

Pathways PRESS

November
2023

Upcoming Events

MAC Arts...Nov 6 & 20
iCan Day Event...Nov 8
MacPeds Talks...Nov 9
CLOSED...Nov 13
PS Applications Begin...Nov 16
Volunteer at Mission...Nov 17
McMaster Day...Nov 18



Pathways is
CLOSED



Monday November 13th 2023

Pathways programming and Pathways Coaches will be unavailable on this day. We will be back on Tuesday November 14th.
See you then!

Beat the November Blues!



5-MINUTE MEDITATION



SAY THANK YOU



DRINK ENOUGH WATER

DAILY

Mindfulness



GO FOR A WALK



GET A GOOD SLEEP



EAT MINDFULLY



conversation Corner



A program for
English Language Learners

Wednesday's
October 11th - December 6th
4:30 - 6:30pm
Mission Services



COMPASS
COMMUNITY HEALTH

Pathways
to Education

Pathways PRESS

November
2023

A Message From our Pathways Social Worker...



Hey Everyone,
Sometimes (not always!) November can be a bit of a transition period, we are going from summer to a time where it's a bit chilly, a little bit cloudier and you might have a few extra assignments or tests happening. This also means that you might appreciate hot drinks more, have another reason to wear a favourite sweater and spend more time at the tutoring space tackling your tasks!

However, sometimes that transition can be difficult to navigate even with all the warm places, people and beverages that may be in your life. For example If you're finding it a bit more challenging to get out of bed, to connect with others or focus on your assignments there might a few things at play (and also winter is known to be a tough time!).

One thing that might be helpful is talking about what's on your mind, this could be to yourself, to your friends, family members or someone else you trust. Sometimes saying something assists us to have a new perspective, get out feelings that feel tangled or generally make us feel connected.

You could also try – going for walk (I know it's cold!), having a warm drink, taking breaks between activities and school work and making time to connect with others (think of yourself as a battery – recharging is a good way to being able to keep going!).

If you're looking to connect with someone maybe outside your circle, please feel free to reach out to me directly or through your coach! You can follow me on Instagram @Bahiyiyh_Pathways and we can set up a time to chat (if you'd like!)

Hope everyone is taking care,
Bahiyiyh

Q: which month should you never ask to borrow money from someone?

A: NO–vember



Q: What is the opposite of November?

A: Yes–vember.



iCan Day

Build Your Future in Health Care



THIS IS YOUR CHANCE

- ✓ Visit McMaster Medical School
- ✓ Meet Med School Students
- ✓ Interactive Activities
- ✓ Ask Questions – Get Answers
- ✓ Med School, Nursing and more
- ✓ Free dinner included!

November 8 • 4-8pm

Hosted at McMaster Medical School

Bus Meeting Locations

Mission Services
4:00 PM

Compass CH
4:15 PM

For Any Pathways Students Interested in Health Care Careers

Pathways
to Education



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Dare to Dream at Toronto Metropolitan University

On Friday October 20th we took 24 Pathways students to visit the Toronto Metropolitan University (TMU) campus for our second Dare to Dream Trip. Dare to Dream aims to inspire Pathways students to think about their futures, and dream of all of the possibilities they have in front of them! At TMU, students visited the gym, the Red Bull Gaming Hub, and Student Learning Centre and learned more about all of the wonderful programs TMU has to offer.

In the afternoon, students picked between visiting the Art Gallery of Ontario or exploring the Eaton Centre. Students had a fantastic time at both spots and enjoyed exploring the city!



Thank you so much to the Hamilton Community Foundation who made this trip possible through the ABACUS fund!






A MCMASTER PEDIATRIC RESIDENT TALKS

HEALTHY LIFESTYLE CHOICES FOR TEENS

JOIN THE TALK ONLINE
LEARN FROM A DOCTOR
EARN VOLUNTEER HOURS

NOVEMBER 9: 4:00PM - 5:00PM



MAC ARTS WORKSHOP

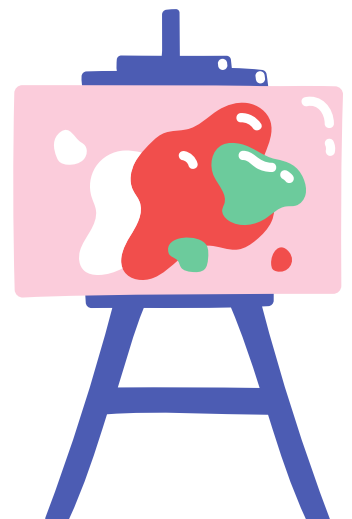
COMPASS & MISSION SERVICES SITE

SIGN UP WITH YOUR PATHWAYS COACH

MONDAY, NOVEMBER 6 • COMPASS: 4:00PM - 6:00PM
MONDAY, NOVEMBER 20 • MISSION: 4:30PM-6:30PM

LINO CUT PRINT CARD MAKING INSTRUCTION & ART CREATION SESSION

McMaster University



Pathways PRESS

November
2023



INVITES YOU TO ATTEND

FALL PREVIEW OPEN HOUSE

SEE THE CAMPUS. GET TO KNOW PEOPLE THERE. LEARN ABOUT PROGRAMS AND POSSIBILITIES.

NOVEMBER 18, 2022

MEET
1030AM @ MISSION SERVICES
1040AM @ COMPASS

If you are going to McMaster in the Fall of 2024 or planning on attending in the future, take a trip with Pathways Coach Nathan to check out the campus!



SUPPORT TO APPLY & FEES COVERED

Post-Secondary Application Sessions



Thursdays 4pm-6pm
Beginning Nov. 16th
On Zoom



Contact your Pathways Coach to Sign Up!





Turn your
PASSIONS into
PATHWAYS
at Shad2024



SCHOLARSHIP ALERT!

Earn
FULL SCHOLARSHIPS
for Pathways to Education youth

Apply by Dec 1 at shad.ca/apply

Scholarships provided by Shad's generous donors





Pathways

PRESS

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<div> </div> <div> <div>6</div> <div>MAC Arts @Compass 4pm Accordion Book making</div> </div>	<div> <div>7</div> </div>	<div> <div>1</div> <div>Team Up to Clean Up</div> <div> </div> </div> <div> <div>8</div> <div>iCan Day Event @ McMaster 4-8pm</div> </div>	<div> <div>2</div> <div>Team Up to Clean Up</div> <div> </div> </div> <div> <div>9</div> <div>MacPeds Talks on Zoom 4:00pm</div> </div>	<div> <div>3</div> </div> <div> <div>10</div> </div>
<div> <div>13</div> <div>Pathways is CLOSED</div> </div>	<div> <div>14</div> </div>	<div> <div>15</div> </div>	<div> <div>16</div> <div>Post-Secondary Application Sessions Begin on Zoom 4pm-6pm</div> </div>	<div> <div>17</div> <div>PA DAY Volunteer at Missions @ 10am</div> </div>
<div> <div>20</div> <div>MAC Arts @MSH 430pm Lino Cut Card Making</div> </div>	<div> <div>21</div> </div>	<div> <div>22</div> </div>	<div> <div>23</div> <div>Post-Secondary Application Session on Zoom 4pm-6pm</div> </div>	<div> <div>24</div> </div>
<div> <div>27</div> </div>	<div> <div>28</div> </div>	<div> <div>29</div> </div>	<div> <div>30</div> <div>Post-Secondary Application Session on Zoom 4pm-6pm</div> </div>	<div> </div>