October 2022

Upcoming Events

Planted in Pathways.....October 5

Giving Thanks & Baking Pies.....October 5

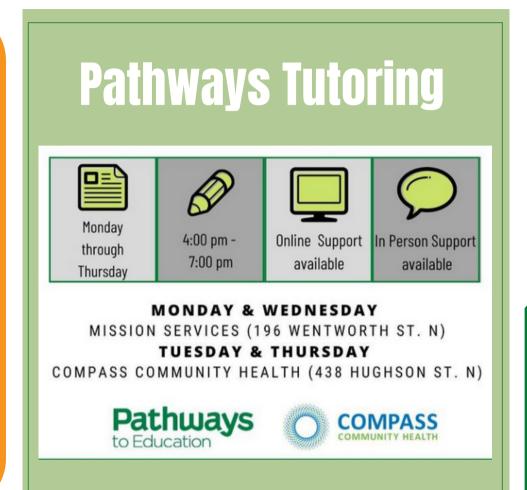
Post-Secondary Info Nights.....October 13 & 18

Mac Peds Resident Talk.....October 20th

Dare to Dream Grade 9 Trip.....October 24th

RBG Hiking Trip.....October 24th

Swipe through for more information!



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





October 2022

Welcome our new Pathways Coaches!

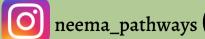
Neema

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."





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!





October 2022

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

HANKS

& Baking Pies

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

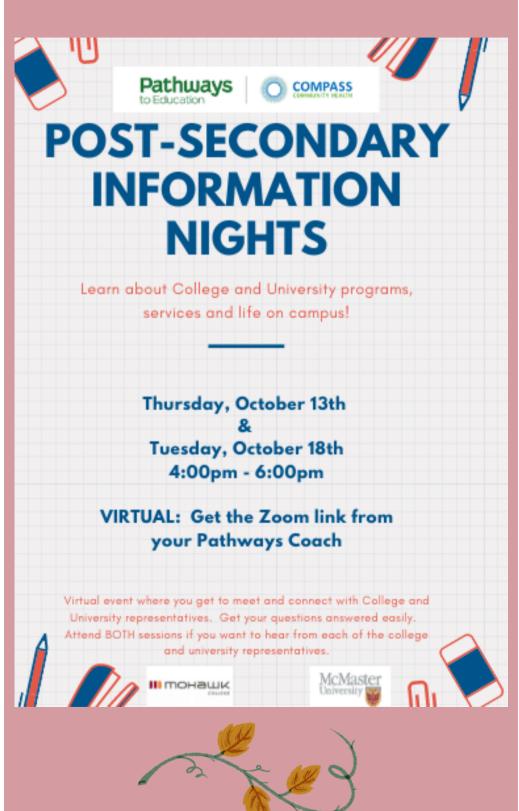
Bake pies-Earn hours-Share with loved ones







October 2022





Pathways to Education Tutoring Coaching Scholarships Workshops One of the second sec





October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Giving Thanks and 5 Baking Pies Planted in Pathways	6	7
HAPPY 10 HANKSGIVING Pathways Programming will be CLOSED!	11	12	Post-Secondary Info Nights 4pm - 6pm	14
17	Post-Secondary Info Nights 4pm - 6pm	19	Mac Peds 20 Resident Talks on Zoom	21
Dare to Dream 24 Grade 9 Trip RBG Hiking Trip	25	26	27	28
HALLOWEEN				

IN-PERSON Tutoring

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

Monday - Thursday

ONLINE Tutoring

on Zoom 4pm - 7pm





4pm - 7pm