

# PATHWAYS PRESS



## Events this Month

- Gratitude Holiday Dinner.....Dec 3rd, 10th, 11th
- A Christmas Story Musical.....Dec 4th
- Conversation Corner.....Dec 4th, 11th, 18th
- Tasty Thursday at Compass.....Dec 5th
- Post-Secondary Application Sessions (No Session Dec 26th).....Dec 5th, 12th, 19th
- Mac Arts at Mission Services.....Dec 16th
- MacPeds Talk.....Dec 2nd, Dec 10th



Pathways  
is  
**CLOSED**



Monday December 23rd, 2024 - Friday January 3, 2025  
We hope you have a safe and happy winter break!

Pathways After School Programming will not be available during this time. We will be back on Monday January 6th.  
See you then!



## GRATITUDE HOLIDAY DINNER

COOK FOR OUR SENIOR COMMUNITY  
EARN VOLUNTEER HOURS

December 3 and 10, 11

3:30pm-8pm

Compass Kitchen



We invite you to come see the musical  
play..

## A Christmas Story

SIGN UP  
WITH YOUR  
COACH

ONLY 8 TICKETS  
AVAILABLE!

WEDNESDAY DECEMBER 4TH  
SHOWTIME 7:30PM - 10PM  
THEATRE AQUARIUS

Meet @ Missions or Compass  
for 6:30pm

Pathways  
to Education



COMPASS  
COMMUNITY HEALTH



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**"The more that you read, the more things you will know, the more that you learn, the more places you'll go." —Dr. Seuss**

A MCMASTER PEDIATRIC RESIDENT TALKS

## SLEEP & EXERCISE

LEARN FROM A DOCTOR  
SHARE WHAT YOU LEARN  
EARN VOLUNTEER HOURS

MONDAY DECEMBER 2 @ 4:00PM  
ON ZOOM

COMPASS Pathways COMMUNITY HEALTH to Education MacPeds

A MCMASTER PEDIATRIC RESIDENT TALKS

## HEALTHY EATING & NUTRITION

LEARN FROM A DOCTOR  
SHARE WHAT YOU LEARN  
EARN VOLUNTEER HOURS

TUESDAY DECEMBER 10 @ 4:00PM  
ON ZOOM

COMPASS Pathways COMMUNITY HEALTH to Education MacPeds



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**COMPASS**  
COMMUNITY HEALTH

**Pathways**  
to Education

## CONVERSATION CORNER

A program for multilingual high school students, fostering community, belonging, and practical support through workshops and field trips to help them reach educational goals and, explore topics ranging from employment to the arts.

**EVERY WEDNESDAY**  
NOVEMBER 6 - DECEMBER 18, 2024  
5:00 - 6:00PM

**MISSION SERVICES**  
196 Wentworth St N,  
Hamilton, ON L8L 5V7

**SUPPORT TO APPLY & FEES COVERED**

## Post-Secondary Application Sessions

Thursdays 4pm-6pm  
Beginning Nov. 21st  
On Zoom

Contact your Pathways Coach to Sign Up!

**Pathways** to Education | **COMPASS** COMMUNITY HEALTH

**How does a gingerbread man get around with a broken leg?**  
**He uses a candy cane.**

# PATHWAYS PRESS



THERE'S  
SNOWBODY  
LIKE  
YOU!

## Homemade Hot Chocolate

Warm up this winter with a sweet treat!

### Ingredients

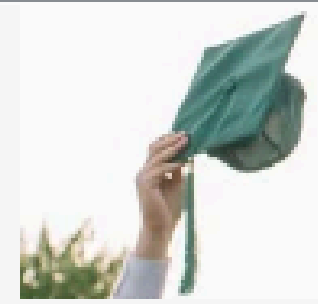
- 4 cups milk
- ¼ cup cocoa powder
- ¼ cup granulated sugar
- ½ cup bittersweet or semisweet chocolate chips
- ¼ teaspoon vanilla extract



### Directions

1. Place milk, cocoa powder and sugar in a small saucepan. Heat over medium-low heat, whisking frequently, until warm but not boiling
2. Add chocolate chips and whisk constantly until the chocolate chips melt and distribute evenly into the milk.
3. Whisk in vanilla extract, serve immediately.
4. Top with your favourite topping, ie whipped cream, marshmallows, cinnamon etc (Makes 4 servings)

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Enjoy your winter break!

