

— THE — COMPASS CORNER

OCTOBER 2023 ISSUE



IN THIS EDITION:

- VOLUNTEER SPOTLIGHT
- PROGRAM HIGHLIGHTS- JOIN TRACKERS & FRAUD PREVENTION
- HEALTHY HABITS
- ABOUT OUR MENTAL WELLNESS TEAM
- MONTHLY CALENDAR
- PATHWAYS TO EDUCATION
- GARDEN UPDATE!
- UPCOMING COMMUNITY WALK

VOLUNTEER SPOTLIGHT - MEET HANNAH!

Hi I'm Hannah! I started volunteering in January of 2017 along with a few of my coworkers at Collective Arts Brewing. I volunteer with the Breakfast Club on Wednesdays, and I also garden at Paradise Community Gardens.

I chose to volunteer at Compass because some coworkers and I heard about the program and got a group together. I was new to Hamilton at the time and was looking for more ways to get involved with the community, so starting with Compass was perfect!

My favourite thing about volunteering at Compass with the Breakfast Club is the kids! I don't get to hang out with children at my job, so getting to play games and hear their goofy/sweet stories while serving them breakfast is so much fun!

Are you thinking of volunteering at Compass? Contact Sarah French at sfrench@compassch.org to find out about opportunities!



COMPASS
COMMUNITY HEALTH

PAGE 1

PROGRAM HIGHLIGHTS:



TRACKERS! INDOOR WALKING GROUP

The cooler weather is approaching and opportunities for outdoor physical activity become much more weather dependent!

Maintain your physical activity by joining our indoor walking group, The Trackers! Participants walk on treadmills or around our space with provided pedometers or smart watches. These optional devices help participants track steps and distance, and monitor individual progress over time.

This group setting provides opportunities for you to meet others and stay physically active during the cooler months!

Trackers starts on October 18th and runs every Wednesday from 2-3pm at Compass Community Health.

Register today!

Contact Christine at csorbara@compassch.org or call 905-523-6611 X 2059

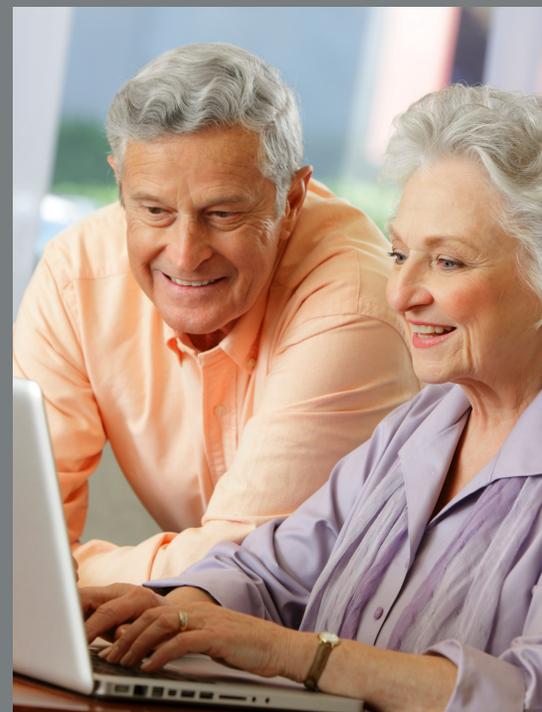
FRAUD PREVENTION

Are you an older adult who is unsure what to do when you get a phone call from someone asking for your information or about sending money?

Join our next Fraud Prevention education session, and learn all about preventing fraud and scams from happening to you! Anyone can become a victim of both online and phone scams and/or fraud, and educating yourself against fraud tactics and learning what to do in case you are confronted with these situations is great information to have. This Fraud Prevention workshop is open to anyone who needs it.

This workshop is held at Compass Community Health on **Tuesday, October 17th from 1:30 - 3:00 pm**

Registration is now open! To register, contact Christine at csorbara@compassch.org or call 905-523-6611 X 2059



HEALTHY HABITS: FOCUS ON GRATITUDE



Gratitude is the intentional practice of acknowledging and responding to the good in your life.

Gratitude is known to have a positive impact on your quality of life. It assists us to see those small everyday moments and gain energy from them: your friend waiting for you at the bus stop, someone holding the door open for you, noticing a beautiful moment or scene in nature.

