

PATHWAYS PRESS

Stay Connected With Us

**Are you heading to College or University
in September 2021?**

**Do you need assistance to apply for OSAP
and/or your Pathways Scholarship?**

Pathways Hamilton Has What You Need!

Throughout the month of May & June 2021 on every Monday and Thursday beginning Thursday, May 6th we are offering support to graduates heading to post-secondary to apply for OSAP and to apply for their Pathways Scholarship. These sessions will be held on Zoom from 4:00pm to 6:00pm. Students are to connect with their Pathways Coach to get the Zoom link.

Students must visit the OSAP website prior to joining the session to ensure they are attending with all the proper documentation required to apply.



REGISTER NOW

for the

2021/2022 SCHOOL YEAR

**NOW AVAILABLE
ONLINE!**

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

NEED VOLUNTEER HOURS??

Pathways can help!

It's getting close to the end of the year and many students are looking for ways to earn volunteer hours. From event planning, letter writing and participating on Pathways committees - we have all kinds of ways for you to earn your hours! Keep an eye on our Facebook and Instagram page because we often post new volunteer opportunities on our social media. You can also contact your coach for more information about available opportunities. We look forward to hearing from you!

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Ontario COVID-19 Child Benefit

Benefit

The Ontario COVID-19 Child Benefit provides financial support to families with young learners to help with additional costs during the COVID-19 pandemic.

Starting on April 26, the Provincial Government will begin issuing payments of:

- \$400 for each child or youth up to Grade 12
- \$500 for each child or youth up to age 21 with special needs

If you received a payment through the Support for Learners program, you do not need to apply for this additional payment.

If you missed applying for the Support for Learners program, you will have the opportunity to apply. Applications will open from May 3, 2021 to May 17, 2021.

This new round of payment through the Ontario COVID-19 Child Benefit is in addition to payments provided by Support for Families and the Support for Learners programs.



Pathways
to Education

Pathways Tutoring

I NEED
MATH HELP!



We can help at
Pathways
Tutoring!



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 if you don't have the right technology.

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!

Follow us on Social Media!



@pathways_hamilton



Pathways to
Education - Hamilton



COMPASS
COMMUNITY HEALTH

PATHWAYS PRESS

Stay Connected With Us

Are you in High School or going to High School next year!

Join Pathways to Education for **FREE** and you receive:

- Coaching and Mentorship
- Post-Secondary Scholarship
- Career Planning
- After School Tutoring
- Skills Workshops
- Volunteer Opportunities

Are You Eligible?

Participants must reside in the Pathways Community

East of Queen West of Sherman

North of Barton - between Queen and Sherman

North of Main - between Wellington and Sherman

Are you inside the line?
Pathways to Education
is available to you for **FREE**



Register Now
 Contact us at
 905-523-6719 or pathways@compassch.org
 or Pre-Register Online
www.surveymonkey.com/r/PathwaysPreRegistrations



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Rivers of Hope Workshop

The Pathways Youth Anti-Racism Committee invited Rivers of Hope a community organization in the Greater Toronto and Hamilton area, to run a workshop on **"Building Belonging with the Arts"**

This workshop used contemporary visual arts to unpack different forms of prejudice and hate, including anti-Black racism, anti-Indigeneity, Islamophobia, anti-Asian racism, antisemitism, and more. Students looked at how discrimination marks groups of people as the "Other" and targets them, and talked about strategies to stand up to discrimination. Youth were also invited to begin creating art pieces to help envision and build communities and classrooms where *everyone* belongs.

For more information on Rivers of Hope, visit their website below, and stay tuned on our social media to see some of the art created from this workshop.



<https://www.riversofhopeproject.com/>

Pathways
to Education

OSAP and Pathways Scholarship

Support Sessions

Every Monday and Thursday
Starting May 6-June 28
@ 4:00pm via Zoom

*ask your coach for details

Pathways to Education COMPASS COMMUNITY HEALTH



Pathways Graduation

It is hard to believe that there is only 2 months left of school!! This means that it is almost time to celebrate all of our graduating Pathways students.



June 29th 2021



This years graduation will happen online on Zoom. Stay tuned for more information!

COMPASS
COMMUNITY HEALTH

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Stay Connected With Us

Improving Mental Health

brought to you by our volunteers from CAPE at McMaster



"I KNOW IT'S IMPORTANT TO MAINTAIN GOOD MENTAL HEALTH, BUT HOW DO I DO THAT?"



FACTORS INFLUENCING MENTAL HEALTH

From biological determinants to social environment, there are lots of factors that influence mental health. Some factors like our social life are often easier to act upon, so it's important to distinguish the ones you can impact from those that are out of your control - it's different for everyone!



PRACTICING GOOD LIFESTYLE HABITS

Eating well, being physically active and getting a good amount of sleep not only help with physical well-being, but they play an important role in maintaining good mental health as well.



A GOOD SOCIAL CIRCLE

It's crucial to maintain positive relationships with those around you - your family, friends, etc. Developing such a strong and reliable social support system can help during situations that you might find difficult to handle on your own - they're there for you and you're there for them.



ASKING FOR HELP

Everyone has ups and downs in their everyday lives, but when your mental health begins to get in the way of your work, relationships or daily life, don't be afraid to reach out. Try searching for local resources and hotlines or consulting a healthcare professional.



RESOURCES

You can always talk to your Pathway's coach about resources or call the Kids Help Phone: 1-800-668-6868

CHECK OUT CAPE ON:



@mcmaster_cape



McMaster CAPE



mcmastercape.com



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May 2021 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 OSAP and Pathways Scholarship workshop 4pm	7
10 OSAP and Pathways Scholarship workshop 4pm	11	12	13 OSAP and Pathways Scholarship workshop 4pm	14
17 OSAP and Pathways Scholarship workshop 4pm	18	19	20 OSAP and Pathways Scholarship workshop 4pm	21
Holiday 24 Coaches and Tutoring will be unavailable	25	26	OSAP and 27 Pathways Scholarship workshop - 4pm MACPeds Volunteer Opportunity	28
31 OSAP and Pathways Scholarship workshop 4pm	Pathways Online Programming Monday - Thursday 3pm - 7pm			

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