

## Upcoming Events

- Mental Health Week .....May 1st - May 5th
- Baking with Gratitude .....May 16th
- Gen Blend Volunteer Opportunity .....May 17th
- Dare to Dream Grade 9 Trip .....May 27th
- MacPeds Volunteer Opportunity .....May 30th
- OSAP & Pathways Scholarship  
Application Sessions .....Every Thursday!
- Talk to your Coach for more information!

BAKE WITH GRATITUDE

COOKIES

BAKE. SHARE. EARN.

TUESDAY, MAY 16, 2023

COMPASS KITCHEN

4:00PM



 COMPASS  
COMMUNITY HEALTH

 Pathways  
to Education

 Pathways  
to Education

 COMPASS  
COMMUNITY HEALTH



OSAP & Pathways  
Scholarship Application

- Going to College or University in the Fall?
- Have you confirmed your program?
- Get support to apply for OSAP and your Pathways Scholarship

Apply for OSAP by June 30th!

- ✓ Parent's 2022 tax info
- ✓ Social Insurance Number
- ✓ Online Banking

Connect with your  
Pathways Coach to  
register

- On Zoom
- Thursdays
- May 4th -
- June 22nd
- 4pm-6pm

Mother's Day

MAY 14TH 2023

Mother's Day is in May!

We hope that you spend Mother's Day celebrating the wonderful mother's in your life. Show your appreciation and love for all the support they have provided

# Pathways PRESS

May  
2023



*"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."  
~ Dr. Seuss*

Your education can take you to wonderful places near and far! Places that will inspire you to be the best that you are!

Pathways Hamilton is excited to celebrate some of the amazing places that our 2023 Pathways Graduates are heading next year!

We hope their success inspires you to chase after your dreams and all the possibilities of where you can be!



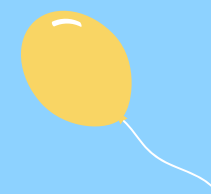
**Mohawk College**  
Child and Youth Care

**College Boreal**  
Techniques des Services Politiques



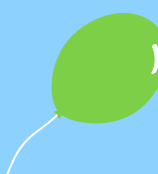
**University of Ottawa**  
Business Technology Management

**Mohawk College**  
Gas & Oil Burner Technician



**Northern College**  
Veterinary Technology  
Wildlife Rehabilitation

**University of Calgary**  
Art



**Truck and Coach Technician**  
Apprenticeship

*"And will you succeed?  
Yes! You will, indeed!  
(98 and 3/4 percent guaranteed.)"  
~ Dr. Seuss*



## Hamilton Hiking Trails



### Waterfront Trail

The trail starts at the Pier 7 boardwalk by Williams and can be taken all the way to McMaster or Burlington depending on the path you take!

### Rail Trail

This trail runs along the escarpment and can be taken all the way to Brantford! You can pick up the rail trail at any of the stairs going up the mountain. Enjoy the beautiful trial through the forest!



### Gage Park Trail

Gage Park has many walking paths in the park. You can also pick up the rail trail and take it all the way to the Uli's Stairs.



### Cherry Hill Trail

If you love bird watching, this is the trail for you! Located by the Royal Botanical Gardens this trail is just a short bus ride away.



## Name that Flower!

Now that spring is here, so many beautiful flowers are growing in our neighbourhoods. Do you know the names of these flowering trees?

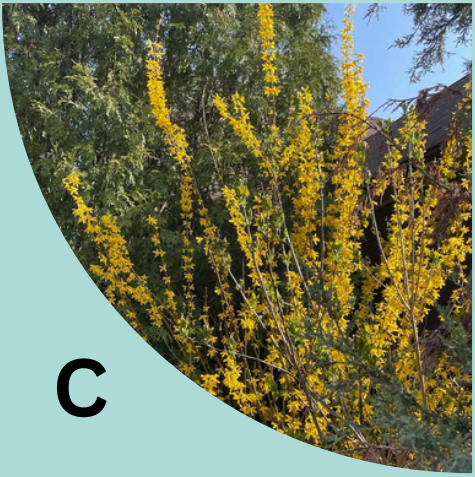
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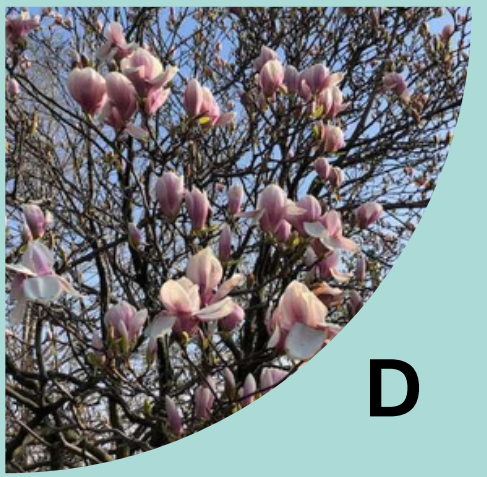
B



C



D



a) Cherry Blossom b) Cucumber Tree  
c) Forsythia d) Magnolia Tree

MENTAL  
HEALTH WEEK

Watch out for  
New upcoming events  
from May 1st – May 5th

See social media for more details

JAMES ST N.

Food

Grub Crawl

Join us for a taste at  
Hamilton's best  
restaurants!!

Tuesday, June 6  
@ 4:00pm  
Meet at Compass

COMPASS  
COMMUNITY HEALTH

Pathways  
to Education

The Community  
Fridge  
at Compass is  
OPEN

Hours of Operation:  
Monday – Friday  
8am – 4:30pm  
(closed on all stat holidays)

gen  
BLEND

Talk. Walk. Blend. Earn


WEDNESDAY MAY 17TH 2023  
4:00PM – 6:00PM  
COMPASS COMMUNITY HEALTH

Join our Trackers Senior Walking Group to talk, walk,  
and make a smoothie!  
Earn volunteer hours for supporting our community!

# Pathways

# PRESS

## May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	<div> <div>STAR WARS DAY</div> <div>MAY THE 4TH BE WITH YOU</div> <div>Post-Secondary Application Session</div> </div>	5
MENTAL HEALTH WEEK				
8	9	10	<div> <div>Post-Secondary Application Session</div> </div>	12
15	<div> <div>Baking with Gratitude</div> </div>	<div> <div>Gen Blend Volunteer Opportunity</div> </div>	<div> <div>Post-Secondary Application Session</div> </div>	19
<div> <div>Holiday Pathways Programming CLOSED</div> </div>	23	24	<div> <div>Post-Secondary Application Session</div> </div>	26
29	<div> <div>MacPeds Volunteer Opportunity</div> </div>	31		<div> <div>Grade 9 Dare to Dream Niagara Trip</div> </div>

### 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