

# Pathways

# PRESS

## February

## 2024

### Upcoming Events

Grade 9 Dare to Dream Trip ....February 2nd

MacPeds Session .....February 8th

Pink Shirt Day .....February 28th

Talk to your Coach for more information!

### Welcome Matthew



Pathways is so excited to welcome our new Pathways Coach Matthew!

Matthew will be at Westdale on Tuesdays and Fridays, and at Compass on Thursday nights for After School Programming.

Please join us in giving him a big Pathways Welcome!

You can connect with Matthew here:

@pathwaysmatthew

mtolliver@compassch.org

Matthew Pathways

289-683-6059

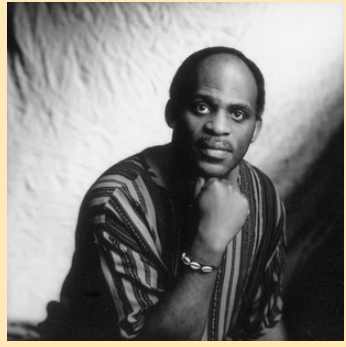
Celebrate

## Black History Month

Black History Month celebrates the achievements and contributions of Black individuals and communities. We take time to acknowledge the important role that these contributions have played in our society throughout history, and recognize their essential role in creating a better future.

This year’s Black History Month theme celebrates the achievements of Black artists. During the month of February Pathways Hamilton will be celebrating by highlighting Black Canadian Artists on our social media.

Follow us there and share in our celebrations!



David Woods

Down the Road

acrylic on canvas 2007

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## FEBRUARY FUN

Check out the great winter activities that Hamilton has to offer!

Hamilton has many skating rinks to explore. You can also enjoy Winterfest between Feb 2 - 19.

Here are the details for the ice rink at Pier 8 and more websites you can explore for fun winter activities:

[www.hamiltonwinterfest.ca](http://www.hamiltonwinterfest.ca)

[www.tourismhamilton.com/winter-guide/](http://www.tourismhamilton.com/winter-guide/)



### Pier 8 Skate Rental Hours

Mon - Fri - 5:00 pm - 9:30 pm

Sat & Sun - 10:00 am - 9:30 pm

[www.hamiltonwaterfront.com/hamilton-waterfront-outdoor-rink/](http://www.hamiltonwaterfront.com/hamilton-waterfront-outdoor-rink/)

A MCMASTER PEDIATRIC RESIDENT TALKS

## SUN & ENVIRONMENTAL SAFETY

JOIN THE TALK ONLINE  
LEARN FROM A DOCTOR  
EARN VOLUNTEER HOURS

**FEBRUARY 8: 4:00PM - 5:00PM**



Pathways is  
**CLOSED**



Monday February 19th 2024

We hope you have a safe and happy  
Family Day!

Pathways programming and Pathways Coaches will be unavailable on this day. We will be back on Tuesday February 20th.

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### Grade 9 Sheridan College Trip

Visit Sheridan College and Have Fun at Activate Burlington with Pathways

*Dare to Dream*

Explore Sheridan College in Oakville and see how this great college can expand your horizons!

**Friday February 2**  
9:00am to 6:00pm

**Bus Meeting Locations**  
Mission Services 9:00am      Compass CH 9:15am

Grade 9 Only      Lunch Provided!

### DID YOU KNOW?

We celebrate Black History Month in February to honour the birthdates of Abraham Lincoln (Feb. 12th) and Frederick Douglas (Feb 14th). Lincoln was influential in the emancipation of slaves in the US, and Douglas, a former slave, was a prominent leader in the abolitionist movement, which fought to end slavery in the US.

Association for the Study of African American Life and History (ASALH®)

BAKE WITH GRATITUDE

# COOKIEGRAMS

BAKE-EARN-SHARE

**Tuesday, Feb. 13, 2024**  
**Compass Kitchen**  
**4:00 pm**

LOVE

BE MINE

XOXO

BE MY VALENTINE?

☐ Yes    ☐ No

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## PINK SHIRT DAY

CKNW Kids' Fund's Pink Shirt Day is an internationally recognized day that raises awareness about bullying, and supports anti-bullying programs.

Pink Shirt Day was founded in 2007 in Nova Scotia following an incident when a Grade 9 student was bullied for wearing a pink shirt to school. In response, a group of older students arranged for the rest of the school to wear pink shirts to speak out against the bullying.

Pink shirts have become a symbol for the anti-bullying movement, and encouraging everyone to be kind to one another and "Lift Each Other Up"

Join Pathways on February 28th and wear your pink shirt!



## conversation corner



A program for  
**Translingual Students**

Wednesday's  
February 21st - May 22nd, 2024  
4:30 - 6:30pm  
Mission Services

## PATHWAYS YOUTH LEADERS



**BECOME A PATHWAYS YOUTH LEADER**

JOIN US FOR A 4 WEEK TRAINING PROGRAM TO EQUIP  
YOU TO BE A PATHWAYS YOUTH LEADER

**FEBRUARY 8, 15, 22, 29 • 5:30 - 6:30 • COMPASS CH**

*COME AT 5PM FOR A LIGHT MEAL*

SIGN UP WITH YOUR COACH TODAY

**Pathways**  
to Education

**HAMILTON  
COMMUNITY  
FOUNDATION**

**COMPASS**  
COMMUNITY HEALTH

FRIENDSHIP &

RELATIONSHIP DYNAMICS

TO CONSIDER

WHICH OF THESE SHOW UP IN YOUR FRIENDSHIPS OR RELATIONSHIP(S)?

BEING ABLE TO COMMUNICATE WITH EACH OTHER

FEELING LIKE YOU CAN'T HAVE OTHER FRIENDS OR SPEND TIME WITH OTHERS

FEELINGS OF RESPECT (TIME INTERESTS, FEELINGS)

FEELING LIKE YOU CAN'T SAY "NO"

BEING ENCOURAGING AND SUPPORTIVE TO EACH OTHER

HIDING OR NOT FEELING LIKE YOU CAN SHARE GOOD OR EXCITING NEWS

FEELING THAT IT'S MUTUAL

FEELING DRAINED AFTER SPENDING TIME TOGETHER

FEELING SAFE AND TRUSTED

IF ANY OF THE ONES IN CIRCLES STAND OUT, THEY MIGHT LEAD TO EXPRESSING APPRECIATION FOR THOSE PEOPLE IN YOUR LIFE.



HOWEVER, IF YOU NOTICED SOME OF SQUARE ONES STANDING OUT IT MAY ENCOURAGE YOU TO ENGAGE IN BOUNDARY SETTING, TALKING WITH A TRUSTED PEER/ADULT OR STEPPING AWAY FROM THE PERSON OR RELATIONSHIP.



FOR MORE INFORMATION OR TO CHAT PLEASE FOLLOW OUR PATHWAYS TO EDUCATION SOCIAL WORKER BAHIIYIH!

@BAHIIYIH\_PATHWAYS

Pathways

PRESS

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Monday

Tuesday

Wednesday

Thursday

Friday

Celebrate Black History Month				1	2 PA DAY Dare to Dream Trip
5 First day of School	6	7	8 Pathways Youth Leaders MacPeds Volunteer Opportunity	9	
12	13	14 Happy Valentine's Day	15 Pathways Youth Leaders Tasty Thursday	16	
19 HAPPY family DAY Pathways will be closed	20	21 Conversation Corner	22 Pathways Youth Leaders	23	
26	27	28 Pink Shirt Day Conversation Corner	29 Pathways Youth Leaders		

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