
— THE — COMPASS CORNER

APRIL 2024



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VOLUNTEER SPOTLIGHT: MEET FRANK

Frank has been a volunteer with Breakfast Club at Compass for 15 years!

Frank chose to volunteer with Compass to meet new people and to be helpful. He enjoys his role with Breakfast Club and finds it remarkable what he has accomplished in that time, and has learned to be a better person through volunteerism.

Thanks for your commitment, Frank!

Do you want to volunteer with a program at Compass? Contact Sarah for more information at sfrench@compassch.org



COMPASSIONATE MOVEMENT -DIABETES PILOT-

WHAT IT IS:

- A COMPASSIONATE MOVEMENT GROUP FOR THOSE WITH DIABETES
- INTERACTIVE DISCUSSION
- GENTLE MOVEMENT
- RELAXATION



LED BY:

- DIABETES NURSE
- DIETICIAN
- PHYSIOTHERAPIST
- STUDENT KINESIOLOGIST



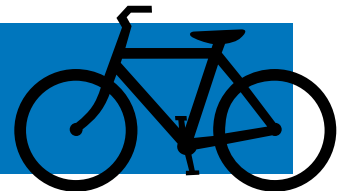
WHEN AND WHERE:

- EVERY MONDAY FROM APRIL 8TH TO 29TH
- TIME: 1PM-2:30PM
- LOCATION: COMMUNITY ROOM/CHILDREN'S ROOM



CALL RAISSA TO REGISTER! 905-523-6611 EXT. 3055

COMPASS BIKE PASS:



Once again, we have teamed up with Hamilton Bike Share and the Everyone Rides initiative to provide clients and community members with free bike passes!

If you need a bicycle for either exercise or transportation, we can provide you with a free annual pass to borrow a "Hamilton Bike Share" bike for 3 hours per day.

Free helmets are also available upon request.

To access a bike pass, please contact Leah at 905-523-6611 x 3006

For more information on the Hamilton Bike Share, please visit: www.hamilton.socialbicycles.com/. For more information on Everyone Rides, please visit: www.everyonerides.org



COMPASS
COMMUNITY HEALTH

PROGRAM HIGHLIGHTS:

INTRO TO FITNESS: FOR NEWCOMERS!



Are you new to Canada within the last 2 years? Join our “Intro to Fitness” Program! This is a physical activity program for newcomers who have been struggling to access fitness or have limited fitness options! The program aims to teach home workouts, introduce community resources, foster social connections, and enhance language skills. Participants will receive refreshments, a booklet of home workouts, and one free workout kit per family, ensuring sustained engagement beyond the program's duration. There are limited spots available!

Weekly sessions take place every Wednesday, starting April 17th. To register, please contact Alishba at 289-683-6065.

























CARING FOR YOUR DIABETES


This month’s “Caring for your Diabetes” workshop series focuses on insulin! If you use insulin, or are new to using insulin, please join us! This workshop provides useful and practical educational information about insulin and using insulin. It is delivered by our diabetes nurse & diabetes program coordinator.

To register for this workshop, or for more information, please call Robin at 905-523-6611 x 3001.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTRE CLOSED- HOLIDAY	2	3 	4 	5 
8 	9 	10 	11  FVRx pick-up 1:30- 3	12 
15  Screen for life bus	16 	17 	18 	19 
22 	23 	24 	25  FVRx pick-up 1:30- 3	26 
29 	30 			Breakfast Club  7:45-9:15  Every school day!

-  Third Youth | 12:30
-  Sit and Fit | 10:45
-  Trackers | 2:00
-  Tada | 10:00
-  Grow Well | 1:30
-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Seniors Kitchen | 11:00
-  Freedom to Be | 9:30
-  Caring for Diabetes: Insulin or New to Insulin | 1:30
-  Intro to Fitness (for newcomers) | 1:30
-  Finding your Balance | 10:00
-  Compassionate Movement- Diabetes | 1:00
-  Partners of Trans & Non-Binary people support | 6:00
-  Trans Femme Peer Support | 6:00
-  Trans & Non-Binary TTRPG | 5:30
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30
-  Mother Tongue | 4:00
-  Trans ID Clinic | 5:00
-  Pflag | 3:00

