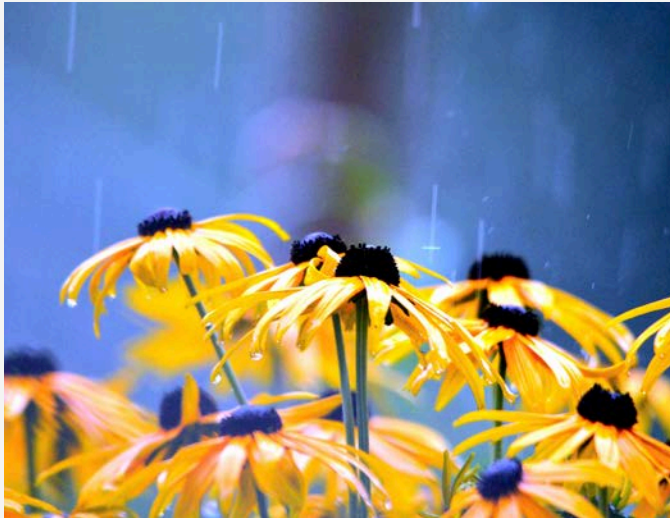


—THE— COMPASS CORNER



IN THIS EDITION:

- VOLUNTEER OF THE MONTH
- GRUB CLUB RETURNS!
REGISTRATION INFORMATION
- FREE BIKE PASS
- COMMUNITY GARDEN PLOTS
- FREE NALAXONE KITS AVAILABLE
WITHIN COMPASS UPON
REQUEST
- NATIONAL VOLUNTEER WEEK
- MONTHLY CALENDAR
- HEALTHY HABITS: EARTH DAY!



Volunteer of the month- Meet Verity

Verity has been volunteering for our Pathways to Education program since September 2024, and shares what an amazing program it is! Her favourite part of volunteering is “hearing what the students have done within the week between our hours together. It is always fascinating to hear situations and topics from their perspective. Also helping with their schoolwork to ensure they are meeting their personal academic goals!” Verity adds that the staff and students are all very welcoming, amazing to be around, and encourages volunteerism within the Pathways Program.



Thank you for your commitment, Verity! If you would like to volunteer for a program at Compass, please contact Mariko to inquire about available positions 905-523-6611 x 2084 or visit www.compassch.org/get-involved/volunteer



Program Highlights: Grub Club



Grub Club returns for the summer of 2025!

Have a child between the ages of 6-12? By joining Grub Club, they have the opportunity to:

- Learn about gardening and how to grow their own food
- Try new vegetables and other produce they helped grow
- Cook new recipes each week in our community kitchen
- Meet other kids and engage in fun outdoor play
- Complete art projects and crafts
- & much more fun!

Grub Club is a free program and runs at Compass Community Health from May 21st until August 27th every Wednesday from 5:30-7:00pm.

This is a registered program and spots are limited. The last day for registration will be May 7th. For more information or to register, please contact Mariko at 905-523-6611 x 2084 or email at mbown-kai@compassch.org.



Free Compass Bicycle Pass:

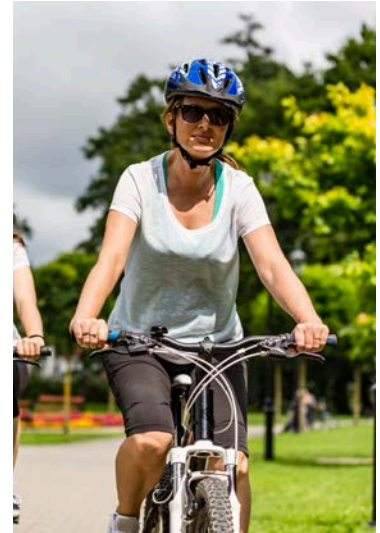
We are proud to bring back the Compass Bike Pass in partnership with the Everyone Rides Initiative!

Do you need a bicycle for either exercise or transportation?

We can provide you with a free annual pass to borrow a “Hamilton Bike Share” bike for up to 3 hours per day. Free helmets are also available upon request! Thanks to our amazing partnership with the Everyone Rides initiative!

