

Pathways

PRESS

October
2022

Upcoming Events

- Planted in Pathways.....October 5
- Giving Thanks & Baking Pies.....October 5
- Post-Secondary Info Nights.....October 13 & 18
- Mac Peds Resident Talk.....October 20th
- Dare to Dream Grade 9 Trip.....October 24th
- RBG Hiking Trip.....October 24th

Swipe through for more information!

Pathways Tutoring

 Monday through Thursday	 4:00 pm - 7:00 pm	 Online Support available	 In Person Support available
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MONDAY & WEDNESDAY
MISSION SERVICES (196 WENTWORTH ST. N)
TUESDAY & THURSDAY
COMPASS COMMUNITY HEALTH (438 HUGHSON ST. N)



A Message from Bahiyyih



Hi Everyone, I am Bahiyyih, the Pathways to Education Social Worker! I look forward to meeting you in person (if I haven't already!).

My role within Pathways focuses on providing one on one counselling and advocacy. If you need someone to talk to about any difficulties you are having, struggles you're trying to address, want someone to check in with every now and then or wanting to get connected to other supports in the community that's what I'm here for.

Please reach out if ever you think this might be for you – we can talk for 10 minutes once or check in throughout the year. If you are interested please let your coach know, and please feel free to add me on Instagram **Bahiyyih_Pathways**, or send a text or call at **289-683-6087** introducing yourself!:)

Hope you're taking care, Bahiyyih

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Welcome our new Pathways Coaches!

Neema

What do you get when you mix a cool Persian, basketball fanatic, movie lover, empathetic ear, playful personality and an Inclusion Advocate in a bowl?

- Your new Pathways Coach, Neema!



"I look forward to connecting with you all."

neema_pathways
nmirzaagha@compassch.org

Neema Pathways
289-683-2395

Emily



"My name is Emily and I'm excited to join the Pathways to Education team! I'm passionate about working with people and outside of work I love being in nature, board-games and my three cats."

emilypathways
egeleyn@compassch.org

Emily Pathways
289-693-7544

Make sure you say hi to them and welcome them to Pathways!



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Focus on Gratitude



Gratitude is the intentional practice of acknowledging and responding to the good in your life.

Gratitude is known to have a positive impact on your quality of life – it assists us to see those small everyday moments and gain energy from them: your friend waiting at the bus stop, someone holding the door open for you, someone remembering your coffee drink order.

Below is a simple practice in being thoughtful in your expression of gratitude:

1. Try and think of your thank yous and reflect on them - How do you say it? How do you feel as you say it?
2. The next time you go to say “thank you”, try and take a pause. What is the specific thing you feel thankful for? Can you name it and then share your thanks?

Planted in Pathways

An opportunity for Grade 9 Students!

- Make new friends.
- Have fun and win prizes.

**Attend the final session on
Wednesday, October 5 from 4 - 6 pm!**



Mission Services:
196 Wentworth Street North



GIVING THANKS

& Baking Pies



Wednesday, October 5, 2022
4pm-5:30pm or 5:30pm-7pm
Compass Community Kitchen



Bake pies-Earn hours-Share with loved ones



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POST-SECONDARY INFORMATION NIGHTS


Learn about College and University programs, services and life on campus!

Thursday, October 13th
 &
Tuesday, October 18th
 4:00pm - 6:00pm

VIRTUAL: Get the Zoom link from your Pathways Coach

Virtual event where you get to meet and connect with College and University representatives. Get your questions answered easily. Attend BOTH sessions if you want to hear from each of the college and university representatives.









A MCMASTER PEDIATRIC RESIDENT TALKS

TOPIC TBD: SPEAK TO YOUR COACH

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

THURSDAY, OCTOBER 20TH, 2022





Pathways

to Education

Tutoring Coaching Scholarships Workshops






905-523-6719 or pathways@compassch.org
www.compassch.org/pre_registration

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2022

Monday

Tuesday

Wednesday

Thursday

Friday

3	4	<div>Giving Thanks and 5 Baking Pies</div> <div></div> <div>Planted in Pathways</div>	6	7
<div>HAPPY 10 THANKSGIVING</div> <div>Pathways Programming will be CLOSED!</div>	11	12	<div>13 Post-Secondary Info Nights 4pm - 6pm</div> <div></div>	14
17	<div>18 Post-Secondary Info Nights 4pm - 6pm</div> <div></div>	19	<div>20 Mac Peds Resident Talks on Zoom</div> <div></div>	21
<div>Dare to Dream24 Grade 9 Trip</div> <div>RBG Hiking Trip</div> <div></div>	25	26	27	28
31 HALLOWEEN	<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