## Pathways Press

January 2023



### **HAPPY NEW YEAR**

**ES**05

From Pathways Hamilton



### **Upcoming Events**

MacPeds Volunteer Opportunity - Jan 16

Post-Secondary Application Sessions - Jan 12, 19, 26

Grade 9 Mohawk College and Bowling Trip - Feb 2

Swipe through for more information!

### **New Year's Groans!!!**



This year I resolve to be less awesome...



since that is really the only thing I do in excess!!

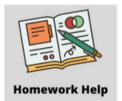
What's a cow's favourite holiday?



Moo Year's Day



# Start off 2023 right with Pathways Programming Returning January 9th 2023









Meet New People

#### **MONDAY & WEDNESDAY**

MISSION SERVICES (196 WENTWORTH ST. N)

#### TUESDAY & THURSDAY

COMPASS COMMUNITY HEALTH (438 HUGHSON ST. N)

4:00PM TO 7:00PM AVAILABLE BOTH ONLINE AND IN-PERSON

TALK TO YOUR COACH FOR THE ONLINE TUTORING LINK!





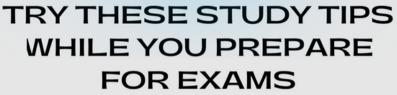






## Pathways Pilss

**January** 

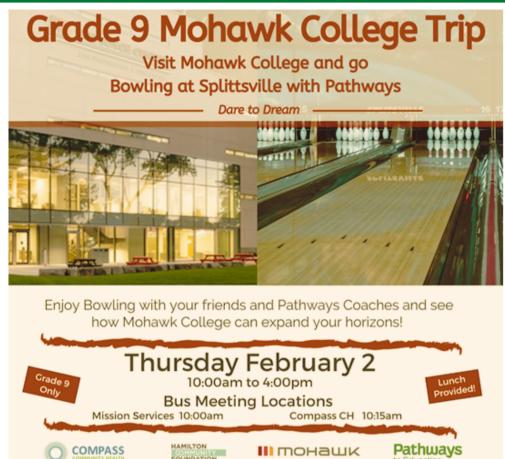




your

answers

to others



### Welcome Coach Abdi!!!



Create

practice

tests for

yourself

Abdullahi Abdi has spent more than 10 years working with youth and is passionate about supporting the next generation of leaders in realizing their full potential.

abilities!

Abdi likes spending time with his family, playing sports, being outside in nature, and watching intriguing documentaries.

Coach Abdi is excited to be joining Pathways and is looking forward to working with his students!!!



289-683-6095



your notes

and highlight

important

concepts

@coachabdi\_pathways



aabdi@compassch.org



Abdullahi Pathways









## Pathways Press

**January 2023** 



Bracket

Join us on our Instagram stories to help us decide what gives off the best winter vibes!

January 16th - 20th



@pathways\_hamilton









### Post-Secondary Application Sessions

- Get support to apply.
- Connect with a college/university rep.
- Use up to \$250 of your Pathways Scholarship

#### **Application Due Dates:**

University = January 12 College = February 1st On Zoom January 12th, 19th, & 26th 4pm-6pm



to Education

Connect with your Pathways Coach to register



### A NOTE FROM BAHIYYIH

As we head into the New Year, this is a gentle reminder of the importance of taking care of yourself. This could include:

- Connecting with friends and family,
- Taking breaks from social media,
- Going to sleep at a consistent time
- Reaching out for support
- Breaking down stressful tasks into smaller achievable steps. In the end, you know what will be best for you (even if it is hard sometimes)

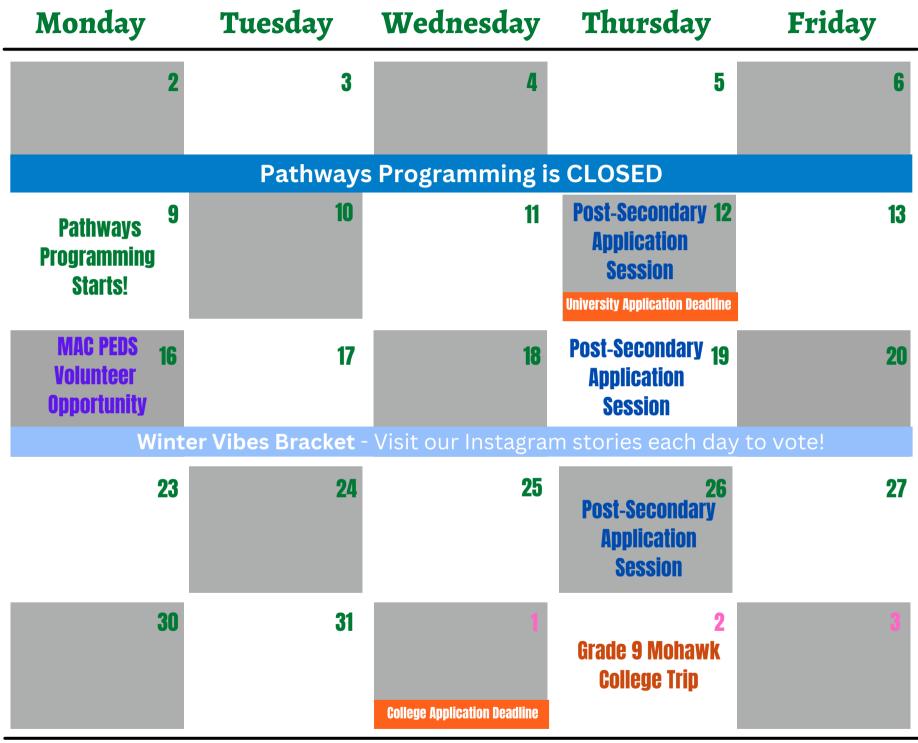
If you would like some support to do this work, please reach out to me (Bahiyyih, the Pathways Social Worker).

If you are wondering how to connect with me you can ask your Pathways Coach or add and send me a message on my Pathways Instagram account Bahiyyih\_Pathways.

Even if you just want to chat just once – there is no commitment! I hope everyone had a safe winter break. I look forward to meeting you this year!

### Pathways Liss

**January** 2023



### **IN-PERSON Tutoring**

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

### **ONLINE Tutoring**

Monday - Thursday on Zoom





4pm - 7pm

4pm - 7pm