

# Pathways PRESS

December 2023

## Upcoming Events

- Post-Secondary Application sessions (no session Dec 30).. Thursdays
- Mac Arts at Compass..... Dec 4th
- Mac Arts at Mission Services.... Dec 11th
- MacPeds on Zoom..... Dec 18th
- Gratitude Holiday Dinner volunteer opportunity.....Dec 19, 20



Pathways is **CLOSED**

Monday December 25th 2023 - Friday January 5th 2024

We hope you have a safe and happy winter break!

Pathways After School Programming will not be available during this time. We will be back on Monday January 8th. See you then!



### MAC ARTS WORKSHOP

COMPASS & MISSION SERVICES HAMILTON SITE

SIGN UP WITH YOUR PATHWAYS COACH

MONDAY, DECEMBER 4 @ COMPASS 4:00PM-6:00PM  
 MONDAY, DECEMBER 11 @ MISSION 4:30PM-6:30PM

CANVAS PAINTING INSTRUCTION & ART CREATION SESSION




## GRATITUDE HOLIDAY DINNER

COOK FOR OUR SENIOR COMMUNITY  
EARN VOLUNTEER HOURS

December 19 and 20  
4pm-8pm  
Compass Kitchen



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## Light up Your Winter Break!

**Make a sweet treat**

**Visit Art Gallery of Hamilton**

**Go outside**  
**Skate at Bayfront**

**Read a book**

**Get creative**



### COZY HOT CHOCOLATE RECIPE

*Warm up this winter with a sweet treat!*

#### INGREDIENTS

- 2 tablespoons of hot chocolate mix or cocoa powder
- 1 cup of water
- Whipped cream
- Marshmallows
- Spices: cinnamon, nutmeg, clove

#### DIRECTIONS

- Add the chocolate mix to a mug. Bring the water to a boil, pour over the mix and stir.
- Top with whipped cream, marshmallows and a pinch of each spice!



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## Program Highlight: Conversation Corner

The Conversation Corner centers community and relationship building. Students are introduced to various community organizations. The program responds to students' multiple intelligence's, day-to-day needs, and broader aspirations.

The program covers a wide range of topics, such as media analysis, storytelling and orature, art in daily life, newcomer mental health, financial literacy, building ethical relationships with indigenous peoples, and migration and belonging navigating the Canadian system and more.

Stay tuned for details about our upcoming sessions.



## Post-Secondary Application Sessions



Thursdays 4pm-6pm  
Beginning Nov. 16th  
On Zoom



Contact your Pathways Coach to Sign Up!



A MCMaster PEDIATRIC RESIDENT TALKS

## TOPIC TO BE DETERMINED

JOIN THE TALK ONLINE  
LEARN FROM A DOCTOR  
EARN VOLUNTEER HOURS

**DECEMBER 18: 4:00PM - 5:00PM**

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

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## BEATING THE *Winter*

## BLUES



### FINDING IT REALLY HARD TO STAY AWAY FROM YOUR BED DURING THE DAY?

Spend time in other rooms that you can or if you have a window, keep the curtains open so sunlight can stream in!

### FINDING YOUR DAYS BLENDING TOGETHER AND YOU OFTEN END UP JUST STAYING YOUR PJS?

Try a morning routine - make your bed, wash your face, brush your teeth, grab something to eat and switch out of your sleeping clothes even if it's into something comfy - changing it up can make a difference!

### WANTING TO GET INTO EXERCISING BUT STRUGGLING TO FIND MOTIVATION?

Push yourself to leave your house for a walk around the block - even if it's cold. Bring your headphones just in case you get inspired to stay outside and want to take a longer stroll!

THE INFORMATION PROVIDED HAS BEEN COLLECTED FROM VARIOUS SOURCES

### HERE IS WHAT SOME OF THE PATHWAYS STAFF LIKE TO DO TO BEAT THE WINTER BLUES. TRY SOME OUT FOR YOURSELF!

Reading a good book and daydreaming about the summer -  
Dena

Dancing to my favourite tunes  
- Jasmine

Yoga  
- Kamellia

Dog walks along the beach strip. The key is to go regardless of weather! The landscape changes almost daily! And heart palpitations you get from coyote scares. True story! - Sherri

Art projects! Its so nice to have something fun to work towards! -  
Raelyn

Hot cup of tea and reading a good book - Diana

### TO LEARN MORE, FOLLOW OUR PATHWAYS TO EDUCATION SOCIAL WORKER BAHIIYIH!



@bahiiyih\_pathways

If you are having any trouble beating the winter blues, you can reach out to Bahiiyih for some extra support!

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December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

4  
Mac Arts  
@ Compass 4 pm

5

6

7  
Post-Secondary  
Application Sessions  
on Zoom  
4pm-6pm

8

11  
Mac Arts @  
Missions 4:30 pm

12

13

14  
Post-Secondary  
Application Sessions  
on Zoom  
4pm-6pm

15

18  
MacPeds  
on Zoom 4 pm

19  
Gratitude  
Holiday Dinner  
4-8pm  
@ Compass

20  
Gratitude  
Holiday Dinner  
4-8pm  
@ Compass

21  
Post-Secondary  
Application Sessions  
on Zoom  
4pm-6pm

22

25

26

27

28

29

Winter Break - Pathways will be CLOSED until January 8th!



### After School Programming

Monday and Wednesday at **Mission Services**  
Tuesday and Thursday at **Compass Community Health**  
4pm - 7pm

### ONLINE Tutoring

Tuesday & Thursday  
on Zoom  
4pm - 7pm