<br>**Service Canada**<br>9:30am - 3pm<br>**PAARC**<br>10am - 1pm<br>**Counselling Service**<br>10am - 6pm | 10<br>**Mens Group**<br>5:30pm - 7:30pm | 11<br>**Dr.Herskhop**<br>9:30am - 10:30am<br>**Counselling Service**<br>9:30am - 5:00pm<br>**SHIP**<br>10 am - 12 pm<br>**PAARC**<br>10am - 1pm<br>**Womens Group**<br>5:30pm - 7:30pm | 12<br>**Moyo**<br>11am - 12pm | 13<br>**Nursing Services**<br>9:30 am - 4pm<br>**ODSP**<br>9:30am - 4pm<br>**Ontario Works**<br>9:30 am - 4:30pm | 14<br>**Refresh**<br>10:30 am - 1 pm<br>**Flim & Fellowship**<br>5pm - 8pm |
| 16<br>**PAARC**<br>10am - 1pm<br>**PM Law**<br>10am - 12pm<br>**Counselling Service**<br>10am - 6pm | 17<br>**Mens Group**<br>5:30pm - 7:30pm | 18<br>**BLOOM**<br>9am - 1pm<br>**Counselling Service**<br>9:30am - 5:00pm<br>**Dental Hygine Screening**<br>9:30am - 2pm<br>**SHIP**<br>10am - 12pm<br>**PAARC**<br>10am - 1pm<br>**Womens Group**<br>5:30pm - 7:30pm | 19<br>**Moyo**<br>11am - 12pm<br>**Indus Community Services**<br>11am - 1pm | 20<br>**Nursing Services**<br>9:30 am - 4pm<br>**ODSP**<br>9:30am - 4pm<br>**Ontario Works**<br>9:30 am - 4:30pm | 21<br>**Refresh**<br>10:30 am - 1pm<br>**Flim & Fellowship**<br>5pm - 8pm |
| 23<br>**PAARC**<br>10am - 1pm<br>**Counselling Service**<br>10am - 6pm | 24<br>**Mens Group**<br>5:30pm - 7:30pm | 25<br>**Dr.Herskhop**<br>9:30am - 10:30am<br>**Dental Hygine Screening**<br>9:30am - 2pm<br>**Counselling Service**<br>9:30am - 5:00pm<br>**SHIP**<br>10am - 12pm<br>**PAARC**<br>10am - 1pm<br>**Womens Group**<br>5:30pm - 7:30pm | 26<br>**Moyo**<br>11am - 12pm | 27<br>**Nursing Services**<br>9:30 am - 4pm<br>**ODSP**<br>9:30am - 4pm<br>**Ontario Works**<br>9:30 am - 4:30pm | 28<br>**Refresh**<br>10:30 am - 1 pm<br>**Flim & Fellowship**<br>5pm - 8pm |
| 30<br>**PAARC**<br>10am - 1pm<br>**Counselling Service**<br>10am - 6pm | | | | | |

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## 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.