

# Pathways PRESS

January  
2023



## 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

Homework Help

Games and Activities

Resume and Job Support

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!



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## TRY THESE STUDY TIPS WHILE YOU PREPARE FOR EXAMS

Organize your study space

Write Key Words or Ideas on Post-it or Flash Cards

Use flow charts and diagrams

Take regular breaks

Create practice tests for yourself

Explain your answers to others

Go through your notes and highlight important concepts

Believe in yourself and your abilities!

## Grade 9 Mohawk College Trip

Visit Mohawk College and go Bowling at Splittsville with Pathways

*Dare to Dream*



Enjoy Bowling with your friends and Pathways Coaches and see how Mohawk College can expand your horizons!

### Thursday February 2

10:00am to 4:00pm

**Bus Meeting Locations**

Mission Services 10:00am      Compass CH 10:15am

**Grade 9 Only**      **Lunch Provided!**

## Welcome Coach Abdi!!!



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.

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!!!

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 Abdullahi Pathways




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## Winter Vibes Bracket

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

**January 16th - 20th**



@pathways\_hamilton

**Pathways**  
to Education



## 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**

Connect with your  
Pathways Coach  
to register

## A NOTE FROM BAHIIYYIH

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 (Bahiiyyih, 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 Bahiiyyih\_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

PRESS

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pathways Programming is CLOSED				
9 Pathways Programming Starts!	10	11	12 Post-Secondary Application Session  University Application Deadline	13
16 MAC PEDS Volunteer Opportunity	17	18	19 Post-Secondary Application Session	20
Winter Vibes Bracket - Visit our Instagram stories each day to vote!				
23	24	25	26 Post-Secondary Application Session	27
30	31	1  College Application Deadline	2 Grade 9 Mohawk College Trip	3

IN-PERSON Tutoring

Monday and Wednesday at Mission Services

Tuesday and Thursday at Compass Community Health

4pm - 7pm

ONLINE Tutoring

Monday - Thursday

on Zoom

4pm - 7pm