

# —THE— COMPASS CORNER

JUNE 2024

JUNE IS  
*Pride Month*

Pride Month is held annually in June and it is an entire month dedicated to uplifting those who identify as part of the Two Spirit and LGBTQIA+ community. During pride month, we uplift Two Spirit and LGBTQIA+ voices, celebrate culture and support rights.

Did you know that each color on the flag has its own meaning? In the widely known six-color flag, red is symbolic of life, orange is symbolic of healing, yellow is sunshine, green is nature, blue represents harmony and purple is spirit. In the original eight-color flag, hot pink was included to represent sex and turquoise to represent magic/art.

There have been many variations on the flag. In 2021, the flag has been altered in solidarity with the Black Lives Matter protests, including black to represent diversity, brown to represent inclusivity and light blue and pink, the colors of the trans pride flag.

We celebrate in June to coincide with the catalyst of the Gay Liberation Movement that was the Stonewall Uprising.

Read more about Pride Month history at: <https://people.com/human-interest/pride-month-explained-pride-month-facts/>

Compass fosters a sense of belonging and empowerment, celebrating the diversity of all individuals. We welcome everyone into our organization!

## IN THIS EDITION:

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**COMPASS**  
COMMUNITY HEALTH

# Meet Autumn! Our Two Spirit & LGBTQIA + Client Advocate!

*We interviewed our staff member, Autumn Getty, on her position at Compass and how she helps the Two Spirit and LGBTQIA+ community here!*

**Q: Hi Autumn, what's your role here?**

A: I'm a Community Development Worker; Two Spirit & LGBTQIA+ Client Advocate. My role is to meet with queer and trans folks to talk about issues relating to sexual orientation and gender identity. Sometimes this means meeting with people one-on-one, and other times we run programming groups. In addition, I advocate with other organizations to help them make their spaces better for queer and trans folks.

**Q: How can someone come and see you or join one of your groups?**

A: They can call the health centre and request an appointment to meet with me (905-523-6611).

**Q: What can you help someone with during an appointment, or what can they expect when they meet with you?**

A: In some cases, I can let them know about resources at Compass or other resources in the community. We may also talk about transition goals, or other goals pertaining to their lives and wellbeing, and over time we can work towards those goals together.

**Q: You mentioned you run some groups, can you tell me more about them?**

A: We run several groups. Our trans femme peer support group is a group for folks who self identify as trans feminine. We meet together and discuss matters of concern with peers. The group is informal and client-led. Another group is the Trans and Non-Binary gaming group. This group meets to play role play games together. We also have a gender gear program where folks can get free binders or gaffes. We also have a number of partnerships with other organizations.



With Neighbour to Neighbour we run a trans food bank the last Friday of each month. We also have a kitchen program called Mother Tongue that we run alongside Spectrum. In addition there is a PFLAG meeting once per month at Compass. We also run a trans ID clinic once per month with the Hamilton Community Legal Clinic.

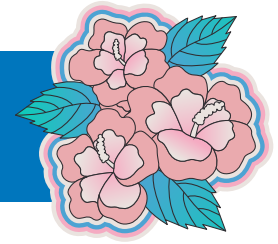
**Q: If someone wanted to join these groups, how could they?**

A: They can contact me at [agetty@compassch.org](mailto:agetty@compassch.org) to register or to find out more.

**Q: Is there a message you want to leave any readers with?**

A: Right now there is a lot of pushback against Two Spirit and LGBTQIA+ rights in the media and in political circles. Please do not be swayed by these messages and work to educate yourself and others on the realities that Two Spirit and LGBTQIA+ people face. Please feel free to reach out if you need more education and topics.

# PROGRAM HIGHLIGHTS:



## TRANS AND NON BINARY GAMING GROUP (TTRPG)



The Trans and Non-Binary Gaming Group is a welcoming space where trans and non-binary folks get together to play tabletop role-playing games (TTRPGs). This group also allows members to explore their identities, and have fun with storytelling and creativity. Sessions offer a fun, creative outlet and encourage camaraderie and mutual support within this unique experience! The next session will be held on June 24th from 5:30-7:30.

The Trans and Non-Binary gaming group happens once per month. To register, or to find out future dates, please contact Autumn at 905-523-6611 x 2022 or [agetty@compassch.org](mailto:agetty@compassch.org)



































## TRANS FEMME PEER SUPPORT GROUP





The Trans Femme Peer Support Group is a social and peer support community for self-identifying trans femme individuals. It offers a safe, welcoming space for members to connect, share experiences, and support one another. Through regular meetups and discussions, participants can build friendships, and navigate their journeys together. The next session will be held on June 26th at 6pm.











