Pathways PRESS

Upcoming Events

Post-Secondary Application sessions (no session Dec 30).. Thursdays Mac Arts at Compass..... Dec 4th Mac Arts at Mission Services.... Dec 11th MacPeds on Zoom..... Dec 11th Gratitude Holiday Dinner volunteer opportunity.....Dec 19, 20



Monday December 25th 2023 - Friday January 5th 2024

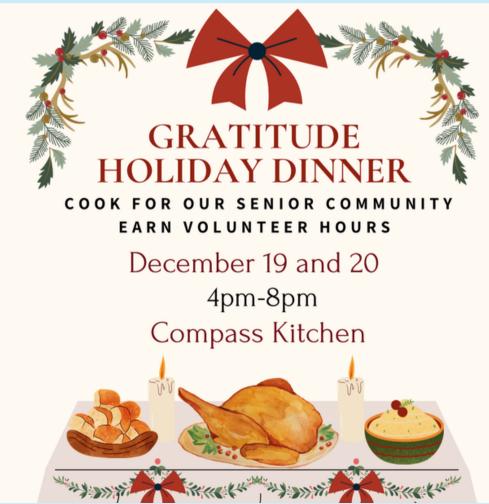
We hope you have a safe and happy winter break!

Pathways After School Programming will not be available during this time. We will be back on Monday January 8th. See you then!



Pathways

to Education



2023

December









COZY HOT HOCOLATE RECIPE

Warm up this winter with a sweet treat!

INGREDIENTS

• 2 tablespoons of hot

chocolate mix or

cocoa powder

- 1 cup of water
- Whipped cream
- Marshmallows
- Spices: cinnamon, nutmeg, clove

DIRECTIONS

- Add the chocolate mix to a mug. Bring the water to a boil, pour over the mix and stir.
 Top with whipped
- cream, marshmallows and a pinch of each spice!



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Program Highlight: Conversation Corner

The Conversation Corner centers community and relationship building. Students are introduced to various community organizations. The program responds to students' multiple intelligence's, day-to-day needs, and broader aspirations.

The program covers a wide range of topics, such as media analysis, storytelling and orature, art in daily life, newcomer mental health, financial literacy, building ethical relationships with indigenous peoples, and migration and belonging navigating the Canadian system and more.

Stay tuned for details about our upcoming sessions.



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FINDING IT REALLY HARD TO STAY AWAY FROM YOUR BED DURING THE DAY?

Spend time in other rooms that you can or if you have a window, keep the curtains open so sunlight can stream in!

FINDING YOUR DAYS BLENDING TOGETHER AND YOU OFTEN END UP JUST STAYING YOUR PJS?

Try a morning routine – make your bed, wash your face, brush your teeth, grab something to eat and switch out of your sleeping clothes even if it's into something comfy – changing it up can make a difference!

WANTING TO GET INTO EXERCISING BUT STRUGGLING TO FIND MOTIVATION?

Push yourself to leave your house for a walk around the block – even if it's cold. Bring your headphones just in case you get inspired to stay outside and want to take a longer stroll!

THE INFORMATION PROVIDED HAS BEEN COLLECTED FROM VARIOUS SOURCES



Reading a good book and daydreaming about the summer -Dena Dancing to my favourite tunes - Jasmine

Yoga - Kamellia Dog walks along the beach strip. The key is to go regardless of weather! The landscape changes almost daily! And heart palpitations you get from coyote scares. True story! - Sherri

Art projects! Its so nice to have something fun to work towards! -Raelyn

Hot cup of tea and reading a good book - Diana

TO LEARN MORE, FOLLOW OUR PATHWAYS TO EDUCATION SOCIAL WORKER BAHIYYIH!

O @bahiyyih_pathways

If you are having any trouble beating the winter blues, you can reach out to Bahiyyih for some extra support!





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Monday	Tuesday	Wednesday	Thursday	Friday
4 Mac Arts @ Compass 4 pm	5	6	7 Post-Secondary Application Sessions on Zoom 4pm-6pm	8
11 Mac Arts @ Missions 4:30 pm	12	13	Post-Secondary ¹⁴ Application Sessions on Zoom 4pm-6pm	15
18 MacPeds on Zoom 4 pm	Gratitude ¹⁹ Holiday Dinner 4-8pm @ Compass	Gratitude 20 Holiday Dinner 4-8pm @ Compass	21 Post-Secondary Application Sessions on Zoom 4pm-6pm	22
25	26	27	28	29

Winter Break - Pathways will be CLOSED until January 8th!



After School Programming Monday and Wednesday at **Mission Services** Tuesday and Thursday at **Compass Community Health** **ONLINE Tutoring** Tuesday & Thursday on Zoom 4pm - 7pm





4pm - 7pm