

Pathways PRESS

March 2023

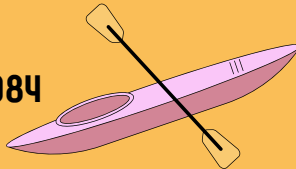
Upcoming Events

- MacPeds Volunteer Opportunity.....March 2nd
- Ripley's Aquarium Trip.....March 3rd
- Bend it and Blend it.....March 13th
- Mission Services Volunteering.....March 15th
- Mohawk College Campus Tour.....March 16th

WELCOME COACH SARAH!



289-683-6084



swilkins@compassch.org



Sarah Pathways



sarah_pathways



Hi everyone, my name is Sarah and I'm so happy to be joining the Pathways team! I'm excited to get to know you all this semester.

Outside of work I love art, kayaking, cooking, and gardening! Feel free to reach out any time you want to chat!

INTERNATIONAL WOMEN'S Day



International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organization specific.

Join us each week as we celebrate some of the amazing women in our communities, and across Canada!

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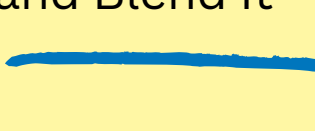
March 2023



MARCH MOVEMENT CHALLENGE

Earn entries to win a prize by participating in our March Movement Challenge!

You can earn entries by:

- Following us on Instagram @pathways_hamilton
- Liking our March Break Movement posts on Wednesday's and Friday's
- Attending our Bend It and Blend It event on March 13th 
- Tagging @pathways_hamilton when you complete any of the exercise videos that we post this month

(**must be registered with Pathways to be eligible for the prize draw)



Tasty Thursday Update

Now running every other week at Compass Community Health!

Starting Thursday February 23, join us in the kitchen at 3:45 to cook for volunteer hours or come and eat at 5:30

Talk to your coach to sign-up!



BEND IT AND BLEND IT



Monday March 13th 2023
2:30pm - 4:00pm

Join us for a workout and a smoothie

Earn entries for our Movement March Draw by attending!

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March 2023



COMPASS
COMMUNITY HEALTH

Pathways
to Education

(905) 523-6719 PATHWAYS@COMPASSCH.ORG

REGISTER NOW
for the
2023/2024 SCHOOL YEAR



March Word Search

E	I	W	O	B	N	I	A	R	K
K	R	G	C	S	K	I	N	N	C
S	E	I	E	H	D	S	N	I	U
P	L	F	N	A	O	J	E	C	L
R	A	F	G	M	C	D	L	O	G
I	N	A	B	R	N	T	R	N	E
N	D	A	R	O	E	N	G	D	U
G	F	E	E	C	U	E	R	Y	T
C	A	R	A	K	B	E	N	V	A
E	V	O	K	O	H	C	R	A	M

Shamrock
Luck
March

Spring
Break
Green

Rainbow
Ireland
Gold

A MCMASTER PEDIATRIC RESIDENT TALKS

STRESS & ANXIETY MANAGEMENT

JOIN THE TALK ON ZOOM
LEARN FROM A DOCTOR
EARN VOLUNTEER HOURS

MARCH 2: 4:00PM - 5:00PM

**Mohawk College
Stoney Creek
Campus Tour**

Thursday, March 16

Bus pick up location and times
9:45am @ Compass
10:00am @ Mission Services

Pathways

PRESS

March 2023

Monday

Tuesday

Wednesday

Thursday

Friday



1

2
MacPeds Volunteer Opportunity

3
Ripley's Aquarium Trip

6

7

8

9
Tasty Thursday

10



14

15
Mission Services Volunteering

16
Mohawk College Tour



March Break - Pathways Programming CLOSED

20

21

22

23
Tasty Thursday

24

27

28

29

30

31

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