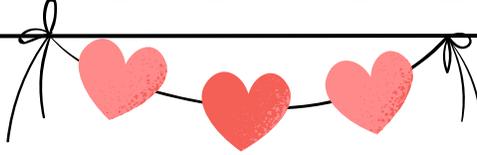


— THE — COMPASS CORNER



IN THIS EDITION:

- CELEBRATING BLACK HISTORY MONTH
- PROGRAM HIGHLIGHT
- TWO-SPIRIT AND LGBTQ+ SUPPORT
- HEALTHY HABIT
- FLU SHOT REMINDER
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- COOKING WITH COMPASS PROGRAM

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



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www.compassch.org



BLACK HISTORY MONTH

Black History Month celebrates the achievements and contributions of Black individuals and communities. Each February, Compass takes some time to acknowledge the important role that these contributions have played in our society throughout history, and recognize their essential role in creating a better future.

Compass will be highlighting some important current and historical Black individuals in a poster series around our building. If you're visiting us, we encourage you to read the stories and celebrate the important contributions these individuals have made to our world.

Marie-Joseph Angélique

Angélique was an enslaved Black woman owned by Thérèse de Couagne de Francheville in Montréal.

On multiple occasions, Angélique fought for her freedom and tried to escape but was captured and returned to her mistress.

In April 1734, she was charged with arson after a fire leveled Montréal's merchants' quarter. It was alleged that Angélique committed the act while attempting to flee her bondage.



c. 1705 - June 21, 1734

After a two-month trial, Angélique was found guilty and sentenced to hang. Before being hanged, she was subjected to torture by means of the *Brodequins* - a device attached to her legs and which resulted in their breaking.

While it remains unknown whether or not she set the fire, Angélique's story has come to symbolize Black resistance and freedom.

In February 2012, the public square across from Montréal's city hall was named Place Marie-Josèphe Angélique in her honour.



To learn more visit:
<https://www.thecanadianencyclopedia.ca/en/timeline/black-history>
<https://www.thecanadianencyclopedia.ca/en/article/marie-joseph-angelique>

BLACK HISTORY MONTH

Ida B Wells

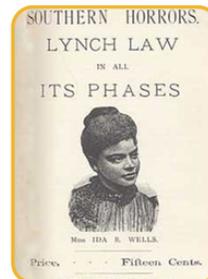
Ida B. Wells was an American investigative journalist, educator, and early leader in the civil rights movement. She is most famous for her anti-lynching campaign.

She was born into slavery in Holly Springs, Mississippi, and later freed through the Emancipation Proclamation.



July 16, 1862 - March 25, 1931

Her extensive work, as co-owner of and journalist at the *Memphis Free Speech and Headlight* newspaper, exposed the horrors of lynching and highlighted the ongoing segregation and inequality faced by African Americans. Her influential editorial eventually made her the target of white mobs that destroyed the press. Faced with threats of lynching, she was forced to flee to New York City.



Wells led a remarkable life. She was one of the founders of the National Association for the Advancement of Colored People (NAACP). She partook in the National Equal Rights League and campaigned for jobs for African Americans. She was a staunch supporter of women securing the right to vote. She co-founded the Alpha Suffrage Club in Chicago in 1913, which became the largest Black women's suffrage organization in Illinois. Wells went on to establish the National Association of Colored Women.

To learn more, visit:
<https://www.lib.uchicago.edu/collex/exhibits/voice-for-justice-life-and-legacy-ida-b-wells/>

BLACK HISTORY MONTH

This year's Black History Month theme celebrates the achievements of Black artists. During the month of February, Compass Community Health will be celebrating by highlighting Black Artists on our social media. Follow us to learn more, and celebrate the accomplishments of these amazing individuals.



Compassch



Compass_ch



CompasscommunityH



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COMPASS
COMMUNITY HEALTH

BLACK HISTORY MONTH

Leonard Braithwaite



Leonard Braithwaite, was a lawyer, and politician who became the first Black Canadian elected to a provincial legislature. He served as a Liberal member of the Ontario Legislature from 1963 to 1975.



October 23rd 1923 - March 28th 2012

In 1964, in his first speech to the Ontario Legislature, Braithwaite spoke out against the Separate Schools Act, a law that permitted racial segregation in Ontario schools. One month later, the education minister introduced a bill that repealed the 114-year-old provision and amended the Act.

Thanks to Braithwaite's work and advocacy the last racial segregated school in Ontario was closed on January 1st 1965.

The last segregated school in Nova Scotia was officially closed in 1983. Unfortunately, other provinces still practiced informal segregation.

To learn more, visit:
<https://www.thecanadianencyclopedia.ca/en/article/leonard-braithwaite>

BLACK
HISTORY
MONTH

Barrington Walker



Barrington Walker is the Senior Advisor of Equity, Diversity and Inclusion in the Office of the Provost and VP Academic. He is a leading Canadian scholar who is often consulted for national television, print and radio media.

His work focuses on the histories of Black individuals and communities, race immigration and the law.

