November 2026

THE COMPASS
Help for Today ♥ Hope for Tomorrow

V1.2

RESOURCE Partners and Programs

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