

# Pathways PRESS

April 2024

## Upcoming Events

- Solar Eclipse Party .....Apr 8th
- Cooking with Gratitude..... Apr 16th
- MacArts Trip .....Apr 18th
- Team Up 2 Clean Up TiCats...Apr 24
- Team Up 2 Clean Up.....Apr 25th

Pathways

is

**CLOSED**



Monday April 1st 2024

We hope you have a safe and happy long weekend!

Pathways After School Programming and Pathways Coaches will not be available during this time. We will be back on Tuesday April 2nd. See you then!

COOK WITH GRATITUDE

## APPETIZERS FOR VOLUNTEER APPRECIATION

COOK-EARN-SHARE  
 TUESDAY, APRIL 16  
 4:00PM  
 COMPASS KITCHEN



Games, Snacks, Free Eclipse Glasses  
 April 8 - 2:30 - 4:30 - Compass



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April  
2024

## Need Volunteer Hours?



Join your friends, Pathways Coaches and guests for a special  **Hamilton Tiger Cats** neighbourhood clean up!



**April 24th**

*Sign up with & get more details from your Pathways Coach*



## Need Volunteer Hours?



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



**April 25th**  
**4:00 PM**  
**Compass CH**

(438 Hughson St N)



*Sign up with your Pathways Coach*

**Pathways**  
to Education



**COMPASS**  
COMMUNITY HEALTH



**Pathways**  
to Education



**COMPASS**  
COMMUNITY HEALTH

# Pathways PRESS

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**MAC ARTS TRIP**

MCMaster UNIVERSITY ART MUSEUM

**SIGN UP WITH YOUR PATHWAYS COACH**

**THURSDAY, APRIL 18**

LEARN ABOUT ART AT MAC, SHARE A MEAL AND TOUR THE MUSEUM

**HELLO  
SPRING**

Pathways  
to Education

COMPASS  
COMMUNITY HEALTH



## OSAP & Pathways Scholarship Application

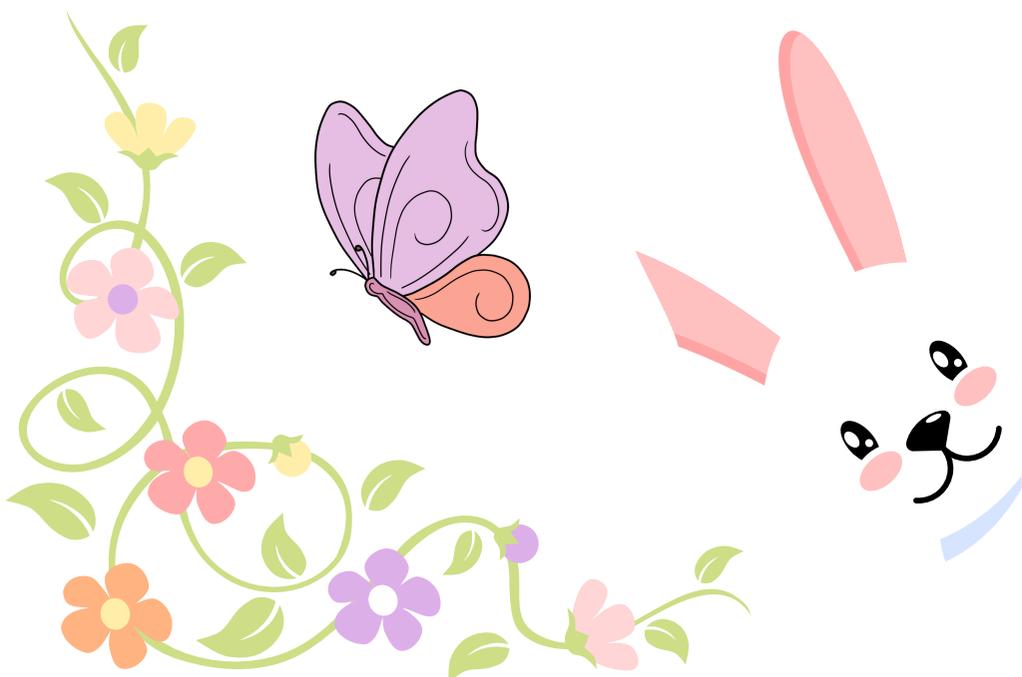
- Going to College or University in the Fall?
- Have you confirmed your program?
- Get support to apply for OSAP and your Pathways Scholarship

Apply for OSAP by June 30th!

