

### Halloween Fun

## HALLOWEEN SUGAR COOKIE BARS

### Ingredients:

- Betty Crocker Sugar Cookie mix
- 1 container of icing
- 1 egg
- 1/2c butter, room temperature
- Halloween candy, sprinkles
- 8x8 inch square pan

### Directions:

- Preheat oven to 350
- Empty mix into bowl with eggs and butter.
- Mix until well blended
- Pour mix into pan, gently flatten
- Bake for 10 minutes (until golden)
- Let cool then spread icing. Add Halloween candy or sprinkles.



### RIDDLE ME THIS...

My life can be measured in moments  
or hours.

Proudly I serve while being devoured.

Thin I am quick, fat I am slow.

Fire is my friend, wind is my foe.

What am I?



Answer: A candle

## HALLOWEEN

### Candy Bracket

We want to find the **BEST** Halloween  
Candy, but we want your input!

Follow our Instagram Stories during  
October and vote on which candies you  
think are the best!

Join us for Baking with Gratitude: Halloween Edition

October 25th at 4pm

Talk to you Coach to Sign-Up



@Pathways\_Hamilton

# Pathways PRESS

October  
2021

## Youth Anti-Racism Committee 🎃

The Youth Anti-Racism Committee (YARC) is recruiting for the new school year!

The past year was amazing and YARC members:

- Discussed current issues
- Created and shared Instagram Posts with our community
- Participated in exciting workshops and learning opportunities
- Contributed to a Video Project to share with staff and students
- Developed Leadership Skills
- Earned Volunteer Hours

We are looking forward to another exciting year with the committee. Please contact your coach to sign up for our upcoming orientation – or email us at

**[pathwaysARC@compassch.org](mailto:pathwaysARC@compassch.org)**

"YARC is a place where everyone comes together, bring their differences and similarities to make an impact and raise awareness about racism. It is a great opportunity to stand up for people across Canada, to support each other and make our community stronger by recognizing the racism in Canadian history. " - YARC Member

## Pathways Tutoring 🎃

Online and in-person support available



Monday  
through  
Thursday



4:00 pm to 7:00 pm



Online drop-in  
support available



In person support  
**BY APPOINTMENT ONLY**

Get the support you need!

### Online Tutoring - Drop In

Available Monday - Thursday 4pm - 7pm  
Talk to your Coach for the link

### In Person Tutoring - BY APPOINTMENT ONLY

Monday and Wednesday at Mission Services  
Tuesday and Thursday at Compass Community Health

Appointments available in two time slots  
4pm - 5:30pm  
5:30pm - 7pm

Please talk to your Coach to book an appointment.

# Pathways PRESS

October  
2021

## Upcoming Events 🎃

### iCan Day

Build Your Future in Health Care



#### THIS IS YOUR CHANCE

- ✓ Learn about Medical School
- ✓ Meet Med School Students
- ✓ Ask Questions - Get Answers
- ✓ Meet Like-Minded People
- ✓ Med School, Nursing and more
- ✓ Have Some Fun

**OCTOBER 5 • 4:00pm**

All activities, talks and sessions will be hosted on Pathways Hamilton ZOOM

Talk to Your Coach to Sign-Up

*For Any Pathways Students Interested in Health Care Careers*

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COMMUNITY HEALTH



## Need Volunteer Hours?



**TEAM UP**  
CLEAN UP

Join your friends and Coaches at Pathways to clean up the neighbourhood and earn community service hours for graduation

Monday, October 18

4:00 PM

Meet at Woodlands Park  
(Barton St E & Wentworth St N)

\*Please sign up with your coach

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COMMUNITY HEALTH

**COLLEGE &  
UNIVERSITY**

## INFORMATION NIGHTS



**OCT. 14 & 21 | 4PM**

On Zoom

Get the link from your Pathways Coach

Thinking about applying?

- Meet College & University Representatives
- Learn all about College and University life
- Have your questions answered in a casual setting

Let us help you get ready and set to apply!

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# Pathways PRESS

October  
2021

## Join us on Social Media 🎃

Did you know Pathways has social media? Add us on Instagram and Facebook to stay in touch & for the most up-to-date information, contests, fun, and more!



@Pathways\_Hamilton



Pathways to Education - Hamilton

## Add your coach too!



@[Coach's Name]\_Pathways



[Coach's Name] Pathways

## Your Opinion Matters

Follow us on Instagram to share your opinions with us!

