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# COMPASS CORNER

NOVEMBER 2025



## IN THIS EDITION:

- COMPASS VOLUNTEERS
- VACCINE INFORMATION
- ONTARIO BREAST SCREENING
- MOBILE SCREENING COACH
- NEW PROGRAM: THE CONNECTION
- BREAKFAST CLUB UPDATE
- MONTHLY CALENDAR
- HEALTHY HABITS



## Our Compass Volunteers



Did you know that we have **over 100 registered volunteers** here at Compass? Over the last fiscal year, these hardworking individuals contributed **9,361 hours** of their time into our community here at Compass! Some of our volunteers have been with us for more than 15 years, which shows you just how dedicated they are! Volunteers make our programs possible, from Pathways to Education tutors, to kitchen crews in one of our many food programs, and we want to recognize all of this hard work whenever we can!

*If you want to inquire about volunteering with Compass, please visit our website:*  
[www.compassch.org/get-involved/volunteer](http://www.compassch.org/get-involved/volunteer)



# WHERE CAN I GET VACCINES IN HAMILTON?



Vaccinations are a safe and effective way to protect yourself, your loved ones, and your community from serious diseases. By getting vaccinated, you reduce your own risk of illness and also help stop the spread of infections to those most vulnerable.

Here's how to find vaccines this fall and winter:

## INFLUENZA (FLU):

- Make an appointment with your doctor
- Speak with your local pharmacy
- Visit [www.hamilton.ca/getyourvaccine](http://www.hamilton.ca/getyourvaccine) to find a flu shot clinic

## COVID-19:

- Make an appointment with your doctor
- Speak with your local pharmacy
- Visit [www.hamilton.ca/getyourvaccine](http://www.hamilton.ca/getyourvaccine) to find a COVID-19 vaccine clinic

\* If you do not have a health card and you live, work, or attend school in Ontario, you can book an appointment to receive a flu or COVID-19 vaccine at a Public Health clinic. Visit [www.hamilton.ca/GetYourVaccine](http://www.hamilton.ca/GetYourVaccine).

## ROUTINE VACCINES (children and adults):

- Make an appointment with your doctor
- Visit a walk-in clinic
- Contact a Hamilton Public Health nurse by calling 905-546-2424 x 7556
- Book an appointment for a community vaccine clinic at [www.hamilton.ca/vaccines](http://www.hamilton.ca/vaccines)

\* No health card? Visit a community vaccine clinic or call public health at 905-546-2424 x 7556

Help protect your friends, your family and yourself from respiratory illnesses this holiday season.

### Before gatherings:

- Get any recommended vaccines, such as the flu and COVID-19 vaccines.
- If you're feeling sick, stay home and away from others.

### During gatherings:

- Clean your hands regularly.
- Clean and disinfect high-touch surfaces and objects.
- Improve indoor ventilation by opening a window or door.
- Consider wearing a well-fitting respirator or mask, especially if you're at risk of serious complications from respiratory infectious diseases.

Learn more about other ways to protect yourself:



The Ontario Breast Screening Program offers breast cancer screening to women, Two-Spirit people, trans people and nonbinary people ages 40 to 74.

 **\*NEW\* People aged 40-49**

In October 2024, the starting age for screening was lowered from age 50 to 40. If you are 40-49, you can choose to screen for breast cancer.

 **People aged 50-74**

It is recommended to get screening every 2 years with mammography.

Breast cancer risk factors are personal characteristics that affect your chance of getting breast cancer. You can learn more about your personal risk factors by completing the My CancerIQ online questionnaire. Visit:



[www.mycanceriq.ca](http://www.mycanceriq.ca)

Ontario Breast Screening Program



For more information,  
please visit:

[www.cancercareontario.ca/breast](http://www.cancercareontario.ca/breast)

[www.mycanceriq.ca](http://www.mycanceriq.ca)

[www.health811.ontario.ca](http://www.health811.ontario.ca)

If you decide that breast cancer screening is right for you, you can make your own appointment for a mammogram.

 Call an Ontario Breast Screening Program location or the Appointment Booking Line at 1-800-668-9304

 To make a local appointment online, please visit: <https://www.ontariohealth.ca/system/reporting/wait-times>

 Book an appointment and visit a mobile screening coach. Call 905-975-4467 or toll free 1-855-338-3131

You can talk to your family doctor, your nurse practitioner or a Health811 navigator to help make an informed decision about breast cancer screening, or if you have any immediate concerns.

## Visit the Mobile Cancer Screening Coach!

### Services offered:



**Cervical Screening**  
Ages 25-69



**Mammograms**  
Ages 40-74,  
every 2 years



**At-Home test for colon screening**  
Ages 50-74, every 2 years



**Help to quit smoking & NRT**  
Ages 18+



The coach is at Compass next on:  
**Monday, November 24<sup>th</sup> 8am-4pm**

*Walk in's welcome, closed from 11:30-12:30 for lunch*



Call to book your appointment today!  
905-975- 4467 or toll-free 1-855-338-3131



See the full schedule and read more by  
visiting: <https://hnhbregionalcancerprogram.ca/cancer-screening/>



**COMPASS**  
COMMUNITY HEALTH

# New Program: The Connection

Join our new program, The Connection! A weekly program for wellness, warmth, and community. Open and welcome to all.

