

Pathways PRESS

February
2023

Upcoming Events

- Dare to Dream Trip...Feb 02
- Baking with Gratitude...Feb 07
- MacPeds Talks...Feb 09
- MacArts...Feb 27

Black History Month

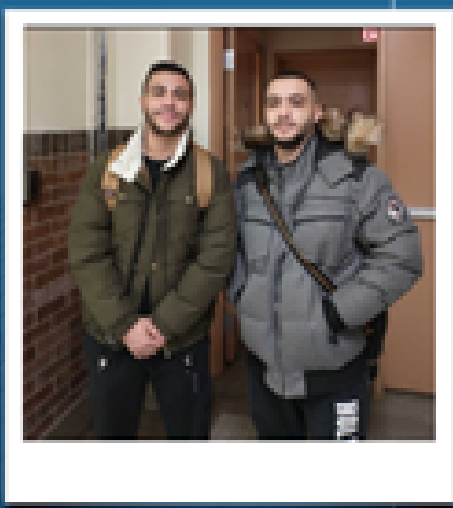
Black History Month celebrates the achievements and contributions of Black individuals and communities. We take time to acknowledge the important role that these contributions played in our society throughout history.

During the month of February Pathways Hamilton will be celebrating Black History Month by sharing historical information and educational resources, and spotlighting Black Canadians on our social media. Follow us there and share in our celebrations!




PATHWAYS ALUMNI UPDATE



Alumni Update

Pathways Alumni Bashar and Ahmad visited the Mission Services site this month. They are both in the Social Service Worker Program at Mohawk College and will be graduating this Spring. They shared memories of Pathways and the experiences they had that led them to want a career Social Services. We are so excited for you Basar and Ahmad - thank you for visiting us and being an inspiration to us all!



BLACK HISTORY MONTH

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Tips for a FAN-CACTUS semester



Don't be afraid to branch out

A new semester is a chance for new beginnings! Don't be afraid to try something new, like a new study strategy.

Wait for your time to bloom

Building new study habits is always challenging. Stick with them and be persistent, and you WILL find success.



Stick with Pathways

Pathways is here to help you get on the right track. Stick with Pathways and we can help you with tutoring, reaching your goals, and finding study strategies that work for you!

Keep yourself sharp

Taking care of your mental and physical health is a great way to kick off a good semester! Make sure you get enough sleep, take time to recharge, and practice good self-care.

Talk to your Pathways Coach for more information on how to make your semester FAN-CACTUS!

HAVE A HEALTHY VALENTINE'S DAY

Being in a relationship is great but it is important to make sure that you are in a healthy one! Here are some important questions to ask yourself about your relationship.

Do you feel safe?

- Do you feel that you are able to come and go easily?
- Do you feel anxious at the thought of spending time with them?

Do you feel heard?

- When you say "No" or "Stop", do they listen?
- Do you feel like you have to hide things from them (friendships, plans, ec.)?

Do you feel listened to?

- Do you have friends/hobbies/interests outside of each other?
- Can you wear what you want, listen to music that you like, be yourself?

Do you feel supported?

- Are your dreams and aspirations encouraged?
- When you set a boundary - do they respect it?
- Are you able to share things you're excited, sad, or happy about?

Remember you and your well-being are important!

When looking at these questions, pause and reflect on your answers and reach out to talk to someone if you have any worries and concerns about how you are being treated. You can also reach out to our Pathways Social Worker Bahiyyih!




@bahiyyih_pathways



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A MCMaster PEDIATRIC RESIDENT TALKS

HEALTHY EATING & EXERCISE

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

FEBRUARY 9: 4:00PM - 5:00PM

MAC ARTS PRESENTS

CREATE YOUR OWN PAINTING




MONDAY, FEB.27
4:00PM-6:00PM
COMPASS








PATHWAYS YOUTH LEADERS



BECOME A PATHWAYS YOUTH LEADER

JOIN US FOR A 4 WEEK TRAINING PROGRAM TO EQUIP YOU TO BE A PATHWAYS YOUTH LEADER

FEBRUARY 9, 16, 23, MARCH 2 • 5:00 - 6:00 • COMPASS CH
SIGN UP WITH YOUR COACH TODAY



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Sugar Cookies

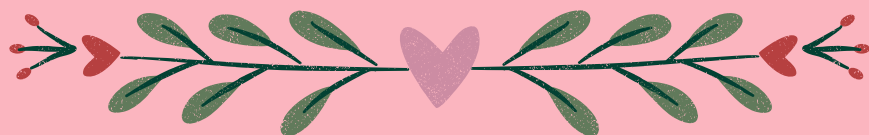
BAKE WITH GRATITUDE

Tues., Feb. 7, 2023
Compass Kitchen
4:00 PM

BAKE. SHARE. EARN.