**What is your favourite Halloween Movie?**



**What is something that you are thankful for?**

**What is your favourite thing about fall?**



**WHAT WAS YOUR FAVOURITE HALLOWEEN COSTUME?**

# REGISTER FOR PATHWAYS 2021/2022 SCHOOL YEAR

by October 31, 2021  
(Scholarship Eligibility Deadline)

905-523-6719

PATHWAYS@COMPASSCH.ORG

# Pathways PRESS

October  
2021

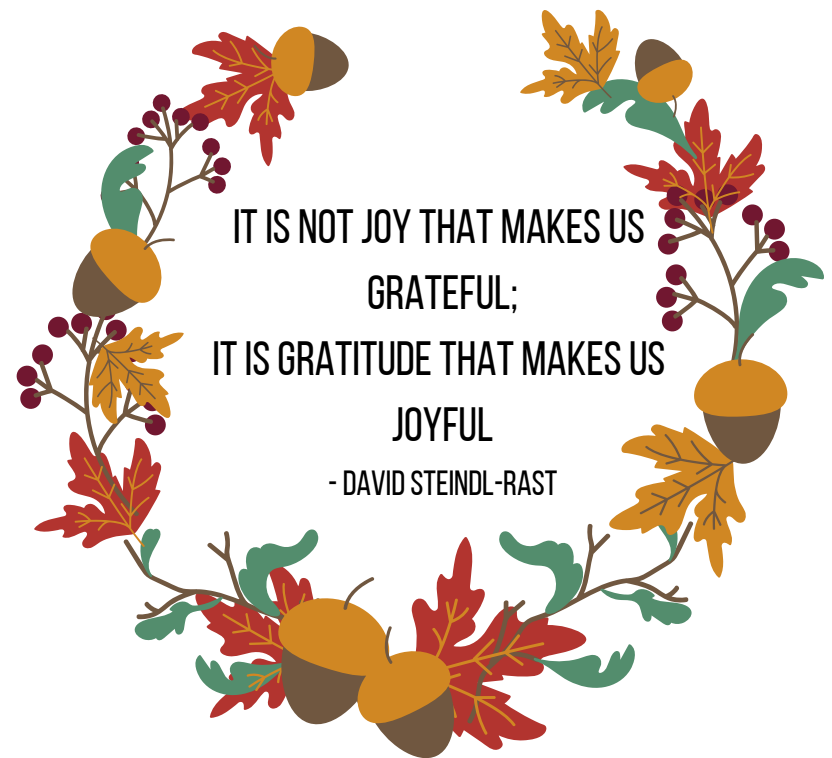
## Fall with Pathways 🎃

It's officially FALL!! What a fun and delightful time with cooler weather (but not too cold, yet) and some nice fall fresh air!! The air is crisp and the season is exciting! Contrary to popular belief, it's not a season of dying (despite the leaves on the trees falling), it's about newness and change! With fall, we introduce a new school year, a new year of possibilities, and a time of maybe a little discomfort that turns into GROWTH! There's a feeling of breaking away from the old and embracing and discovering the NEW!

Speaking of new, Bahiyyih has NEW hours this fall. She is available to connect with YOU Tuesdays 2pm-7pm, Wednesdays 11:30am-7:30pm, and Thursday 11:30am-7:30pm. If you find yourself struggling in this new season of uncertainty and growth, then Bahiyyih is definitely someone you want to connect with!



You can connect with Bahiyyih on Instagram @ Bahiyyih\_pathways



## Check out our Padlet 🎃

Padlet is a virtual bulletin board where Pathway to Education Hamilton will post all of our upcoming events, volunteer opportunities, tutoring updates and more! Check it out at

[https://padlet.com/Pathways\\_to\\_Education\\_Hamilton/wq5fo9tq2l8nntr3](https://padlet.com/Pathways_to_Education_Hamilton/wq5fo9tq2l8nntr3)

