

—THE— COMPASS CORNER

DECEMBER 2024



IN THIS EDITION:

- WRAPPING UP THE YEAR!
- GIVE YOUR FEEDBACK
- COMMUNITY EVENT INFO
- MONTHLY CALENDAR
- HEALTHY HABITS: WINTER ACTIVITIES
- HOLIDAY HOURS OF OPERATION

Wrapping up the year:

A message from our Board Chair, Debbie Logel Butler



On behalf of the Board of Directors, I would like to extend our wish to you and your family for a safe, happy and healthy holiday season.

To the Compass staff and volunteers, we thank you for your dedication and care of the Compass clients we serve and wish you all the best in 2025.

Debbie Logel Butler, Compass Board Chair



We Value Your Feedback!

Each year, Compass conducts a Client Experience Survey to help us identify:

- how well we are meeting clients' needs
- areas where we can improve clients' experience

Clients are randomly selected and invited by phone or by email to participate in the survey. The survey can also be accessed through our website

<https://www.surveymonkey.com/r/CompassClientSurveyonline>



Help us improve!

Participation is voluntary and your answers are confidential. Your name does not appear anywhere on the survey. The survey is currently only available in English.

Other ways to provide your feedback:

- Feedback form available online: <https://www.compassch.org/provide-your-feedback>
- Comments box available in waiting areas
- Speak with a staff member

How would you rate the overall care and services?

How can we support you and your family better?

Do you feel involved in decisions about your care?

Suggestions for additional programs and services?

In the Community:

Join the Good Shepherd's Annual Holiday Celebration Event!

























Sunday, December 15th 2024
Hamilton Convention Centre (1 Summers Lane)
11:00am - 3:00pm (Lunch begins at 12pm)





- Free holiday meal
- Live entertainment
- Kids playroom
- Meet Santa Claus
- Gifts for everyone











COMPASS
COMMUNITY HEALTH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5   	6 
 Screen for Life Bus  9	10	11	   12	13 
  16	 17	  18	   19	20 
 23	24	25 Centre Closed	26 Centre Closed	27 
 30	31			Breakfast Club  8:00-9:15  Every school day!

-  Third Youth | 12:30
-  FVRx Pick- up | 1:30
-  Tada | 10:00
-  Seniors Kitchen | 11:00

-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Caring for your Diabetes "Head to Toe" | 1:30 pm
-  Sit and Fit (virtual) | 11:00
-  Pflag | 6:00

-  Trans & Non-Binary TTRPG | 5:30
-  Trans & Non-Binary Grocery Program | 1:00
-  Trans Femme Peer Support | 6:00
-  Trans ID Clinic | 5:30

Holiday Hours:

Monday December 23	8am- 5pm
Tuesday December 24	8am- 5pm
Wednesday December 25	CLOSED
Thursday December 26	CLOSED
Friday December 27	8am-4pm
Monday December 30	8am- 5pm
Tuesday December 31	8am- 5pm

To Register for programs call 905-523-6611 and the associated extension listed below:

Physical Activity:

Sit and Fit: A virtual exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. Monday and Thursday virtual. Call 905- 523-1184 to register.

Food Programs:

Breakfast Club: For children & their families. Eat a free nutritious hot breakfast every school day 8:00-9:15am. Contact Mariko ext 2084

Community Fridge: Hours of operation: Mon- Fri 8:00am-4:00pm. Located by Hughson St N, outside of Compass.

FVRx: Compass organic food produce box prescription. Contact Leah- ext 3006

Seniors Kitchen: Join us on the 3rd Wednesday of every month to cook, socialize, & share a meal together. Contact Leah- ext 3006

Art & Social:

TADA: Weekly art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. Contact Sib- ext 2014

Third Youth: A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria- ext 2017

Health & Education:

Welcome Baby: Prenatal Nutrition Program: Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Must join during pregnancy. Contact Cory- ext 3047

Caring for your Diabetes "Head to Toe": Educational session about caring for your diabetes. Contact Robin- ext 3001

Screen for Life Bus: To book an appointment (8am-4pm), call 905-975-4467 to get screening for breast, cervical, or colon cancer.

Two-Spirit LGBTQIA+ Programs: CONTACT AUTUMN TO REGISTER x 2022

Mother Tongue: A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! Open to Two Spirit & LGBTQIA+ folks new to Canada, Two Spirit & LGBTQIA+ BIPOC individuals, and BIPOC allies.

Pflag: Home for the Holidays event. For Two Spirit and LGBTQIA+ folks and their families. December 9, 6 – 8 pm. Address: 310 Limeridge Road West #10, entrance off Kendale Court

Queer Gaming Hamilton: A group for Two Spirit & LGBTQIA+ folks to play games (board games but open to role-playing games)

Trans and Non-Binary Grocery Program: Dedicated hours for Trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Last Friday of each month 1-3pm.

Trans and Non-Binary TTRPG Group: Group for Trans and Non-binary folks to play TTRPGs together and explore their identities.

Trans-femme Peer Support Group: Social and peer support group for self-identifying Trans femme folks. Refreshments provided.

Trans ID Clinic: Legal and peer support for those looking to make name and sex designation changes to their ID.

HEALTHY HABITS:

Winter Activities

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

1

**VISIT THE WEST HARBOUR
PIER 8 SKATING RINK**

3

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

2

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

4

**WARM UP AT THE GAGE PARK
TROPICAL GREEN HOUSE**

5

VISIT THE ART GALLERY
(FREE ON THURSDAYS)

tourismhamilton.com/winter-guide/

FOLLOW US!

Keep up-to-date with Compass news and information by following us on our social media platforms!



www.compassch.org



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Compass Holiday Hours of Operation:

Monday December 23	8am- 5pm
Tuesday December 24	8am- 5pm
Wednesday December 25	CLOSED
Thursday December 26	CLOSED
Friday December 27	8am-4pm
Monday December 30	8am- 5pm
Tuesday December 31	8am- 5pm
Wednesday January 1	CLOSED
Thursday January 2	8am- 5pm
Friday January 3	8am-4pm