To get a bike pass, please contact Leah at 905-523-6611 x 3006 or email ljanzen@compassch.org

For more information on the Hamilton Bike Share, please visit: www.hamilton.socialbicycles.com/. For more information on Everyone Rides, please visit: www.everyonerides.org



Community Garden Plots Available:

Grow With Us at Birge Community Garden!

Looking to grow your own fresh veggies or flowers this year? Our Birge Community Garden has plots available for rent! For just \$20 (sliding scale available), you'll have access to your plot from April through October. Whether you're a seasoned gardener or just starting out, this is a great opportunity to connect with nature and our community.

Contact Leah for more information:

✉ ljanzen@compassch.org

☎ 905-523-6611 ext. 3006

Secure your plot today and start digging in!



Free Naloxone kits are available inside of Compass! Please ask reception for more details on how to get one.



National Volunteer Week:



We recognize and acknowledge our wonderful volunteers at Compass! National Volunteer Week is a chance to highlight the value of volunteers and their positive impact on society. National Volunteer Week is April 27- May 3, and this year's theme set by Volunteer Canada is "Together, we create ripples of change". This theme highlights the power, impact and importance of individual and collective volunteer efforts across Canada. Like a wave, volunteering is movement building. Water is in constant motion, always flowing, shifting, and transforming with every powerful wave or quiet ripple. And so is each volunteer's contribution toward creating impact in our communities. Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire,

joining a wave of positive change! Our actions ripple out to broader community benefits, like improved well-being, increased social cohesion, and enhanced resilience in the face of change and uncertainty.

During National Volunteer Week 2025, we come together to recognize and celebrate all the ways volunteers make waves. Together we create ripples of change. And through the power of our amplified impact, Volunteers Make Waves.





























The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities. By coming together, committing support, and increasing our collective efforts and impact, volunteers contribute exponentially to the quality of life we all strive for.















We are celebrating our volunteers at our annual Volunteer Appreciation Event on May 2nd. If you're a volunteer with one of our programs, don't forget to RSVP to Mariko at volunteers@compassch.org

Want to start volunteering with us? Inquire about available positions by visiting: www.compassch.org/get-involved/volunteer





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Club  8:00-9:15  Every school day!	1	2	3  	4 
 7	8	9	10   	11 
  14	 15	  16	17   	18 Centre Closed
21 Centre Closed	 22	23	24    	25  
   28	29	30		

-  Third Youth | 12:30
-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Pflag | 6:30
-  Trans Femme Peer Support | 6:00
-  Sit and Fit (virtual) | 11:00
-  Seniors Kitchen | 11:00
-  Trans ID Clinic | 5:15
-  Trans & Non-Binary TTRPG | 5:30
-  Tada | 10:00
-  Diabetes- Food & Movement Matter | 1:30
-  Trans & Non-Binary Grocery Program | 1:00
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm
-  FVRx Pick-up | 1:30
-  Mother Tongue | 3:00

To Register for programs call 905-523-6611 and the associated extension listed below:

Physical Activity:
Sit and Fit: A virtual exercise program for anyone 55+ interested in improving balance, posture, and strength in a fun and supportive environment. Monday and Thursday virtual. Call 905- 523-1184 to register.

Food Programs:
Breakfast Club: For children & their families. Eat a free nutritious hot breakfast every school day 8:00-9:15am. Contact Mariko ext 2084
Community Fridge: Hours of operation: Mon- Fri 8:00am-4:00pm. Located by Hughson St N, outside of Compass.
FVRx: Compass organic food produce box prescription. Contact Leah- ext 3006
Seniors Kitchen: Join us on the 3rd Wednesday of every month to cook, socialize, & share a meal together. Contact Leah- ext 3006

Art & Social:
TADA: Weekly art group open to anyone interested in having fun and learning from, or teaching others, a new art or craft. Contact Sib- ext 2014
Third Youth: A health education program for Latin American seniors geared to prevent isolation, anxiety and depression. Contact Maria- ext 2017

