

—THE— COMPASS CORNER

AUGUST 2025



IN THIS EDITION:

- MOBILE CANCER SCREENING COACH
- COMPASS GARDEN UPDATE
- PROGRAM UPDATE
- CANADA STRONG PROGRAM
- PARK N PARTY RECAP
- MONTHLY CALENDAR
- SUMMER HEALTHY HABITS



Mobile Cancer Screening Coach

The Mobile Cancer Screening Coach brings breast, cervical and colon cancer screening programs to residents who experience barriers to screening. Anyone who is unable to access screening elsewhere, such as their family doctor's office, can come to the Mobile Coach. All that is needed is a health card or Interim Federal Health Benefits.



To book an appointment, call 905-975-4467 or toll-free at 1-855-338-3131 to speak with the receptionist or leave a message and they will return your call. The Mobile Coach will be here next on Monday, August 11th.

The Mobile Cancer Screening Coach Visits Compass monthly and can also be found at other locations across the city. Please book an appointment. To view the full location schedule please visit: hnhbscreenforlife.ca/schedule/



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Garden Update



As you may have noticed, our gardens got quite the makeover this summer! We doubled the number of garden beds increasing our summer harvest to 184 lbs so far! This new garden space has also hosted a number of programs such as Grub Club and Grow Well. Our harvest has kept the community fridge in supply of fresh produce contributing to our work for improving food security in our community.

The progress of this project has been a highlight of the summer for clients and staff alike. We are grateful to Waterfarmers Urban Agriculture as well as our very own Leah Janzen for making this a reality!

If you haven't yet, take a walk through and enjoy this tranquil new space.



Breakfast Club: Update for September



The start of school means that Breakfast Club is back!

Breakfast Club will be looking a little different this school year. It will now be hosted at St Lawrence Catholic Elementary School and Bennetto Elementary School. Please stay tuned for further updates from your school on how to attend!

Canada Strong program - Free & Discounted Activities



Enjoy free or discounted admission to various activities from June 20 to September 2 through the Canada Strong program. Simply visit any participating sites. Check out some of the recommended sites located in Ontario!

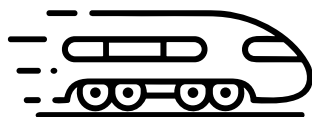
The program includes:

- Parks Canada: Free admission for all visitors to national parks, national historic sites, and national marine conservation areas administered by Parks Canada and a 25% discount on camping fees.
 - Bruce Peninsula, Georgian Bay Islands, Rouge Urban, Thousand Islands, & Point Pelee National Parks
- National museums and the Plains of Abraham Museum: Free admission for children and teens aged 17 and under and a 50% discount for young adults aged 18 to 24.
 - Canada Agriculture & Food Museum, Canada Aviation & Space Museum, Canadian Museum of History, Canadian Museum of Nature, Canadian Science & Technology Museum, Canadian War Museum, National Gallery of Canada
- VIA Rail: Free travel for children aged 17 and under when accompanied by an adult and a 25% discount for young adults aged 18 to 24.
- Participating provincial and territorial museums and galleries: Free admission for children and a 50% discount for young adults aged 18 to 24.
 - Royal Ontario Museum, Art Gallery of Ontario & Royal Botanical Gardens

Additionally, the Art Gallery of Hamilton received a generous donation allowing for free admission for all from July 1 to August 31!

Take advantage of these great opportunities to explore at a lower cost!

Visit www.canada.ca/canadastrongpass for more information.



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Park N Party Recap



Park N Party 2025: A Celebration of Community

This past July 23rd, the spirit of community was alive and well at our 26th annual Park N Party event! This much anticipated event brought together over 700 community members for an unforgettable day of fun, connection, and celebration!

Hosted by and held at Compass Community Health, Park N' Party is

more than just a gathering, it's a tradition that reflects the vibrancy, resilience, and unity of our community. Families, friends, and neighbours came together to enjoy a wide range of activities and entertainment. From a free barbeque meal to face painting, games, and a bouncy castle, there was something for everyone to enjoy. "Wreckless Harbour" kept the energy high with live music that had people dancing, singing along, and soaking in the summer vibes, along with a special performance from our very own TAB choir! Tim Hortons also generously provided a beverage truck, sharing some delicious drinks with everyone!

Another major highlight of the event was the presence of 20+ local community organizations, who set up booths to share information, resources, and services with attendees. These partnerships are a cornerstone of Park N Party, helping to build stronger connections between residents and the support systems around them. We were also thrilled to offer a selection of generously donated raffle prizes from various organizations, which added an extra element of excitement and gratitude to the day.

Park N' Party wouldn't be possible without the incredible support of volunteers, donors, community partners, and staff who work behind the scenes to bring it all to life. Their time, energy, and commitment are what make this celebration such a success year after year.

Thank you to everyone who joined us, contributed, or supported in any way. We're already looking forward to next year!

Thank You to our Sponsors!

Platinum Sponsors:























Gold Sponsor:









Silver Sponsors:











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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 
4 Centre Closed	5 	6 	7 	8 
11 Screen for Life Bus 	12 	13 	14 	15 
18 	19 	20 	21 	22 
25 	26 	27 	28 	29 

-  Third Youth | 12:30
-  Sit and Fit | 11:00
-  Tada | 10:00
-  FVRx Pick-up | 1:30
-  Trackers (walking group) | 2:00

-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Seniors Kitchen | 11:00
-  Grub Club | 5:30
-  Grow Well | 10:00

-  Caring for your Diabetes (in Farsi) | 11:00am
-  Pflag | 6:30
-  Trans ID Clinic | 5:15
-  Trans & Non-Binary Grocery Program | 1:00

-  Trans Femme Peer Support | 6:00
-  Trans & Non-Binary TTRPG | 5:30
-  Two Spirit LGBTQIA+ Intergenerational Kitchen | 5:30pm
-  Mother Tongue | 3:00

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

Physical Activity:

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

Trackers (Walking Group): A weekly indoor walking group to increase physical activity, movement, and meet others. Contact Christine- ext 2059

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

Grow Well: A gardening program that combines mindfulness with growing practices. Contact Leah- ext 3006

Grub Club: Weekly program for kids ages 6 to 13 to explore gardening skills, learn new recipes, and play games. Runs every Wednesday at Compass from 5:30- 7:00. Contact Mariko to be placed on the waitlist- ext 2084

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

Caring for your Diabetes (in Farsi): Educational session about caring for your diabetes. Contact Awesta atokhai@compasch.org

Two-Spirit LGBTQIA+ Programs: CONTACT AUTUMN TO REGISTER x2022

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/caregivers of Two Spirit & LGBTQIA+ people & 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:

Summer Soundtrack

We challenge you to go for a walk and listen for nature's music:

- ✓ Birds chirping
- ✓ Wind in the trees
- ✓ Squirrels chattering
- ✓ Raindrops on leaves
- ✓ Crickets singing



FOLLOW US!

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



www.compassch.org



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



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