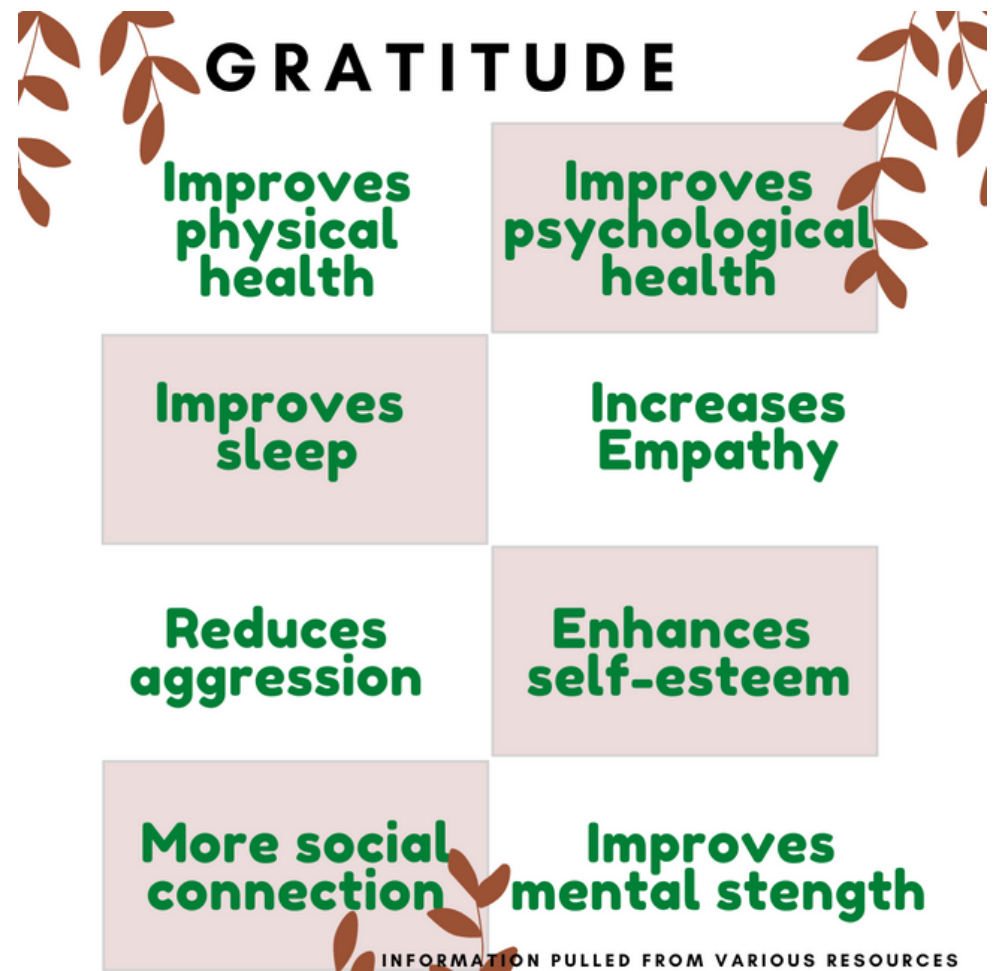
### Focus on Gratitude

As we enter the month of October and welcome the Autumn season it is a perfect time to reflect on all the things we appreciate in our lives. Thanksgiving is often a time where we give thanks for all that we have and connect with family and friends. You may already spend time each day thinking about what you're grateful for. This might include taking a moment in the day to reflect on what is important to you, like your family, friends, pet, favourite meal, favourite song or a particular experience from your day. Whatever it is, pausing to note that you are grateful is a wonderful practice. You may even go as far as writing down the things you are grateful for each day. Research has shown that focusing on what you are grateful for can make you feel happier, healthier and more positive.

Showing appreciation to those around you is another way to express gratitude. Saying thank you to someone or telling them why you appreciate them can build connection with others. This might include leaving a note of thanks for someone to brighten their day.

One other way to show your gratitude and appreciation is to give back to your community. Check-out our new Pathways Press 'Volunteer Corner' for some of the ways you can give back at Pathways. Whether you are cleaning up your neighbourhood, contributing your ideas at a committee or sharing a baked good that you made – these are all ways to give your time, show your appreciation and give back.

Here at Pathways, we are grateful for each of you and we are wishing you all a happy and healthy Fall!



# Pathways PRESS

October  
2021

Monday

Tuesday

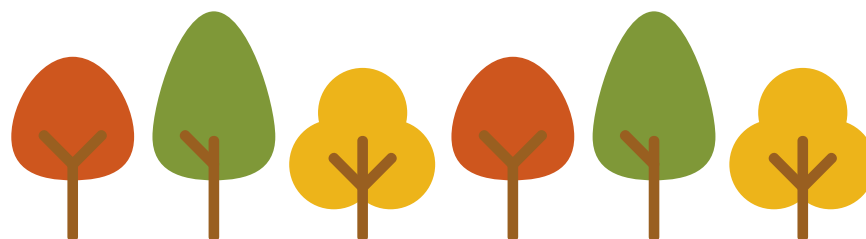
Wednesday

Thursday

Friday



4



5



iCan Day

6

Registration Night



7



8

**Holiday**

Pathways programming  
and Coaches will be  
unavailable

11

12

13

14

15

**Post-Secondary  
Information Night**



18

**Team Up to Clean  
Up**



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**Post-Secondary  
Information Night**



25

**Baking with  
Gratitude:  
Halloween Edition!**



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**ONLINE Tutoring - DROP IN**

Monday - Thursday  
on Zoom  
4pm - 7pm

**IN-PERSON Tutoring - BY APPOINTMENT ONLY**

Monday and Wednesday at **Mission Services**  
Tuesday and Thursday at **Compass Community Health**  
4pm - 7pm

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