## Winter Activities

Here are a 5 winter activities you can explore in Hamilton.  
Learn more at the Tourism Hamilton link below!

1 WEST HARBOUR PIER 8  
SKATING RINK

2 EXPLORE A WINTER MARKET  
(LIKE HOLIDAY CHEER ON OTTAWA ST  
DECEMBER 7TH)

3 ART CRAWL ON JAMES ST. N.  
(SECOND FRIDAY OF THE MONTH)

4 WARM UP AT THE GAGE PARK  
TROPICAL GREEN HOUSE

5 VISIT THE ART GALLERY  
(FREE ON THURSDAYS)

[tourismhamilton.com/winter-guide/](https://tourismhamilton.com/winter-guide/)

### Light up your winter Break

- Call a friend
- Get Creative
- Make a Hot Drink
- Participate in Winter Activities
- Volunteer
- Do some stretching
- Go on Winter Walks
- Read a Book

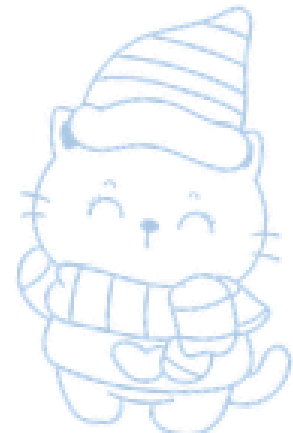
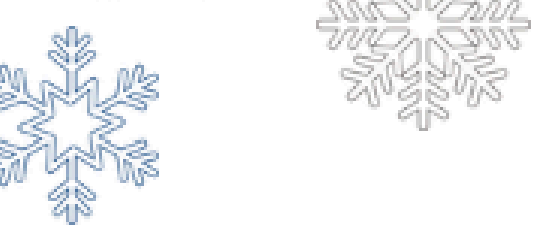




## Winter Activity Page



H U X H Z S T T T G C I O Z Z  
 F N S M O E A O O M L U P H J  
 R H C N V L U C B M U O R S Q  
 O C A Q S S I B I O S E V G C  
 Z K R M Q K W D G S G Z P E K  
 E S F M Q C A E A Z K G E G S  
 N N S Q I J V T A Y P I A Y Q  
 B O I H Q T Y O I T S M I N L  
 O W C J O U T P W N E V C N M  
 O Y I Y A V J E B U G R O H G  
 T O C X R C E L N I V Y R T V  
 S E L P A T K L R S H P V Q W  
 S V E O R K A E H B S W B M F  
 T W Q Z E M Y W T T J B S P C  
 C A P H O T C H O C O L A T E



**Frozen**

**Skiing**

**Boots**

**Scarf**

**Holidays**

**Snowy**

**Sweater**

**Toboggan**

**Icicle**

**Jacket**

**Mittens**

**Gloves**

**Skating**

**Shovel**

**Hot Chocolate**

*Winter  
Wonderland*



# PATHWAYS PRESS



Monday

Tuesday

Wednesday

Thursday

Friday

2	<b>Gratitude 3</b> <b>Holiday Dinner</b> <b>3:30-8pm</b> @ Compass 	<b>4</b> Conversation Corner 5-6pm @ Missions A Christmas Story Musical 7:30-10pm @ Theatre Aquarius	<b>5</b> Post-Secondary Application Sessions on Zoom 4pm-6pm <b>Tasty Thursday</b>  <b>3:45-5:45pm</b>	6
9	<b>Gratitude 10</b> <b>Holiday Dinner</b> <b>3:30-8pm</b> @ Compass	<b>11</b> <b>Gratitude Holiday</b> <b>Dinner 3:30-8pm</b> @ Compass Conversation Corner 5-6pm @ Missions	<b>12</b> Post-Secondary Application Sessions on Zoom 4pm-6pm	13
MacArts Program 4:30-6:30pm @ Missions 	17	<b>18</b> Conversation Corner 5-6pm @ Missions	<b>19</b> Post-Secondary Application Sessions on Zoom 4pm-6pm	<b>20</b> 
23	24		26	27
Pathways After School Programming is CLOSED for the Winter Break				
30	31			
Programming is CLOSED				

**ONLINE Tutoring**

Monday - Thursday on Zoom  
4pm - 7pm

**Pathways After School Programming**

Monday and Wednesday at **Mission Services**  
 Tuesday and Thursday at **Compass Community Health**  
 4pm - 7pm

