

—THE COMPASS CORNER

MAY 2024



Cherry Blossom Trees in bloom at Bayfront Park

IN THIS EDITION:

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VOLUNTEER SPOTLIGHT: MEET DEBORAH



Deborah is a volunteer with our Breakfast Club program! She has been volunteering with this program for about 3 years now.

Deborah says her favourite part of volunteering is giving back. She says it truly fills her heart with joy, and volunteering allows you to get more than you give! Deborah adds that it is a pleasure to volunteer in an organization like Compass that does so much good through the programs and services it provides.

Thanks for your commitment, Deborah!
Do you want to volunteer with a program at Compass? Contact Sarah for open opportunities at sfrench@compassch.org

ABOUT OUR RESPIRATORY PROGRAMS:

- Are you interested in quitting smoking or helping someone you know quit smoking?
- Do you have a cough and/or trouble breathing?
- Are you sure your inhaler is working?
- Would you like education on asthma or COPD?

See our Certified Respiratory Educator! Please contact Jay Beaupre 905-523- 6611 x 3005 for more information.

Additionally, if you are diagnosed with Chronic Obstructive Pulmonary Disease (COPD), ask your doctor about being connected with the “Caring For My COPD” Program at Compass for free ongoing support.



COMPASS BIKE PASS:



Do you need a bicycle for either exercise or transportation?

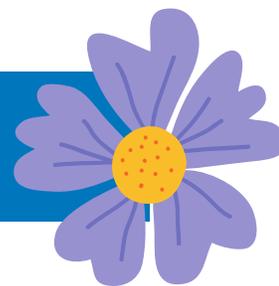
We can provide you with a free annual pass to borrow a “Hamilton Bike Share” bike for up to 3 hours per day. Free helmets are also available upon request! Thanks to our amazing partnership with the Everyone Rides initiative!

To get a bike pass, please contact Leah at 905-523-6611 x 3006

For more information on the Hamilton Bike Share, please visit: www.hamilton.socialbicycles.com/. For more information on Everyone Rides, please visit: www.everyonerides.org



PROGRAM HIGHLIGHTS:



TRACKERS WALKING GROUP



Anyone can join our indoor/outdoor walking group! Get your weekly steps in by coming to our Trackers walking group. Receive a borrowed pedometer or smart watch during your participation in the group to help track your steps, set goals, and reach new milestones! With the warmer weather and sunshine approaching, outside walks are preferred. When the weather is not very favourable, we walk inside. Trackers also provides participants with a wellness “cool down”, mindfulness, and time for great socialization. Have fun while moving your body!

Trackers takes place every Wednesday, at Compass from 2-3pm. To register, please contact Christine 905-523-6611 x 2059 or csorbara@compassch.org



WELCOME BABY: PRENATAL NUTRITION PROGRAM

Are you pregnant and looking for support? Join a weekly free program to learn about healthy pregnancy and taking care of your baby from a registered dietitian and nurse. Receive bus tickets, grocery gift cards, and other supports.

You must join this program during your pregnancy and can continue until your baby is 6 months old.

Welcome baby is held at Compass every Thursday at 12:30pm. For more information or to register, please contact Cory at 905-523-6611 x 3047.



May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Club  7:45-9:15  Every school day!		 	  	
	  	 	    FVRx pick-up 1:30- 3	
	 	  	   	
STAT HOLIDAY- CENTRE CLOSED	  	  	    FVRx pick-up 1:30- 3	
  	 	 	  	

-  Third Youth | 12:30
-  Sit and Fit | 10:45
-  Trackers | 2:00
-  Tada | 10:00
-  Grow Well | 1:30
-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Seniors Kitchen | 11:00
-  Intro to Fitness (for newcomers) | 1:30
-  Finding your Balance| 10:00
-  Caring for Diabetes & Health promotion in Farsi | 12:00
-  Freedom to Be | 9:30
-  Diabetes Cooking | 12:00
-  Partners of Trans & Non-Binary people support | 6:00
-  Trans Femme Peer Support | 6:00
-  Trans & Non-Binary TTRPG | 5:30
-  Mother Tongue | 4:00
-  Trans ID Clinic | 5:00
-  Pflag | 3:00

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
- Caring for Diabetes & Health Promotion in Farsi:** Diabetes educational workshop delivered in Farsi. Contact Awesta atokhai@compassch.org
- Diabetes Cooking with Cory:** Cook a diabetic-friendly meal while learning about grocery shopping, kitchen tips & nutrition info, 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
- 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- ext 3015
- FVRx:** Compass organic food produce box prescription. Contact Leah- ext 3006
- Grow Well:** A gardening program that combines mindfulness with growing practices. Contact Leah- ext 3006
- Introduction to Fitness (for newcomers):** Physical activity program for those who are new to Canada. Combines exercise, socialization, resources and more. Contact Alishba 289-683-6065
- 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 & Non-Binary Persons Support Group:** 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
- 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:** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- ext 2059
- Trans and Non-Binary Grocery Program:** For Trans folks to receive free groceries and access to a variety of services, including newcomer & 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

NATIONAL YOUTH WEEK!

May 1st - 7th is National Youth Week!

Youth Serving Agencies Network of the Greater Hamilton Area (YSAN) is excited to announce their network has come together to participate in the celebration of National Youth Week. Youth Week is an annual celebration of youth and their achievements and involvement in our communities. The theme for Hamilton's Youth Week this year is promoting youth health, "Healthy Me, Healthy You, Healthy Future," as a means to improve the overall health of the community. The future of our communities are in the hands of our youth; by supporting them, we support a strong and healthy tomorrow for all.

Compass is celebrating National Youth Week by highlighting the youth serving agencies in our neighbourhoods, and share a variety of videos made by our staff to promote Health Me, Healthy Youth, Healthy Future. Check out our social media to enjoy these videos: @compassch or @pathways_hamilton



REFUGEE HEALTH, BLACK HEALTH & SOCIAL SERVICES SYMPOSIUM

In partnership with Refugee Newcomer Health, Hamilton Urban Core Community Health Centre, and health and social service agencies, Compass is pleased to invite you to a symposium on: **Refugee Health, Black Health and Social Services: "Advancing Health Equity for Communities Made Marginalized"** on May 10, 2024 from 9:30 am - 2:30 pm.



Our main aim is to develop strategies to address the evolving healthcare and social services needs of Hamilton's growing refugee and Black populations. The symposium will serve as a timely opportunity to convene stakeholders, providers, decision makers, and the general community to raise awareness about issues facing these populations. In addition, the symposium will include an opportunity to hear the experiences of clients impacted by these issues.

To join us, or for more information, **please register here for free:** <https://www.eventbrite.com/e/refugee-health-black-health-social-services-symposium-tickets-888043210147?aff=oddtcreator>

Get into Spring!

TRY SOMETHING NEW

DO SOME SPRING CLEANING

NOTICE THE BEAUTY OF THE SEASON

GET INTO SPRING

SPEND TIME OUTDOORS

STAY HYDRATED

OPEN THE WINDOWS

HELLO SPRING

Thank you!

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



Interested in sponsoring us for 2024? Contact Christine for details and sponsorship packages at csorbara@compassch.org.

FOLLOW US!

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



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