

PATHWAYS PRESS

Stay Connected With Us

SPRING BREAK ACTIVITIES

<p>Monday April 12th</p> <p>Gratitude Baking 3pm</p>  <p>Flyer with Pathways 1pm at Compass</p>	<p>Tuesday April 13th</p> <p>Walk, Talk, and Kindness Rocks 1 pm</p>  <p>Flyer with Pathways 1pm at Compass</p>	<p>Wednesday April 14th</p> <p><i>Do something that makes you smile!</i></p>  <p>Flyer with Pathways 1pm at Eva Rothwell</p>	<p>Thursday April 15th</p> <p>Teen Movie Bracket Final Day to vote! @pathways_hamilton</p>  <p>Flyer with Pathways 1pm at Mission Services</p>	<p>Friday April 16th</p> <p>DO SOMETHING NICE FOR SOMEONE</p>  <p>Flyer with Pathways 1pm at Mission Services</p>
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NOW AVAILABLE ONLINE!

Talk to your Coach about how to re-register from the comfort of your own home!



COMPASS
COMMUNITY HEALTH

(905) 523-6719

Pathways
to Education

PATHWAYS@COMPASSCH.ORG

REGISTER NOW
for the
2021/2022 SCHOOL YEAR

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Join us on Instagram for our

Teen Movie Bracket

We are on a mission to find the BEST Teen Movie to watch during Spring Break, but we want your input!

Follow our Instagram Stories during
April 5th - 9th
and vote on which movies you think are the best!

We will reveal the final two on April 12th, and voting will happen throughout Spring Break!

Follow us on Social Media!



@pathways_hamilton



Pathways to
Education - Hamilton

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to Education



COMPASS
COMMUNITY HEALTH

Gratitude Baking
Bake. Share. Earn
Gourmet Popcorn
Monday April 12th 2021
3pm
on Zoom
*INGREDIENTS INCLUDED

COMPASS COMMUNITY HEALTH Pathways to Education

What goes better with movies than popcorn! Join us on **April 12th** and make some delicious popcorn that you can share with someone as you watch the BEST Teen Movies!

Talk to your Coach if you would like to sign-up! Ingredients provided and you will earn volunteer hours

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Get Involved With Pathways

During the pandemic, Pathways Hamilton has continued to offer ways for students to connect with each other and participate in their Pathways community. Staying connected with your Pathways community can help you to socialize, and feel less alone. A few ways Pathways has continued to build community during the pandemic have been:

Pathways Student Advisors worked with Pathways Canada and Pathways Hamilton staff to provide feedback and to test a new online platform for Pathways sites across the country.

"This job taught me many things as a student and as an employee. When I first got the job, I was nervous and didn't know what to expect since it was my first job. However, I became more and more open as I started to cooperate with students like me and with Coaches. One of the things I enjoyed doing was creating a game and it turned out to be a successful project. This job helped me to be more open and ask questions without any hesitations." - Pathways Student Advisor

YARC (Youth Anti Racism Committee) recently launched and members are learning and working together to create social media posts.

"Being able to discuss difficult conversations in a safe space has helped me learn about relevant issues and share my experiences involving racism and other forms of discrimination" – Pathways Hamilton Program Participant

PYL (Pathways Youth Leaders) have begun to work on projects that support three main goals; Recreation, Volunteering, and Community Building through Social Media. Keep an eye out to join in the fun.

"When I first started out at Pathways Hamilton in January, I honestly didn't know what to expect. During my first meeting with my coach, he suggested I sign up for the Pathways Youth Leaders program, a four-week program of seminars aimed at helping others improve their leadership skills. I told him I'd think about it."

I always thought I was a little too quiet, too reserved. I made a promise to myself a couple years ago that I'd try to push myself to do better, be more open, be more social, and decided that this program would be the perfect opportunity to do so. I was still worried, however, mostly because I thought I had no leadership skills, or qualifications to be a leader. After some reassurance from my coach, I officially signed up for the program. Let me tell you, looking back, I don't regret a single thing. The seminars provided some very useful tips and I feel I benefited greatly from attending all four seminars. Now, I'm a Pathways Youth Leader, working on many wonderful projects such as virtual escape rooms, writing letters to isolated seniors, mental health resources for youth, and so much more for the community coming soon. Although I'm still improving, still growing, I feel that this program has allowed me to be so much more confident, and comfortable in saying what I want to say without having to worry about judgement from others. I feel so much better knowing that the positive contributions I make to my community really do help so many. I never imagined I'd be here, being a Youth Leader and helping the community, but let me tell you, I wouldn't have it any other way which is why I implore you to participate, encourage you all to participate in the upcoming programs we're currently planning. Who knows? You may just find yourself enjoying it a lot more than you think." -Pathways Youth Leader

If you are a Pathways Hamilton Participant keep an eye out for ways that you can get involved and check in with your Coach. We have some fun activities in the works and if community service hours are needed there are plenty of ways you can get involved and give back to your community too!

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**NEED VOLUNTEER HOURS?
FLYER WITH PATHWAYS**

Hand out flyers in your community with Pathways Hamilton staff!
Connect with your Coach to sign up!

