### PATHWAYS PRESS Stay Connected With Us

Are you heading to College or University in September 2021? Do you need assistance to apply for OSAP and/or your Pathways Scholarship?

### Pathways Hamilton Has What You Need!

Throughout the month of May & June 2021 on every Monday and Thursday beginning Thursday, May 6th we are offering support to graduates heading to postsecondary to apply for OSAP and to apply for their Pathways Scholarship. These sessions will be held on Zoom from 4:00pm to 6:00pm. Students are to connect with their Pathways Coach to get the Zoom link.

Students must visit the OSAP website prior to joining the session to ensure they are attending with all the proper documentation required to apply.



### REGISTER NOW for the 2021/2022 SCHOOL YEAR

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Talk to your Coach about how to re-register from the comfort of your own home!

### **NEED VOLUNTEER HOURS??**

Pathways can help!

It's getting close to the end of the year and many students are looking for ways to earn volunteer hours. From event planning, letter writing and participating on Pathways committees - we have all kinds of ways for you to earn your hours! Keep an eye on our Facebook and Instagram page because we often post new volunteer opportunities on our social media. You can also contact your coach for more information about available opportunities. We look forward to hearing from you!





## PATHWAYS PRESS Stay Connected With Us

# Ontario COVID-19 Child Benefit

The Ontario COVID-19 Child Benefit provides financial support to families with young learners to help with additional costs during the COVID-19 pandemic.

Starting on April 26, the Provincial Government will begin issuing payments of:

- \$400 for each child or youth up to Grade 12
- \$500 for each child or youth up to age 21 with special needs

If you received a payment through the Support for Learners program, you do not need to apply for this additional payment.

If you missed applying for the Support for Learners program, you will have the opportunity to apply. Applications will open from May 3, 2021 to May 17, 2021. This new round of payment through the Ontario COVID-19 Child Benefit is in addition to payments provided by Support for Families and the Support for Learners programs.



## **Pathways Tutoring**

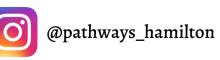


Pathways tutoring is a great way to get extra support with any of your school work!

However, it can be hard to access the tutoring support you need if you don't have the right technology.

If you are unable to access Pathways tutoring on Zoom because of the technology that you have, let your Pathways Coach know. We want Pathways tutoring to be accessible for all of our program participants!

# Follow us on Social Media!





Pathways to Education - Hamilton

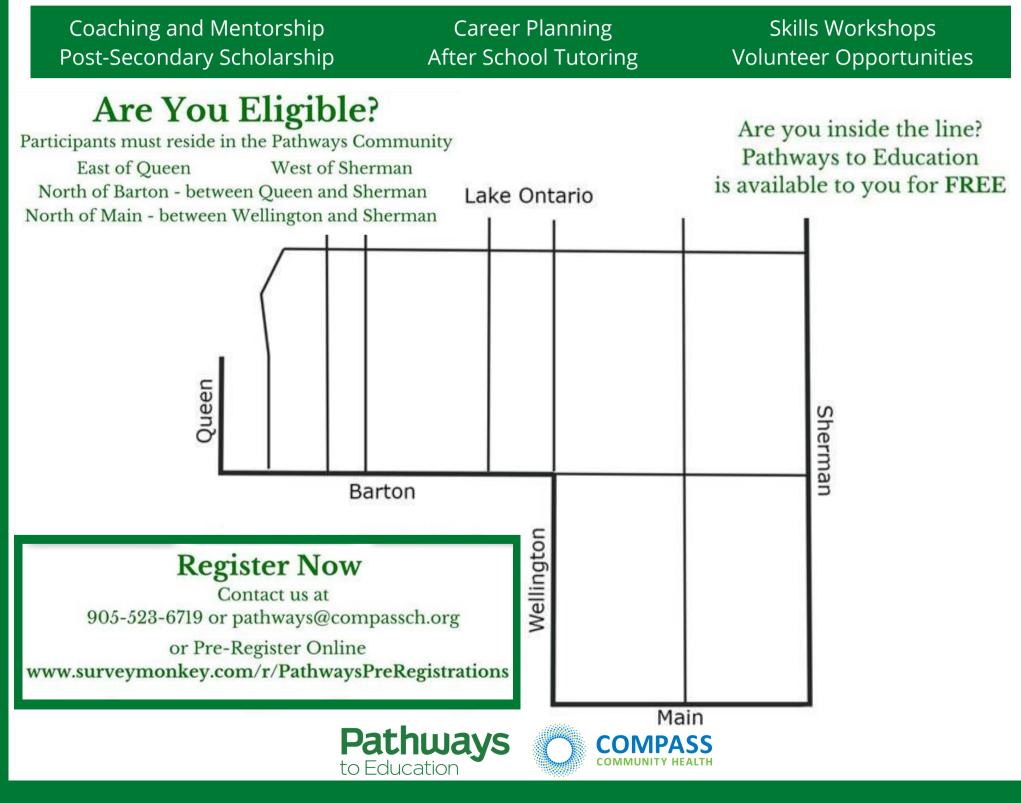
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## PATHWAYS PRESS Stay Connected With Us