This group is held at Compass once per month. For more information on the next session or to register, please contact Autumn at 905-523-6611 x 2022 or [agetty@compassch.org](mailto:agetty@compassch.org).







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Club</b>  <b>7:45-9:15</b>  <b>Every school day!</b>				
 <b>3</b>	  <b>4</b>	  <b>5</b>	  <b>6</b> <b>FVRx pick-up 1:30- 3</b>	 <b>7</b>
 <b>10</b> <b>Screen for life bus</b>	<b>11</b>	   <b>12</b>	   <b>13</b>	 <b>14</b>
 <b>17</b>	 <b>18</b>	  <b>19</b>	    <b>20</b> <b>FVRx pick-up 1:30- 3</b>	 <b>21</b>
   <b>24</b>	<b>25</b>	   <b>26</b>	  <b>27</b>	 <b>28</b>

 Third Youth | 12:30  
 Sit and Fit | 10:45  
 Trackers | 2:00  
 Tada | 10:00

 Welcome Baby- Prenatal Nutrition Program | 12:30  
 Seniors Kitchen | 11:00  
 Grub Club | 5:30  
 Finding your Balance| 10:00

 Freedom to Be | 9:30  
 Diabetes Cooking | 12:00  
 Partners of Trans & Non-Binary people support | 6:00  
 Pflag | 3:00

 Trans Femme Peer Support | 6:00  
 Trans & Non-Binary TTRPG | 5:30  
 Mother Tongue | 4:00  
 Trans ID Clinic | 5:00

## 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

**Diabetes Cooking with Cory:** Cook a diabetic-friendly meal while learning about grocery shopping, kitchen tips and nutrition info, all with a focus on diabetes management! Contact Cory- ext 3047

**Finding your Balance:** Combine education and exercise to help prevent falls, increase mobility & promote independence. Call Rachel 905- 523-1184

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

**Grub Club:** Free weekly program for kids ages 6 to 13 to explore gardening skills, learn new recipes, and play games. Runs every Wednesday at Compass from 5:30- 7:00. Contact Mariko Brown-Kai to register- ext 2084

**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- 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- 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- 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 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- ext 3006

**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 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- ext 2014

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

**Trackers (Walking Group):** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- 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- 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- ext 2002

**Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided. Contact Autumn- ext 2022

**Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID. Contact Autumn- ext 2022

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



## Volunteer Spotlight: Meet Memo!

Memo is a volunteer with our Intro to Fitness program and has been volunteering with this program for about 1 month.

Memo says she started volunteering because she enjoys helping newcomers, and the Intro to Fitness program allows her to do this! Memo's favourite part of volunteering is assisting people by guiding them to resources or translating information for them in English. Memo hopes to continue volunteering with Compass and helping others!



*Thanks for your commitment, Memo!*

Do you want to volunteer with a program at Compass? Contact Sarah for open opportunities at [sfrench@compassch.org](mailto:sfrench@compassch.org)

## June Funnies!

**What kind of sandals do frogs wear?**

Open-toad.

**Where do birds stay when they go on vacation?**

Someplace cheep.

**What did the ocean say to the beach?**

Nothing. It just waved

**Did you hear about the ice cream truck accident?** It crashed on a rocky road.

**Why do bananas wear sunscreen?**

Because they peel.



## PRIDE IN HAMILTON- Community Spaces!

- Pride Garden Party June 8th at Workers Arts & Heritage Centre, 51 Stuart Street
- Visit the Strawberry Sunday Pride Market on June 23rd from 10:00 am, - 4:00 pm at Bridgeworks, 200 Caroline St N.
- Celebrate Pride in Hamilton this year on August 10th 2024, at Pier 4 park
- Check out Spectrum Hamilton for ongoing programming for ages 29 and under <https://www.spectrum.ca/>



# SAVE THE DATE FOR OUR ANNUAL BBQ!

Our annual community event “Park N Party” is happening again this year on July 10th! This is a **free** event for our community and **all are welcome!** Come enjoy free food, entertainment, bouncy castle, prizes and more! We are celebrating 25 years of this wonderful event!

## PARK N PARTY

FREE ANNUAL COMMUNITY EVENT!



**JULY 10TH**  
**4:00 - 7:00 PM**

At Compass Community Health  
438 Hughson St. N



### FOLLOW US!

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



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**CompasscommunityH**



**[www.compassch.org](http://www.compassch.org)**

### Thank you!

Thank you to MORE of our 2024 Community Connections sponsors! These organizations are helping us make our community a better place through supporting community connectedness and emergency aid!



**HOPA**  
P O R T S

Interested in sponsoring us for 2024? Contact Christine for details and sponsorship packages at [csorbara@compassch.org](mailto:csorbara@compassch.org).



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