

# Pathways PRESS

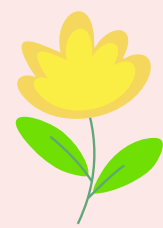
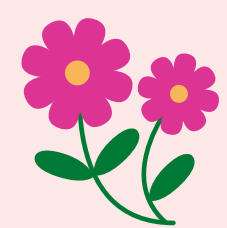
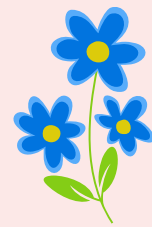
April  
2023

## Upcoming Events

- Baking with Gratitude .....April 4th
- Tasty Thursday @Compass .....April 6th & 20th
- Food Literacy with YouThrive .....April 11th
- Mac Art Trip .....April 13th
- Theatre Aquarius Trip .....April 18th
- Mac Peds Volunteer Opportunity .....April 24th
- Team Up to Clean Up .....April 26th & 27th
- Earth Month BINGO .....All Month Long

## Celebrations this Month!

Whatever you are celebrating this month, Pathways Hamilton wishes you a celebration full of love, happiness and joy!



BAKE WITH GRATITUDE

# MINI SNACK CAKES

Bake. Earn. Share.

**Tuesday, April 4, 2023**

Compass Kitchen  
4:00pm - 7:00pm





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## HAPPY EARTH MONTH!

Earth Month honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

We only have one planet, and we have not always treated it well. To celebrate Earth Month we focus on ways that we can show love to the planet, and help prolong it.



Join Pathways Hamilton in celebrating Earth Month by completing our Earth Month Bingo

Fill out your Bingo card and send it to your Coach for your chance to win a Pathways Earth Month Prize!

You can also follow us on Social Media where we will be posting sustainability and environmentally friendly tips all month long!

## EARTH MONTH BINGO

### Earth Month

B I N G O

Attend Pathways Team Up to Clean Up	Turn off the tap while you brush your teeth	Follow an Environmental Activist like @autumn.peltier	Use a reusable water bottle instead of drinking bottled drinks	Compost your food waste (Hamilton has a great compost program!)
Thrift your next clothing purchase	Shorten your showers	Bike or Walk to School	Join your school's eco-club (or start one if they don't have one)	Turn off your lights on Earth Day (April 22nd)
Use a reusable bag the next time you shop	Watch a documentary like <i>David Attenborough: A Life On Our Planet</i> (Netflix)	Put a plant in your house	Make yourself a meatless meal	Stay informed and listen to the news
Don't Litter!	Turn off your electronics when you aren't using them	Wash your cloths in cold water	Sign up to volunteer with Environment Hamilton (on their website)	Turn off the lights when you leave a room

Each line you complete earns you **1** entry

Complete the whole card and earn **10** entries



# Pathways PRESS

April 2023

**Conversation Corner**  
 in collaboration with **YouThrive**

A program for English Language Learners

Tuesday, APRIL 11th from 4-6pm  
 COMPASS Community Health

Contact your coach to join!



**COMPASS Pathways**  
 COMMUNITY HEALTH to Education

**Tasty Thursday**  
 April 6th and 20th

Join us in the kitchen at 3:45 to cook for volunteer hours or come and eat at 5:30!

Talk to your coach to sign-up!



**Pathways to Education** **COMPASS COMMUNITY HEALTH**

**McMaster Trip to the Art Museum**

**THURSDAY, APRIL 13, 2023**

4:15pm pick-ups from Mission Services and Compass

Tour Art Exhibits, sketch your own art, and eat together!

Sign up with your coach!



**COMPASS COMMUNITY HEALTH** **Pathways to Education** **McMaster University**

## Need Volunteer Hours?

Join your friends and Coaches at Pathways to clean up the neighbourhood and earn community service hours for graduation



**TEAM UP CLEAN UP**

Wednesday, April 26	Thursday, April 27
4:00 PM	4:00 PM
Mission Services (196 Wentworth St N)	Compass CH (438 Hughson St N)

\*Please sign up with your coach

**Pathways to Education** **COMPASS COMMUNITY HEALTH**

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## Try this Meatless Monday Recipe!

### English Muffin Mini-Pizzas



#### Ingredients

- English Muffins
- Tomato Sauce
- Your favourite Veggie toppings (onions, mushrooms, spinach, tomatoes, artichokes, pineapples etc.)
- Cheese of your choice

#### Instructions

1. Cut the English muffins in half and toast them in a toaster oven until crispy. Don't skip this part or the finished product will be soggy.
2. Once the muffin halves are toasted well, spoon tomato sauce over each one.
3. Top each half with preferred veggie toppings.
4. If using cheese, add it last.
5. Bake in the oven at 400°F for approximately 10 minutes. Serve warm and enjoy!

*enjoy!*

Adapted from:

<https://eatplant-based.com/english-muffin-veggie-pizzas/#how-to-make-english-muffin-pizzas>



A MCMASTER PEDIATRIC RESIDENT TALKS

**TBA**

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

**APRIL 24: 4:00PM - 5:00PM**

Pathways to Education | COMPASS COMMUNITY HEALTH | MacPeds Training the next generation of pediatricians

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April  
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Monday

Tuesday

Wednesday

Thursday

Friday

3	4 <b>Baking with Gratitude</b>	5	6 <b>Tasty Thursday @Compass</b>	7 <b>Holiday Pathways Programming CLOSED</b>
10 <b>Holiday Pathways Programming CLOSED</b>	11 <b>Food Literacy with YouThrive</b>	12	13 <b>Mac Art Trip</b> 	14
17	18  <b>Theatre Aquarius Trip</b>	19	20 <b>Tasty Thursday @Compass</b>	21
<b>HAPPY NATIONAL VOLUNTEER WEEK - THANK YOU VOLUNTEERS !!</b>				
24 <b>Mac Peds Volunteer Opportunity</b>	25	26 <b>Team Up to Clean Up @Missions</b>	27 <b>Team Up to Clean Up @Compass</b>	28



**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