Health & Education:
Welcome Baby: Prenatal Nutrition Program: Learn about healthy pregnancy, labor and delivery, breastfeeding, and community support. Must join during pregnancy. Contact Cory- ext 3047
Screen for Life Bus: To book an appointment (8am-4pm), call 905-975-4467 to get screening for breast, cervical, or colon cancer.
Diabetes- Food & Movement Matter: Informational session for those with diabetes & prediabetes. Contact Jen- ext 3019

Two-Spirit LGBTQIA+ Programs: CONTACT AUTUMN TO REGISTER x 2022
Intergenerational Kitchen for Two Spirit LGBTQIA+: Cooking group for Two Spirit and LGBTQIA+ folks. Ingredients are provided by Compass. We cook and eat together.
Mother Tongue: A cooking session for newcomers to connect with each other and their community. Guest attendees welcome to sign up! This kitchen is open to 2S-LGBTQIA+ folks new to Canada, 2S-LGBTQIA+ BIPOC, and BIPOC allies.
Pflag: Hamilton peer support meeting: A safe space where parents and caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids can come together to ask questions and support each other.
Queer Gaming Hamilton: A group for Two Spirit & LGBTQIA+ folks to play games (board games but open to role-playing games)
Trans and Non-Binary Grocery Program: Dedicated hours for Trans folks to receive free groceries and access to a variety of services, including newcomer and queer/trans advocacy. Located at Neighbour to Neighbour (28 Athens St). Last Friday of each month 1-3pm.
Trans and Non-Binary TTRPG Group: Group for Trans and Non-binary folks to play TTRPGs together and explore their identities.
Trans-femme Peer Support Group: Social and peer support group for self-identifying Trans femme folks. Refreshments provided.
Trans ID Clinic: Legal and peer support for those looking to make name and sex designation changes to their ID.

HEALTHY HABITS:

April 22 is Earth Day, a day where we reflect on the ways we can take action and take care of the Earth.

There are so many ways we can care for the environment. From educating ourselves about environmental issues, to participating in community clean-up events, or taking time to reduce waste and recycle in our own spaces.

Let's make everyday Earth Day!

Learn more at earthday.org

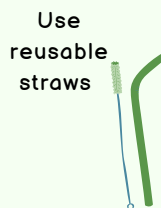
HOW TO CELEBRATE EARTH DAY:



Use a reusable shopping bag

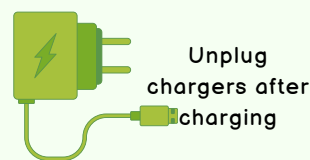


A reusable set of travel cutlery



Use reusable straws

Use energy-efficient bulbs



earthday.org

FOLLOW US!

Keep up-to-date with Compass news and information by following us on our social media platforms!



www.compassch.org



[Compass_ch](https://twitter.com/Compass_ch)

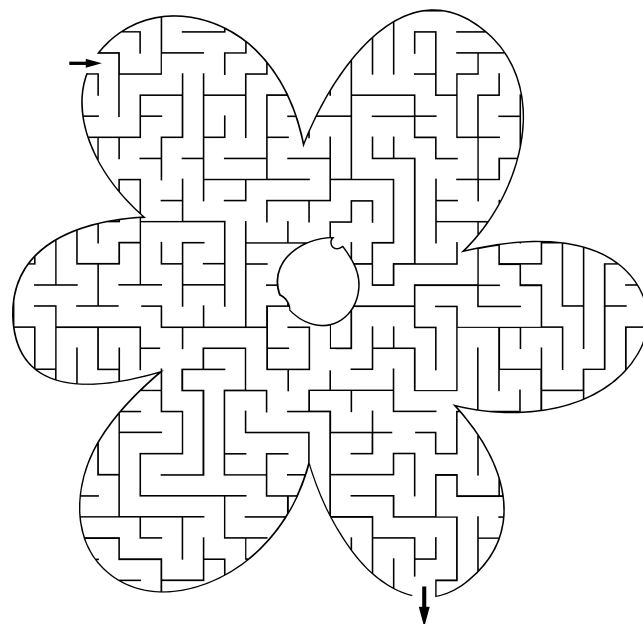


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Find your way through the spring maze!



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