Pathways
to Education



Valentine Heart Sandwich Cookies

Ingredients

1/2 c butter, softened
1/2c. sugar
1 2/3 c flour
1 egg
1/2 tsp vanilla
1/4 tsp. salt
1/4 tsp. baking powder
3 tbsp. confectioners
sugar
6 tbsp. red jam

Instructions

In a large bowl, beat butter, granulated sugar, and vanilla with a mixer at medium speed (3 to 4 minutes). Add egg, continue beating until combined. In a small bowl, mix flour, salt, and baking powder. With mixer on low speed, gradually add flour mixture to butter mixture, beating until combined. Ball up dough and wrap in plastic wrap. Refrigerate until firm, about 1 hour. Preheat oven to 350°. Line baking sheets with parchment paper. Let dough stand at room temperature until slightly softened, about 5 minutes. On a floured surface, roll dough to 1/8-inch thickness. Using a 3-inch heart-shaped cutter dipped in flour, cut dough. Using a spatula, place cookies 1 inch apart on prepared pans. Using a 1 1/2-inch heart-shaped cutter dipped in flour, cut centers from half of cookies. Bake until edges are lightly browned, about 10 minutes. Let cool on pans for 3 minutes. Remove from pans, and let cool completely on wire racks. Sift cookies with cutouts with confectioners' sugar. Spread about 1 teaspoon jam on flat side of all solid cookies. Place cookies with cutouts, flat side down, on top of filling. Press lightly to seal. Refrigerate for 30 minutes before serving.



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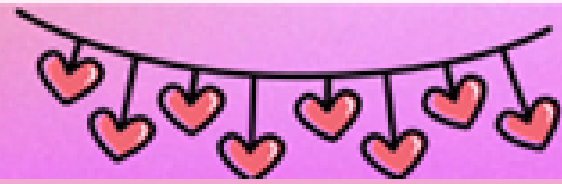
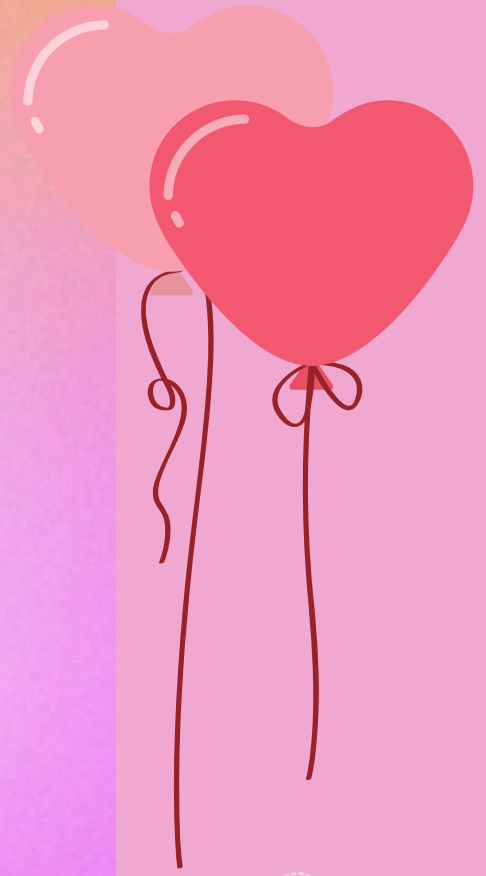


Valentine's Day Wordsearch



**Heart, Love, Care, Friendship, Gift,
Valentine, Candy, February, Card**

E	R	A	C	O	P	L	O	R	E
K	R	G	C	G	K	I	N	N	O
F	R	I	E	N	D	S	H	I	P
T	U	F	N	B	O	J	B	C	O
F	Y	F	N	A	C	V	E	A	N
I	V	A	L	E	N	T	I	N	E
G	E	A	N	Y	A	N	B	D	U
C	F	E	B	R	U	A	R	Y	T
C	A	R	D	A	B	E	B	V	A
E	V	O	L	O	H	E	A	R	T



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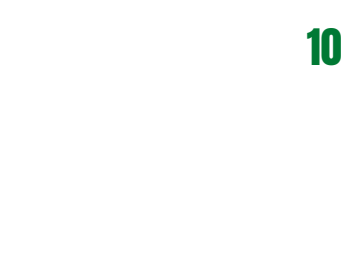
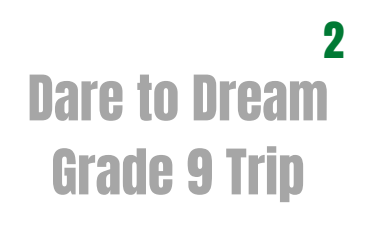
Monday

Tuesday

Wednesday

Thursday

Friday



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