Here are a few of ways to develop a gratitude practice:

-  Take a moment each day to express thank you to someone who has impacted your day. It could be as simple as thanking the person who held the door for you when your hands were full.
-  Take time each day to note the experiences and things that you are thankful for. This might include noting 3 things each day in a notebook or journal.
-  Ask a friend or family member if they would like to take time to share what was good in their day or week. Take time to share experiences that you appreciated or that brought a smile to your face.

What are you grateful for today? What are ways that you practice gratitude?

ABOUT OUR MENTAL WELLNESS TEAM!

 Our Mental Wellness team provides leadership, assistance and support to individuals and families from diverse socio-economic, sexual orientation and identity, racial, cultural, linguistic and religious backgrounds. Through a holistic (mental, physical, spiritual, emotional) approach, our team empowers and assists clients through internal and external referrals, navigation of social services and healthcare systems, information about community resources, individual counselling and group programs.

Social Work counseling is available to Compass clients for a variety of issues such as parenting, grief, couples counseling, self esteem, as well as accessing information about other available community resources.

Group Programming- through a variety of Mental Wellness Toolkits that provide a safe atmosphere where clients can come together to discuss mental health. Clients also learn strategies to improve and maintain their mental health.

Please call (905) 523-6611 to schedule an appointment.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2	 3	 4	 5	 6
9 STAT HOLIDAY CLOSED	10	 11	 12 FVRx pick-up 1:30- 3	 13
 16 Screen for Life Bus	 17	 18	 19 	 20
 23	 24	 25	 26 FVRx pick-up 1:30- 3	 27
 30	 31			Breakfast Club  7:45-9:15  Every school day!

-  Grow Well | 2:00pm
-  Third Youth | 12:30pm
-  Sit and Fit | 10:45am
-  Freedom to Be | 9:30am
-  Tada | 10:00am
-  Trackers | 2:00pm
-  Welcome Baby- Prenatal Nutrition Program | 12:30pm
-  Caring for Diabetes & Health Promotion in Farsi | 11:00am
-  Diabetes Food and Movement Matter | 1:30pm
-  Diabetes Cooking | 12:00pm
-  Seniors Kitchen | 11:00 am
-  Fraud Prevention | 1:30pm
-  Trans ID Clinic | 5:00 pm
-  Queer Gaming Group | 5pm
-  Trans & Non-Binary TTRPG | 5:30
-  Mother Tongue | 4:00pm
-  Trans Femme Peer Support | 6pm
-  Partners of Trans & Non-Binary people support | 6:00 pm
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30 pm
-  Trans & Non-Binary Grocery | 1pm

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- atokhai@compassch.org
- Diabetes Food and Movement Matter:** A group for those with diabetes or those in need of diabetes prevention. Discuss the importance of food and movement- Contact 605-523-0090 to register
- 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 Ma- ext 3047
- Fraud Prevention:** An education session for seniors to learn about how to stay safe from various types of scams and fraud. Contact Christine- ext 2059
- 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
- Grow Well:** A program that combines gardening and mindfulness. 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
- 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
- Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook & share a meal together. Contact Leah Janzen- 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 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

COMPASS GARDEN UPDATE!



This year, our Compass Garden has been incredibly productive, yielding over 300lbs. of fresh produce! We've happily shared this bountiful harvest with the Community Fridge, Grub Club and Seniors Kitchen, effectively contributing to our community's battle against food insecurity. Given the unusual weather conditions this summer, we're especially grateful for this impressive harvest. We want to extend our heartfelt thanks to all our dedicated volunteers, clients, and program participants for their invaluable contributions in maintaining the gardens' health and beauty.

As we transition into the fall and winter seasons, you may start to notice the Community Fridge appearing less stocked since we won't be able to harvest from our garden during this time. To help keep the fridge well-stocked, we are actively seeking cash and gift card donations from those who are able to donate. These contributions will enable us to purchase essential items for the fridge and continue supporting those who access the fridge. Any support is greatly appreciated.



Compass Community Fridge



Garden Produce!

REGISTER NOW

Pathways to Education

Tutoring



Coaching



Scholarships



Workshops



**Register by
October 31!**

905 - 523 - 6719 or pathways@compassch.org

www.compassch.org/pre_registration



COMPASS
COMMUNITY HEALTH

COMMUNITY HEALTH WEEK! JOIN US!

Join us on
**Tuesday October 17th for a
Community Walk!**

in support of Community Health and Wellbeing Week!



**Light refreshments to follow and a Compass provider open house!
10am - 12pm here at Compass!**

For questions, contact Christine at csorbara@compassch.org

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