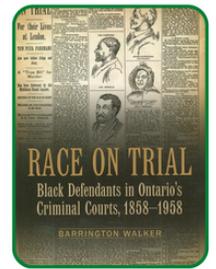
Walker's pioneering contributions to scholarship in history, law, and the discourse on anti-black racism offer rich insights into Canada's legal system and its role in the subjugation of Black people from the period of slavery to the present.



Walker has a PhD in History from the University of Toronto. He is a professor of History at Wilfrid Laurier University. He has also taught at York University, University of Toronto and Queen's University in Kingston.

Walker is the author of *Race on Trial: Black Defendants in Ontario's Criminal Courts 1858 - 1958*. He is the editor of *The History of Immigration and Racism in Canada: Essential Readings* and *The African Canadian Legal Odyssey: Historical Essays*.

For more information, please visit:
<https://www.barringtonwalker.com/>
<https://www.wlu.ca/academics/faculties/faculty-of-arts/faculty-profiles/barrington-walker/index.html>



BLACK
HISTORY
MONTH

PROGRAM HIGHLIGHTS:



TADA ART GROUP

TADA is a weekly art group for anyone passionate about having fun and learning or teaching new art and craft. This inclusive community encourages the exchange of creative ideas and techniques, providing a supportive environment for both beginners and experienced artists to engage in joyful collaboration. Join TADA for a vibrant celebration of artistic expression and socialization!

TADA meets every Friday at 10:00am. For more information or to register, please call Sib at 905-523-6611 x 2014

TWO-SPIRIT AND LGBTQIA+ SUPPORT

Compass supports clients who are two-spirit and LGBTQIA+ in a variety of ways, including:

- **Intergenerational Kitchen:** In partnership with Spectrum Hamilton, Compass hosts an all-ages kitchen group to allow opportunities for intergenerational learning. A wide range of participants from 15 to 75 years of age bring a diversity of perspectives and lived experience.
- **Trans-ID Clinics:** Together with the AIDS Network and the Hamilton Community Legal Clinic, Compass' ID clinics support transgender and gender-diverse individuals in changing their legal name and/or gender marker. Lacking proper identification can be a barrier to accessing services, and the process is complex and often requires significant support in form completion and other advocacy.
- **Trans-Feminine Peer Support Program:** Compass is currently running a peer support program for Trans Feminine identified folks. Many trans spaces are dominated by Trans masculine folks, while Trans Feminine folks have a set of concerns unique to them. At our meetings we discuss transition, employment opportunities, transphobia and related issues, as well as working to build a community of trans sisters. Compass offers a meeting once monthly for youth (age 16 – 29) and for adults (30+), as well as an intergenerational meeting to bring them together.

For more information, contact Autumn Getty 905-523-6611 ext. 2022 or agetty@compassch.org



HEALTHY HABIT:

NURTURE YOUR HOBBIES

February is a great time to nurture your hobbies or try out a new hobby that you are interested in. With the days still being quite cold, you may find yourself indoors more. What a great time to spend some time on something creative that you enjoy or planning something for the spring! Here are a few suggested hobbies:

Explore
Photography



Keep a journal
or do some creative writing



Grow something
or plan your garden



Read your favourites
or something new



Listen to Music
or play an instrument



Dance
or move in a new way

Try painting or
drawing



Knit, crochet or
sew



BULLETIN BOARD:

Just a friendly reminder:
 If you are a Compass Client, you are able to get your flu shot with us!

Ask your Health Care Provider about getting your flu shot today.

OR

Call Reception at 905-523-6611 ext. 2000 to schedule your appointment.

OR

Book your appointment online with one of our Triage Nurses.
 Visit our website at www.compassch.org

Not a client? No problem!
 Here's where you can find your closest location to get a flu shot:

- Call your local pharmacy, doctor, or walk-in clinic to make an appointment.
- Visit Hamilton.ca/flu for more information.
- Reminder: you can also ask about COVID-19 vaccine availability too!

WINTER WORD SEARCH:

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

ARCTIC
 FEBRUARY
 COLD
 FLANNEL
 TURTLENECK
 POLAR VORTEX
 COCOA
 SKIING
 SKATES
 PARKA
 ICE

SLEDDING
 SHIVER
 FROSTBITE
 SCARF
 PENGUIN
 SNOWFLAKE
 MITTENS
 BOOTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Club  7:45-9:15  Every school day!			   1 FVRx pick-up 1:30- 3	 2
  5	6	 7	    8	 9
   12 Screen for life bus	13	 14	    15 FVRx pick-up 1:30- 3	 16
19 STAT HOLIDAY- CLOSED	 20	  21	    22	 23
  26	27	  28	   29	Weekend Dates:  February 25th  February 25th