- ✓ Parent's 2022 tax info
- ✓ Social Insurance Number
- ✓ Online Banking

Connect with your  
Pathways Coach to  
register

- On Zoom
- Thursdays
- Beginning
- May 2



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Pathways has 50 volunteers that share their time, knowledge and experience at two program sites throughout the school year. Our volunteers are enthusiastic about learning in a fun and interactive environment. We could not run our programs without their dedication and commitment. Every moment our volunteers spend with our students matters, whether it's spent in conversation, helping with homework, playing games or participating in a creative project. **THANK YOU** to our volunteers for all that you share with our Pathways Community!



## EVERY MOMENT MATTERS

We love our  
Volunteers!



VOLUNTEER  
BÉNÉVOLES  
CANADA

**NATIONAL  
VOLUNTEER WEEK**  
APRIL 14 - 20, 2024

#NVW2024 #EveryMomentMatters

## Volunteer Spotlight: Community Volunteer Circles (CVC)

Pathways has had the pleasure of partnering with McMaster's Community Volunteer Circles (CVC) for many years.

CVC is a McMaster student group who serve placements across Hamilton to learn and help address city issues. CVC has placed around 25 volunteers in the Pathways program each year, and they are valued and important members of our volunteering community.

Make sure you give an extra thank you to our CVC volunteers for their on going support and work with the Pathways Hamilton program.



# Pathways PRESS

April 2024

## World Autism Awareness Day

### April 2, 2024



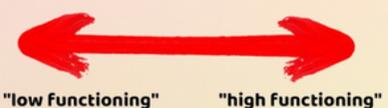
### April is Autism Acceptance Month



Autism is a neuro-developmental condition that affects how autistic people interact with the world around them.

### THE "SPECTRUM"

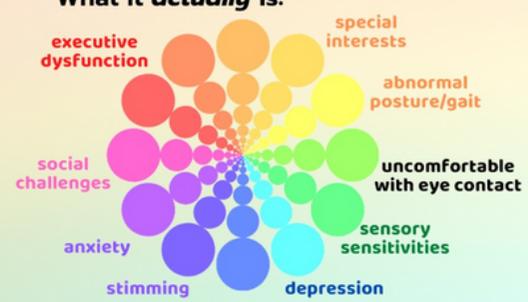
What people think it is:



"low functioning" "high functioning"  
All people bounce around the "spectrum" throughout their day, and depending on their environment.

[twoemb.medium.com](http://twoemb.medium.com)

What it *actually* is:



It's important to remember that autism is a spectrum, not a range. A popular community saying is that if you've met one autistic person - you've met one autistic person! Listen to and respect individual needs and traits to be a better ally.



### Helpful terms to know:

**Neuro-divergent**  
those whose brain differences affect how their brain works, including learning, developmental, intellectual and mental conditions

**SPIN (special interest)**  
many autistics have passions they can engage in with intense focus, often a source of joy, fulfillment, regulation and vocation!

**Neurotypical**  
someone who doesn't demonstrate a neurological difference

**Executive Functioning**  
skills related to planning, memory, time management and self-monitoring among others - these are often affected by autism

**Neurodiversity**  
Australian sociologist Judy Singer created this term to recognize that all brains develop uniquely. There is no "right" way for a brain to be.



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## World Autism Awareness Day April 2, 2024

### Some Dos & Don'ts of Allyship



Refer to low/high support needs, which vary based on what's happening at the time

Refer to an individual as low/high functioning or having mild/severe autism

Ask about and engage with special interests

Pathologize/discourage harmless stims, interests and behaviours

Respect and use identity-first language, e.g. autistic person, autist

Use euphemisms to avoid saying autism, e.g. "person on the spectrum", "special", etc.

Use the rainbow infinity as a community symbol

Use the puzzle piece, made to represent that autistic folks have "missing pieces"



For more info & resources, check out:



**Autism Ontario:**  
<https://www.autismontario.com/>

**AIDE Canada:**  
<https://aidecanada.ca/>

**Autism Canada:**  
<https://autismcanada.org/>





# Pathways

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April  
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Monday

Tuesday

Wednesday

Thursday

Friday

1 Pathways is CLOSED	2	3	4	5
8 Solar Eclipse Viewing Party	9	10	11	12
15	16 Cook with Gratitude	17	18 Tasty Thursday MacArts Trip	19
THANK YOU VOLUNTEERS!! - NATIONAL VOLUNTEER WEEK APRIL 14 - 20				
22	23	24 Team Up to Clean Up with TiGats	25 Team Up to Clean Up	26
29	30 Cook with Gratitude	HELLO SPRING		

### After School Programming

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

### ONLINE Tutoring

Monday - Thursday  
 on Zoom  
 4pm - 7pm