

# THE COMPASS CORNER

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## Volunteer with us!

We currently have volunteer opportunities in the following programs:

- \* Children's Breakfast Club  
7:45 am - 9:30 am
- \* Pathways to Education:  
After school program  
volunteer | 4 - 7 pm

All volunteers must have a valid vulnerable sector check. For more information please visit: [www.compassch.org/get-involved/volunteer](http://www.compassch.org/get-involved/volunteer)



## Welcome Spring!

The spring season arrives on Friday, March 20th! Spring is a season of renewal, making it a great time to refresh your home and your health.

Spring cleaning can support physical and mental well-being by creating a calmer, more comfortable living space. Decluttering and organizing can help reduce stress, improve mood, and increase focus. Cleaning dust, allergens, and air can also support respiratory health, especially for children, older adults, and people with asthma or allergies.

You can start small by cleaning one room, closet, or drawer at a time. Sorting items into "keep," "donate," and "discard" piles can make the process feel more manageable while helping others through donations. Opening windows, wiping frequently touched surfaces, and washing bedding or curtains are simple steps that can make a meaningful difference.

You can create a healthy, positive start to the new season!

*Spring/Summer children's programming:*

## Get ready for Grub Club!



Grub Club is a free, hands-on program for children aged 6–12 who love gardening, cooking, playing games, and learning new skills. Each week, participants dig into the exciting world of growing their own food.

Children learn how to plant, care for, and harvest various fruits,

vegetables, and herbs, while discovering where their food comes from and why it matters.

After spending time in the garden, we head into the kitchen to build confidence and creativity through simple, tasty recipes. Participants practice important kitchen skills such as measuring, chopping, mixing, and following instructions, all while working as a team and trying new foods. Along the way, we play interactive games, explore food and nutrition topics, and make new friends in a supportive and welcoming environment.

**Registration for the Summer 2026 session will be open to all starting March 11, 2026.**

The program will run from 5:30 pm - 7:00 pm, each Wednesday, starting on Wednesday, May 20, 2026 and end on Wednesday, August 26.

Spots are limited, so be sure to register early! **For more information or to receive registration forms, contact [mborn-kai@compassch.org](mailto:mborn-kai@compassch.org).**

We can't wait to grow, cook, and learn with you this summer!

*Spring adult programming:*

## Grow Well – Register Today!

Grow Well is a weekly program focused on learning about greenhouse growing practices, coupled with mindfulness activities. It takes place inside of our Compass greenhouse!

Each week, participants explore seasonal planting practices while also engaging in creative and reflective activities such as tea workshops, candle making, crafts, planting, gardening, and more.

Grow Well offers a relaxed space to learn, share, and connect with others in the community. **This program is open to all adults.**

Grow Well starts on April 7<sup>th</sup>, and runs every Tuesday at Compass from 1:30–3:00pm. The program runs until May 26<sup>th</sup>, 2026.

**For more information or to register, please contact Leah at 905-523-6611 x 3006 or by email [ljanzen@compassch.org](mailto:ljanzen@compassch.org).**



# NOURISH TO FLOURISH

## NUTRITION MONTH 2026

A word from our dietitians:

## Nutrition Month

### ***Did you know that March is Nutrition Month?***

The Dietitians of Canada's theme for Nutrition Month 2026 is 'Nourish to Flourish'.

This theme highlights the profound connections between food and overall well-being, emphasizing the transformative role of nutrition in our lives. According to Dietitians of Canada, this theme helps to highlight the important role of nutrition that can impact our mental health, emotional strength, and that food can improve our social and cultural connections with our friends, neighbors and loved ones.

Registered Dietitians are health professionals that specialize in food and nutrition care. They help people stay healthy, prevent chronic diseases or manage them better, thrive better with illness or disability and cope with end of life. They can also help your primary care provider put the puzzle pieces

together on some of those lifestyle things that are making your health not be at it's best!

Services provided by a dietitian include advising people of all ages on healthy eating and nutrition practices to support their overall health and wellness.