-  Third Youth | 12:30pm
-  Welcome Baby- Prenatal Nutrition Program | 12:30pm
-  Caring for Diabetes & Health Promotion in Farsi | 12:00pm
-  Trans Femme Peer Support | 6:00pm
-  Sit and Fit | 10:45am
-  Seniors Kitchen | 11:00 am
-  Trans ID Clinic | 5:00 pm
-  Trans & Non-Binary TTRPG | 5:30
-  Trackers | 2:00pm
-  Freedom to Be | 9:30 am
-  Partners of Trans & Non-Binary people support | 6:00 pm
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm
-  Tada | 10:00am
-  Seated Yoga | 1:00 pm
-  Pflag | 3:00 pm
-  Mother Tongue | 4:00pm

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

- Breakfast Club:** For children & their families. Eat a nutritious hot breakfast in a supervised space every school day 7:45-9:15am. Call Mariko ext 2084
- Caring for your Diabetes in Farsi:** Educational session about caring for your diabetes. Contact Awesta- ext 3002
- Diabetes Kitchen:** Learn new recipes with hands-on cooking with a dietitian. Contact Jen- ext 3019
- Freedom to Be (Mindfulness):** Are you struggling with stress? Living in the past or worried about the future? Learn to live in the moment during this fun, in-person 7-week mindfulness program. Contact Jillian Bullee- ext 3015
- FVRx:** Compass produce box prescription. Contact Leah Janzen- ext 3006
- Intergenerational Kitchen for Two Spirit LGBTQIA+:** Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients are provided by Compass. We cook and eat together. Contact Autumn Getty- ext 2022
- Mother Tongue:** A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! This kitchen is open to 2S-LGBTQIA+ folks new to Canada, 2S-LGBTQIA+ BIPOC, and BIPOC allies. Contact Autumn Getty- ext 2022
- Partners for Transgender and Non-Binary Persons Support Group:** Support group for partners of Trans and Non-binary folks. Takes place at Stardust Therapeutic Collective. Contact Autumn Getty- ext 2022
- Pflag:** Hamilton peer support meeting: This is a safe space where parents and caregivers of LGBTQIA2S+ and gender-diverse kids can come together to ask questions and support each other. Contact Autumn Getty- ext 2022
- Queer Gaming Hamilton:** A group for Two Spirit and LGBTQIA+ folks to play games, primarily board games but open to role-playing games. Contact Autumn Getty ext 2022
- Screen for Life Bus:** To book an appointment, call 905-975-4467 to get screening for breast, cervical, or colon cancer.
- Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook & share a meal together. Contact Leah Janzen- ext 3006
- Seated Yoga:** Utilize yoga to help with pain management and learn how to live more in the present. Contact Rachel Babin 905- 523-1184
- Sit and Fit:** An exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. In-person Monday and Thursday virtual. Contact Rachel Babin 905- 523-1184
- TADA:** Weekly art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. Contact Sib Pryce- ext 2014
- Third Youth:** A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria Valderrama- ext 2017
- Trackers:** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine Sorbara- ext 2059
- 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. Contact Autumn Getty- ext 2022
- Trans and Non-Binary TTRPG Group:** Group for Trans and Non-binary folks to play TTRPGs together and explore their identities. Contact Autumn Getty- ext 2002
- Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided. Contact Autumn Getty- ext 2022
- Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID. Contact Autumn Getty- ext 2022
- Welcome Baby- Prenatal Nutrition Program:** Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Contact Cory Ma- ext 3047

CELEBRATING PROGRAMS:

COOKING WITH COMPASS

Have you ever wondered what's going with all of those kids in the kitchen at Compass? You might be witnessing Cooking with Compass in action!

Cooking with Compass is an 8-week experiential learning program in partnership with local school boards (HWDSB and HWCDSD) and Hamilton Public Health Services, which is funded by the Ontario Trillium Foundation "Grow" Grant from July 2021 until June 2024.

Classes from grades 3 through 5 participate in our 8 week curriculum-based programming. Each session is broken into two components: one half of the class is in the kitchen, where we read a recipe together, learn new cooking skills, and create something to eat, while the other half of the class works with one of our partnered Public Health Nurses to practice social emotional learning.



While in the kitchen, the kids learn a range of skills from proper grating and peeling techniques, to using measuring cups, zesting and juicing, and eventually graduating to knife skills. Students always love being in the kitchen because it gives them a sense of competency and pride in what they can create, as well as getting them invested in the process of where food comes from and how it's made!

Cooking with Compass also helps students build a tool-kit of strategies to manage their emotions and encourage positive self-esteem. This might look like deep belly breathing, basic meditations and visualization like "imaginary walks", sharing stories about gratitude and how they can practice it in their day to day lives, journaling reflections, labelling emotions and feelings, and creating their own positive affirmations.



This is our third year of offering the program, and we have had over 100 students complete the program so far! Students have such a great time in Cooking with Compass that many of them start coming to other Compass programs such as Breakfast Club, or Grub Club! Educators have shared that they love having a place where students can have new experiences, explore new things, learn practical skills, and have the opportunity to create connections outside of the school that support the curriculum. We're so glad to see the program have a positive impact on students, especially when they share with us what they've learned and enjoyed, that will hopefully stay with them for years to come!