Monday, April 12 from 1pm-5pm
Location: Compass Community Health

Tuesday, April 13 from 1pm-5pm
Location: Compass Community Health

Wednesday, April 14, from 1pm-5pm
Location: Eva Rothwell

Thursday, April 15, from 1pm-5pm
Location: Mission Services

Friday, April 16 from 1pm-5pm
Location: Mission Services

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COMMUNITY HEALTH


Pathways
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Presented by Pathways Youth Anti-Racism Committee

Rivers of Hope

Challenging racism and Islamophobia with the arts

Use art to unpack racism and Islamophobia
April 19, 29 & May 5 at 3:30 pm
For more information talk to your Coach

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Pathways
to Education

WALK, TALK AND KINDNESS ROCKS

Join Pathways Wellness for a nature walk and craft.

Earn 2 volunteer hours!

April 13 at 1 pm (spring break)
Meet at Compass
Contact your Coach to sign up

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Temporary Supports Program

As with many aspects of life, Pathways to Education has experienced changes and limitations due to the COVID-19 Pandemic. One of the things that has changed is the way that we deliver transportation and food support to Pathways participants. Starting in January 2021 we began our Temporary Supports Program to provide COVID-19 relief in the form of bus tickets or grocery cards for students whose families have been impacted by the global pandemic and who require supplemental support as they work towards their academic success. As we enter a third wave of infections with continued restrictions, we understand that families are still being impacted by the COVID-19 Pandemic.

If COVID-19 has impacted your life in such a way that your child would benefit from taking part in our Temporary Supports Program, they would be eligible to receive either bus tickets to travel to and from school or a monthly \$50 grocery card. In order to take part in this Temporary Support Program, please reach out to your Pathways Coach to request that your child become a recipient.

The Temporary Supports Program has been created for students who, because of COVID-19, require the support. It is based on limited funding and can only be provided until funds are no longer available.

I NEED
MATH HELP!



We can help at
Pathways
Tutoring!



GET THE SUPPORT YOU NEED



Monday
through
Thursday



3:00pm
to
7:00pm



Booked
1-on-1
Sessions



Drop-In
Support
Available

Pathways tutoring is a great way to get extra support with any of your school work!

However, it can be hard to access the tutoring support you need though if you don't have the technology you need!.

If you are unable to access Pathways tutoring on Zoom because of the technology that you have, let your Pathways Coach know. We want Pathways tutoring to be accessible for all of our program participants!

National Volunteer Week

April 18th - 24th

A special thank you to our wonderful volunteers
who make our programming possible!

PATHWAYS PRESS

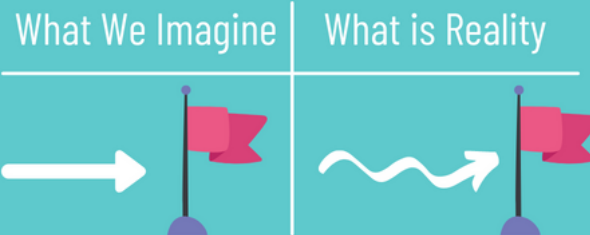
Stay Connected With Us

Uncertain Future

brought to you by our volunteers from CAPE at McMaster



"EVERYONE AROUND ME SEEMS TO KNOW WHAT CAREER THEY WANT, BUT I FEEL SO LOST"



I DON'T KNOW

I thought that once I finished high school, I would know what career I wanted, but I didn't. I thought that once I approach the end of university, I would know what career I wanted, but **I still don't know.**



BUT IT IS OKAY!

It is okay to be uncertain or confused about your future. **We are all in the same boat.** Even if you do know what you plan to do, you may change your mind, and that is also okay. **Many people are just as uncertain as you may be.** Look at the statistics on the next page for proof!

On average, people change their careers:



3-7 TIMES



On average, people change their jobs:



11.7 TIMES



YOU ARE AHEAD OF THE GAME!

You should be proud that you are already thinking about your future. As you get more experience, you will begin to have a better idea of your likes and dislikes. **You are only at the beginning of your journey.**



A CHALLENGE FOR YOU: EXPLORE!

Right now, we challenge you to explore your interests. Remember to not feel pressured or influenced by others. **Spend time on what makes you happy!**

CHECK OUT CAPE ON:



@mcmaster_cape



McMaster CAPE



mcmastercape.com

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April 2021 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Pathways Online Programming Monday - Thursday 3pm - 7pm			1	Holiday 2 Pathways Coaches Unavailable
Holiday 5 Pathways Tutoring & Pathways Coaches Unavailable	6	7	8	9
Teen Movie Bracket on Instagram Stories				
Flyer with Pathways 12 1pm at Compass Gratitude Baking 3pm on Zoom	Flyer with Pathways 13 1pm at Compass Walk, Talk, and Kindness Rocks 1 pm at Compass	14 Flyer with Pathways 1pm at Eva Rothwell	Flyer with Pathways 15 1pm at Mission Services Teen Movie Bracket Final voting day @pathways_hamilton	16 Flyer with Pathways 1pm at Mission Services
Challenging Racism and Islamophobia 19 with the arts 3:30pm on Zoom	20	21	22	23
National Volunteer Appreciation Week!				
26 Challenging Racism and Islamophobia with the arts 3:30pm on Zoom	27	28	29	30

** Please be advised that the events on this calendar will use **DIFFERENT** Zoom links than Pathways Tutoring **