

NOVEMBER  
2024

# PATHWAYS PRESS



## Events this Month

- November 5 - Cooking with Compass
- November 6 - Conversation Corner Begins
- November 6 & 7 - Team Up to Clean Up
- November 7 - SHAD Information Session
- November 11 - PROGRAM CLOSED
- November 18 - MAC Arts
- November 18 - MAC Peds Talks
- November 21 - Post Secondary Applications
- November 22 - Volunteer at Mission Services



## COOKING WITH GRATITUDE

Cook-Share-Earn

Tuesday, November 5  
Compass Kitchen  
4:00pm-7:00pm

On the menu: Chili



Pathways  
to Education



## Pathways to Education

AFTER SCHOOL PROGRAMMING

Where Goals Come to Life

4 PM - 7 PM

MONDAY & WEDNESDAY  
MISSION SERVICES

TUESDAY & THURSDAY  
COMPASS COMMUNITY HEALTH & ONLINE



## Pathways to Education



Pathways After School  
Programming is

# CLOSED

Monday November 11th 2024



Pathways After School Programming, and Pathways Coaches will be unavailable on this day. We will see you on Tuesday November 12th!



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## A Message From our Pathways Social Worker...



Hey Everyone,  
Sometimes (not always!) November can be a bit of a transition period, we are going from summer to a time where it's a bit chilly, a little bit cloudier and you might have a few extra assignments or tests happening. This also means that you might appreciate hot drinks more, have another reason to wear a favourite sweater and spend more time at the tutoring space tackling your tasks!

However, sometimes that transition can be difficult to navigate even with all the warm places, people and beverages that may be in your life. For example if you're finding it a bit more challenging to get out of bed, to connect with others or focus on your assignments there might be a few things at play (and also winter is known to be a tough time!).

One thing that might be helpful is talking about what's on your mind, this could be to yourself, to your friends, family members or someone else you trust. Sometimes saying something assists us to have a new perspective, get out feelings that feel tangled or generally make us feel connected.

You could also try – going for walk (I know it's cold!), having a warm drink, taking breaks between activities and school work and making time to connect with others (think of yourself as a battery – recharging is a good way to being able to keep going!).

If you're looking to connect with someone maybe outside your circle, please feel free to reach out to me directly or through your coach! You can follow me on Instagram @Bahiyiyih\_Pathways and we can set up a time to chat (if you'd like!)

Hope everyone is taking care,  
Bahiyiyih

**MAC ARTS ACTIVITY**

MCMASTER UNIVERSITY ART PROGRAM

SIGN UP WITH YOUR PATHWAYS COACH

**MONDAY, NOV 18 @ MISSION SERVICES**

ACCORDION BOOK MAKING

McMaster University



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# PATHWAYS PRESS



**CALLING ALL**  
*Volunteers*



Join Pathways and earn community service hours sorting, packaging and distributing food items to community members! Sign up with your Pathways coach.

**MISSION SERVICES FOOD CENTER**

196 Wentworth St. N  
Friday November 22nd, 2024  
10am - 3pm  
Lunch will be provided!



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

## Need Volunteer Hours?



Join your friends and Coaches at Pathways to clean up the neighbourhood and earn community service hours for graduation

November 6 - 4:00pm  
Mission Services  
(196 Wentworth St N)

November 7 - 4:00pm  
Compass CH  
(438 Hughson St N)

\*Please sign up with your Coach

**Pathways to Education**



**COMPASS COMMUNITY HEALTH**



## Application Open NOW!

Speak with your Pathways Coach about this exciting opportunity

### INFORMATION SESSION

Thursday November 7th @ 6pm on Zoom!

visit this website to learn more

[www.shad.ca](http://www.shad.ca)



**Pathways to Education**



## Post-Secondary Application Sessions



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



**SUPPORT TO APPLY & FEES COVERED**

Contact your Pathways Coach to Sign Up!



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# PATHWAYS PRESS



**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

### HOW TO FOCUS While Studying

- PLAY MUSIC THAT CAN INCREASE THE SPIRIT OF LEARNING
- SIT IN THE RIGHT POSITION SO YOU DON'T FALL ASLEEP
- AVOID STUDYING IN YOUR BED
- USE ADEQUATE LIGHTING WHEN STUDYING
- TURN OFF YOUR PHONE

A MCMASTER PEDIATRIC RESIDENT TALKS

## TOPIC TBD

LEARN FROM A DOCTOR  
SHARE WHAT YOU LEARN  
EARN VOLUNTEER HOURS

**MONDAY NOVEMBER 18 @ 4:00PM  
ON ZOOM**

**COMPASS** COMMUNITY HEALTH **Pathways** to Education **MacPeds**  
Training the next generation of pediatricians



# PATHWAYS PRESS



Monday

Tuesday

Wednesday

Thursday

Friday

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4	<b>Cooking with Gratitude @ Compass</b>	5	<b>Team Up to Clean Up Mission Services @ 7pm</b> <b>Conversation Corner @ Mission Services</b>	6	<b>Tasty Thursday @ COMPASS</b> <b>SHAD Info Session 6pm on Zoom</b> <b>Team Up to Clean Up Compass @ 7pm</b>	7	8	
<b>Programming Closed</b> <b>Remembrance Day</b>	11	12	<b>Conversation Corner @ Mission Services</b>	13	14	15		
<b>MACPeds Talks 4pm on Zoom!</b> <b>MAC Arts Mission Services @ 430pm</b>	18	19	20	<b>Conversation Corner @ Mission Services</b>	<b>Tasty Thursday @ COMPASS</b> <b>Post-Secondary Application Session #1 on Zoom</b>	21	<b>Volunteering 10am @ Mission Services</b>	22
25	26	27	<b>Conversation Corner @ Mission Services</b>	28	<b>Post-Secondary Application Session #2 on Zoom</b>	29		

## 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