A dietitian can:

- Assess your food and nutrition needs
- Work with you to develop a practical and healthy eating plan and track your progress
- Provide tips for meal planning, shopping, and cooking
- Help you create or adjust your nutrition goals
- Offer ongoing support and information for your healthy eating needs
- Connect you with other health care professionals, programs, and services

Speak to your primary care provider for a referral so that you can 'Nourish to Flourish' today!

## Free Bike Pass!

As the days get longer and the weather gets warmer, spring is the perfect time to get outside, move your body, and explore the city.

Cycling can be a fun, low-impact way to stay active, reduce stress, and enjoy the fresh air.

Maybe you're looking for a new way of transportation for your commute, or a way of getting to appointments and programs.

**We can provide you with a free annual pass to borrow a "Hamilton Bike Share" bike for up to 3 hours per day. Free helmets may also be available upon request! Thanks to our amazing partnership with the Everyone Rides initiative!**

Hamilton Bike Share has 900 bicycles in operation across over 150 hubs, making it easy to plan your trip and get around the city!

If you're interested in learning more or signing up for a bike pass, please contact Leah at 905-523-6611 x 3006 or email [ljanzen@compassch.org](mailto:ljanzen@compassch.org)

Let's ride into spring together!



## Spring Funnies



**What did the ocean say when spring arrived?** Nothing. It just waved

**What do you get when you cross a tulip with a dog?**  
A Collie-flower.

**How do bees get to school?** They take the buzz.

**What kind of shoes do frogs wear in the spring?** Open Toad.

**Why did the flower crash his bicycle?** He lost control of the petals.

**What type of a bow can't be tied or untied?** A rainbow.

## Eid Mubarak!

Eid Mubarak to all who celebrate!

Wishing you an Eid filled with peace, joy in your homes, and warmth in your community.

May your gatherings be filled with happiness, health, and meaningful connection as you celebrate with community, family, friends, and loved ones.

Let's talk about:

# Colon Cancer Screening



Colon cancer (also called colorectal or bowel cancer) is a common disease that often begins as small growths (polyps) in the colon or rectum. The good news is that regular screening can catch these changes early, when treatment is most effective and outcomes can be positive.

In Ontario, people aged 50–74 at average risk are encouraged to do a fecal immunochemical test (FIT) every two years. This simple, at-home test checks for tiny amounts of blood in the stool and can help detect colorectal cancer before symptoms develop.

Screening is free under OHIP. To get a FIT test, speak with

your doctor or healthcare provider. They can order the test and have it mailed to you. If you don't have a family doctor, you can call Health811 (dial 811) for help getting a test ordered.

To assess your individual risk factor, you can visit [www.mycancerIQ.ca](http://www.mycancerIQ.ca).

For residents of Hamilton and surrounding region, you can visit the Mobile Cancer Screening Coach, which can assist with colorectal, breast, and cervical cancer screening services. You can book an appointment or check the schedule by calling 905-975-4467 or toll-free 1-855-338-3131.

Early detection saves lives! Talk to your provider today!

# March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9 Screen for Life Bus	10	11	12	13
16	17	18	19	20
23 	24	25 	26	27
30	31			

Caring for your Diabetes (in Farsi)   11:00	Sit and Fit *VIRTUAL*   11:00	Welcome Baby- Prenatal Nutrition Program   12:30	Trans Femme Peer Support   6:00
FVRx Pick- up   1:30	Tada   10:00	Rainbow Wellness Circle   2:30	Trans ID Clinic   By appointment
Seniors Kitchen   11:00	The Connection   9:30	Trans & Non-Binary TTRPG   5:30	Trans & Non-Binary Grocery   1:00
Third Youth   12:30	Trackers   2:00	Two Spirit LGBTQIA+ Intergenerational Kitchen   4:00	PFLAG   6:30

Please call 905- 523- 6611 and the associated extension below to register for programs.

**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 and Thursday virtual (for the month of December). 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:**

**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:** Learn about healthy pregnancy, labor & delivery, breastfeeding, and community support. Must join during pregnancy. Call 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. Walk-in's available.

**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**

**Two Spirit LGBTQIA+ Intergenerational Kitchen:** 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 and supportive space for caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids.

**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. Appointment needed.