Held every Tuesday from 9:30-11:00am. Join us for breakfast and friendly conversation, mindful meditation, and simple ways to build hope, joy, and happiness.

Come as you are. Leave a little lighter.



**For more details or to join this program, please call Sib at 905-523-6611 x 2014**

“Sometimes connection is the best kind of medicine”

## Breakfast Club: What we've been up to!



In partnership with our local elementary schools and with support from our funder, Tastebuds Hamilton, we've moved our morning Breakfast Club program directly into the schools! This exciting change has allowed us to more than double the number of children we serve. Since September, we've been providing nutritious hot and continental breakfasts to about 50 students each day. We're thrilled to see so many new faces and such great engagement in the program!

The decision to move the program from Compass directly to the schools would not be possible without our team of dedicated volunteers and Health Promotion staff! We continuously thank the principals and school staff for their support every morning.

# November



**COMPASS**  
COMMUNITY HEALTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>10</b> Centre Closed	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>24</b> Screen for Life Bus	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

- Third Youth | 12:30
- Sit and Fit | 11:00
- Tada | 10:00
- Trackers (walking group) | 2:00

- Welcome Baby- Prenatal Nutrition Program | 12:30
- Seniors Kitchen | 11:00
- FVRx Pick- up | 1:30
- Caring for your Diabetes (in Farsi) | 11:00am

- Breakfast Club- Register at Bennetto or St. Lawrence!**
- The Connection | 9:30am
- Trans ID Clinic | 5:15
- Pflag | 6:30

- Trans Femme Peer Support | 6:00
- Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm
- Trans & Non-Binary TTRPG | 5:30
- Trans & Non-Binary Grocery | 1:00

To Register for programs call 905-523-6611 and the associated extension listed below:

**Physical Activity:**

**Sit and Fit:** An exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. Monday in-person and Thursday virtual. Call 905- 523-1184 to register.

**Trackers (Walking Group):** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- ext 2059

**Food Programs:**

**Breakfast Club:** For children attending St. Lawrence or Bennetto elementary. Eat a free nutritious breakfast at school Tuesday-Friday! Registration with school required. Contact Mariko ext 2084

**Community Fridge:** Hours of operation: Mon- Fri 8:00am-4:00pm. Located by Hughson St N, outside of Compass.

**FVRx:** Compass organic food produce box prescription. Contact Leah- ext 3006

**Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook, socialize, & share a meal together. Contact Leah- ext 3006

**Art & Social:**

**TADA:** Weekly art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. Contact Sib- ext 2014

**The Connection:** A wellness program open to everyone. Features conversation, meditation, and ways to build joy and resilience. Contact Sib- ext 2014

**Third Youth:** A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria- ext 2017

**Health & Education:**

**Welcome Baby:** Prenatal Nutrition Program: Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Must join during pregnancy. Contact Cory- ext 3047

**Screen for Life Bus:** To book an appointment (8am-4pm), call 905-975-4467 to get screening for breast, cervical, or colon cancer

**Caring for your Diabetes (in Farsi):** Educational session about caring for your diabetes. Contact Awesta atokhai@compasch.org

**Two-Spirit LGBTQIA+ Programs: CONTACT AUTUMN TO REGISTER x 2022**

**Intergenerational Kitchen for Two Spirit LGBTQIA+:** Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients are provided by Compass. We cook and eat together.

**Pflag: Hamilton peer support meeting:** A safe space where parents/caregivers of Two Spirit & LGBTQIA+ people & gender-diverse kids can come together to ask questions and support each other.

**Queer Gaming Hamilton:** A group for Two Spirit & LGBTQIA+ folks to play games (board games but open to role-playing games)

**Trans and Non-Binary Grocery Program:** Dedicated hours for Trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Located at Neighbour to Neighbour (28 Athens St). Last Friday of each month 1-3pm.

**Trans and Non-Binary TTRPG Group:** Group for Trans and Non-binary folks to play TTRPGs together and explore their identities.

**Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided.

**Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID.

# HEALTHY HABITS: Sleep Tips

**Bad Habits (marked with a red X):**

- Coffee, tea
- Alcohol, cigarettes
- Overeating
- Horror and action movies
- Gadgets
- Hard training

**Good Habits (marked with a green checkmark):**

- Walk
- Temperature 16-19C
- Easy reading
- Airing of the room
- Regimen of day
- Meditation

## FOLLOW US!

Keep up-to-date with Compass news and information by following us on our social media platforms!

 [www.compassch.org](http://www.compassch.org)

 [Compassch](#)

 [CompasscommunityH](#)

Free Naloxone kits are available inside of Compass! Please ask reception for more details on how to get one.

