

### **Events this Month**

November 5 - Cooking with Compass

November 6 - Conversation Corner Begins

November 6 & 7 - Team Up to Clean Up

November 7 - SHAD Information Session

November 11 - PROGRAM CLOSED

November 18 - MAC Arts

November 18 - MAC Peds Talks

November 21 - Post Secondary Applications

November 22 - Volunteer at Mission Services



Tuesday, November 5 Compass Kitchen 4:00pm-7:00pm

On the menu: Chili









TUESDAY & THURSDAY
COMPASS COMMUNITY HEALTH & ONLINE









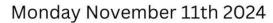
## Pathways to Education

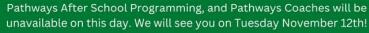


Pathways After School Programming is



**CLOSED** 















#### 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 @Bahiyyih\_Pathways and we can set up a time to chat (if you'd like!)

Hope everyone is taking care, Bahiyyih









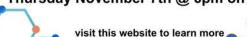


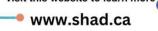


#### **Application Open NOW!**

Speak with your Pathways Coach about this exciting opportunity

INFORMATION SESSION Thursday November 7th @ 6pm on Zoom!







to Education





#### **Need Volunteer Hours?**



Join your friends and Coaches at Pathways to clean up the neighbourhood and earn community service hours for graduation

November 6 - 4:00pm Mission Services (196 Wentworth St N)

November 7 - 4:00pm Compass CH (438 Hughson St N)

\*Please sign up with your Coach



### **Post-Secondary Application Sessions**



SUPPORT TO APPLY & FEES COVERED

Thursdays 4pm-6pm Beginning Nov. 21st On Zoom



Contact your Pathways Coach to Sign Up!



































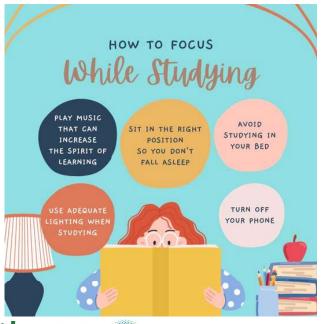


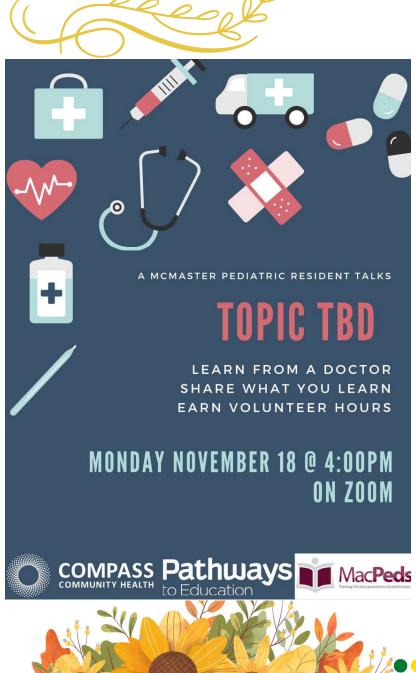


















Monday Tuesday Wednesday Thursday Friday

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4	Cooking with 5 Gratitude @ Compass	Team Up to Clean Up Mission Services @ 7pm Conversation Corner @ Mission Services	Tasty Thursday 7 @ COMPASS SHAD Info Session 6pm on Zoom Team Up to Clean Up Compass @ 7pm	8
Programming 11 Closed Remembrance Day	12	Conversation Corner  @ Mission Services	14	15
MACPEds Talks 18 4pm on Zoom!  MAC Arts Mission Services@ 430pm	19	Conversation Corner  @ Mission Services	Tasty Thursday 21 @ COMPASS  Post-Secondary Application Session #1 on Zoom	Volunteering 10am 22 @ Mission Services
25	26		28 Post-Secondary Application Session #2 on Zoom	* * * *

#### **ONLINE Tutoring**

Monday - Thursday on Zoom 4pm - 7pm

#### **Pathways After School Programming**

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





4pm - 7pm