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

- Breakfast Club:** For children & their families. Eat a nutritious hot breakfast in a supervised space every school day 7:45-9:15am. Call Mariko ext 2084
- Caring for Diabetes:** Educational workshop for those who use insulin or those new to insulin. Contact Robin- ext 3001
- Compassionate Movement- Diabetes:** program focused on self-compassion and diabetes management. Contact Raissa- ext 3055
- Finding your Balance:** Combine education and exercise to help prevent falls, increase mobility & promote independence. Call Rachel 905- 523-1184
- Freedom to Be (Mindfulness):** Are you struggling with stress? Living in the past or worried about the future? Learn to live in the moment during this fun, in-person 7-week mindfulness program. Contact Jillian- ext 3015
- FVRx:** Compass organic food produce box prescription. Contact Leah- ext 3006
- Grow Well:** A gardening program that combines mindfulness with growing practices. Contact Leah- ext 3006
- Introduction to Fitness (for newcomers):** Physical activity program for those who are new to Canada that combines exercise, socialization, resources and more. Contact Alishba 289-683-6065
- Intergenerational Kitchen for Two Spirit LGBTQIA+:** Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients provided. We cook and eat together. Contact Autumn- ext 2022
- Mother Tongue:** A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! This kitchen is open to 2S-LGBTQIA+ folks new to Canada, 2S-LGBTQIA+ BIPOC, and BIPOC allies. Contact Autumn- ext 2022
- Partners for Transgender & Non-Binary Persons Support Group:** Group for partners of Trans and Non-binary folks. Takes place at Stardust Therapeutic Collective. Contact Autumn- ext 2022
- Pflag:** Hamilton peer support meeting: This is a safe space where parents and caregivers of LGBTQIA2S+ and gender-diverse kids can come together to ask questions and support each other. Contact Autumn- ext 2022
- Screen for Life Bus:** To book an appointment, call 905-975-4467 to get screening for breast, cervical, or colon cancer.
- Seniors Kitchen:** Join us on the 3rd Wednesday of every month to cook & share a meal together. Contact Leah- ext 3006
- Sit and Fit:** An exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. In-person Monday and Thursday virtual. Contact Rachel 905- 523-1184
- 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
- Third Youth:** A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria- ext 2017
- Trackers:** A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- ext 2059
- Trans and Non-Binary Grocery Program:** For Trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Contact Autumn- ext 2022
- Trans and Non-Binary TTRPG Group:** Group for Trans and Non-binary folks to play TTRPGs together and explore their identities. Contact Autumn- ext 2002
- Trans-femme Peer Support Group:** Social and peer support group for self-identifying Trans femme folks. Refreshments provided. Contact Autumn- ext 2022
- Trans ID Clinic:** Legal and peer support for those looking to make name and sex designation changes to their ID. Contact Autumn- ext 2022
- Welcome Baby- Prenatal Nutrition Program:** Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Contact Cory- ext 3047



REGISTRATION NOW OPEN FOR SUMMER 2024

GRUB CLUB

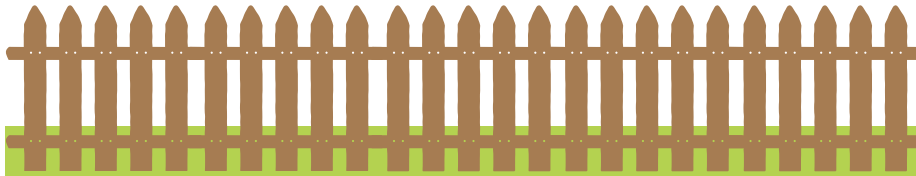
TUESDAYS
5:30 - 7PM

RUNS JUNE 11, 2024 UNTIL
AUGUST 20, 2024
BIRGE PARK SITE
167 BIRGE ST.

WEDNESDAYS
5:30 - 7PM

RUNS MAY 22, 2024 UNTIL
AUGUST 21, 2024
COMPASS MAIN SITE
438 HUGHSON ST. N.

Learn the basics of gardening and nurturing plants, harvesting, and cooking skills. Try new activities, games, and crafts every week!
For ages 6 - 13



For more information contact Health Promotion at
905-523-6611 x 2084 or mbohn-kai@compassch.org



Volunteer with

Pathways to Education

Support High School Students to reach their
academic, social and personal goals!



3 hours each week is all it takes to make a long-lasting, positive difference



Contact Us:
(905) 523-6611 ext. 3063
sfrench@compassch.org



Spring Funnies

What goes up when rain comes down? Umbrellas!

What type of bow can't be tied or untied? A Rainbow.

How did the cake get wet? It got sprinkled.

What do clouds wear during rain showers? Thunderwear.

Why was the broom late? It over-swept.



COMPASS
COMMUNITY HEALTH



Monday, April 22 is Earth Day! This is a great time to take action and demonstrate the ways we can take care of the earth and commit to protecting the environment. Here are a few ideas of how you can show you care on Earth Day and every day!

Participate in a clean up event - Join a community clean up event or clean up around your neighbourhood.

Reduce, Reuse, Recycle- Consider what products you are using and make changes to produce less waste. Use reusable bags and reusable containers when you go out.

Join a Community Garden- Check out some of the resources below to learn how to get involved. To learn more about Compass gardens contact Leah at 905-523-6611 x 3006.

Volunteer with community organizations - Here are a few local organizations and websites to keep connected with:

Green Venture www.greenventure.ca

Environment Hamilton www.environmenthamilton.org

Hamilton Naturalists' Club www.hamiltonnature.org

City of Hamilton www.hamilton.ca/home-neighbourhood/environmental-stewardship

FOLLOW US!

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



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Compass_ch



CompasscommunityH



www.compassch.org



See this
newsletter in
COLOUR!

You can find this newsletter and lots of other great information on our website! Visit us at www.compassch.org!