## Are you in High School or going to High School next year!

Join Pathways to Education for **FREE** and you receive:



## PATHWAYS PRESS Stay Connected With Us

# **Rivers of Hope Workshop**

The Pathways Youth Anti-Racism Committee invited Rivers of Hope a community organization in the Greater Toronto and Hamilton area, to run a workshop on *"Building Belonging with the Arts"* 

This workshop used contemporary visual arts to unpack different forms of prejudice and hate, including anti-Black racism, anti-Indigeneity, Islamophobia, anti-Asian racism, antisemitism, and more. Students looked at how discrimination marks groups of people as the "Other" and targets them, and talked about strategies to stand up to discrimination. Youth were also invited to begin creating art pieces to help envision and build communities and classrooms where *everyone* belongs.

For more information on Rivers of Hope, visit their website below, and stay tuned on our social media to see some of the art created from this workshop.

My favourite part of the workshop was joining together to talk about the issues that we face... This was a great experience.

- Workshop participant, age 14



Pathways

to Education



https://www.riversof hopeproject.com/

# OSAP and Pathways Scholarship

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Support Sessions

Every Monday and Thursday Starting May 6-June 28 @ 4:00pm via Zoom

\*ask your coach for details

Pathways O compass

# **Pathways Graduation**

It is hard to believe that there is only 2 months left of school!! This means that it is almost time to celebrate all of our graduating Pathways students.



This years graduation will happen online on Zoom. Stay tuned for more information!



## **PATHWAYS PRESS** Stay Connected With Us

## **Improving Mental Health**

brought to you by our volunteers from CAPE at McMaster







environment, there are lots of factors that influence mental health. Some factors like our social life are often easier to act upon, so it's important to from those that are out of your control -



#### **PRACTICING GOOD LIFESTYLE HABITS**

Eating well, being physically active and getting a good amount of sleep not only help with physical well-being, but they play an important role in maintaining good mental health as well.



#### A GOOD SOCIAL CIRCLE



#### **ASKING FOR HELP**

Everyone has ups and downs in their everyday lives, but when your mental health begins to get in the way of your afraid to reach out. Try searching for local resources and hotlines or consulting a healthcare professional.



### RESOURCES

You can always talk to your Pathway's coach about resources or call the Kids Help Phone: 1-800-668-6868

**CHECK OUT CAPE ON:** 

@mcmaster\_cape

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**McMaster CAPE** 



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## PATHWAYS PRESS Stay Connected With Us

### May 2021 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 OSAP and Pathways Scholarship workshop 4pm	7
10 OSAP and Pathways Scholarship workshop 4pm	11	12	13 OSAP and Pathways Scholarship workshop 4pm	14
17 OSAP and Pathways Scholarship workshop 4pm	18	19	20 OSAP and Pathways Scholarship workshop 4pm	21
<b>24</b> <b>Holiday</b> Coaches and Tutoring will be unavailable	25	26	OSAP and 2.7 Pathways Scholarship workshop - 4pm MACPeds Volunteer Opportunity	28
31 OSAP and Pathways Scholarship workshop 4pm	<b>Pathways Online Programming</b> Monday - Thursday 3pm - 7pm			

\*\* Please be advised that the events on this calendar will use **DIFFERENT** Zoom links than Pathways Tutoring \*\*





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