

—THE— COMPASS CORNER

DECEMBER 2025



IN THIS EDITION:

- HOLIDAY HOURS
- HOLIDAY MESSAGE
- COMPASS PROGRAMMING:
"TRACKERS" AND "THE
CONNECTION"
- MONTHLY CALENDAR
- HOLIDAY FOOD BANKS



Centre Holiday Hours

December 22	8:00am-5:00pm
December 23	8:00am-5:00pm
December 24	8:00am-5:00pm
December 25	CLOSED
December 26	CLOSED

December 29	8:00am -5:00pm
December 30	8:00am-5:00pm
December 31	8:00am-5:00pm
January 1	CLOSED
January 2	8:00am-4:00pm

Happy Holidays!

Compass Community Health wishes all our clients and community members a safe, peaceful, and joyful holiday season. We are grateful for the trust you place in us and remain committed to supporting your health and well-being throughout the year. May this season bring comfort, connection, and moments of rest for you and your loved ones!



COMPASS
COMMUNITY HEALTH

Join our indoor walking group! The Trackers

Too cold to walk outside this winter? Join us for a weekly indoor walk! Go at your own pace or walk with a new friend in an encouraging environment. We provide uplifting music to listen to and people to socialize with as we go. Our walking is followed by a guided mindfulness cool-down activity.

This program is open to all adults looking to be active together!

Trackers starts February 3rd and runs every Tuesday from 2:00-3:00 pm.

Contact Christine to register:

✉ csorbara@compassch.org

☎ 905-523-6611 ext. 2059



New Program: The Connection

Join our new program, The Connection! A weekly program for wellness, warmth, and community. Open and welcome to all.

Held every Tuesday from 9:30-11:00am. Join us for breakfast and friendly conversation, mindful meditation, and simple ways to build hope, joy, and happiness.

Come as you are. Leave a little lighter.













For more details or to join this program, please call Sib at 905-523-6611 x 2014

“Sometimes connection is the best kind of medicine”



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	 2	3	   4	 5
 8 Screen for Life Bus	 9	10	   11	 12
 15	  16	  17	   18	 19
22 Centre Hours: 8-5	 23 Centre Hours: 8-5	 24 Centre Hours: 8-5	25 Centre Closed	26 Centre Closed
29 Centre Hours: 8-5	 30 Centre Hours: 8-5	31 Centre Hours: 8-5		

 Third Youth 12:30	 Welcome Baby- Prenatal Nutrition Program 12:30	 Caring for your Diabetes (in Farsi) 11:00am	 Trans Femme Peer Support 6:00
 Tada 10:00	 Seniors Kitchen 11:00	 The Connection 9:30am	 Trans ID Clinic 5:15
 FVRx Pick- up 1:30	 Sit and Fit *VIRTUAL* 11:00		

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 and Thursday virtual (for the month of December). Call 905- 523-1184 to register.

Trackers (Walking Group): A weekly indoor walking group to increase physical activity, movement, and meet others. **New session starts Feb 3.** Contact Christine- ext 2059

Food Programs:

Breakfast Club: For children attending St. Lawrence or Bennetto elementary. Eat a free nutritious breakfast at school Tuesday-Friday! Registration with school required. 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

The Connection: A wellness program open to everyone. Features conversation, meditation, and ways to build joy and resilience. *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. Walk in's available.

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 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.

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.

Holiday Food Banks:

Neighbour to Neighbour
Hamilton Community
Food Centre Solstice Meal

**A free Christmas meal
open to all on Thursday,
December 18, 2025, 4:30
to 6 pm.**

Hamilton Community
Food Centre 310
Limeridge Road West, Unit
10

No registration required.
Dine-in. Take-home
containers are not
available. Please bring
your personal containers if
you plan to have leftovers.

Mission Services of Hamilton- 196 Wentworth St N

No registration required, please bring confirmation of
income and ID for all household members.

December 1-24 | Mon, Wed, Fri 9am-12:30pm

Welcome Inn Community Centre- 40 Wood St E

No registration required, please bring ID for all household
members and reusable bags.

December 2-23 | Mon, Wed, Thurs, Fri 10:30am- 2:00pm

Non-Holiday Food Banks:

Good Shepherd Venture Centre - 155 Cannon St E

Register in person: Monday to Friday, 8:30 AM – 10:00
AM and 12:30 PM-1:30 PM. Bring I.D. for all household
members with proof of address. Questions: 905.972.9485

For more information, please visit:

<https://www.hamilton.ca/people-programs/financial-stability-supports/support-programs/holiday-registry>

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www.compassch.org



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Vaccine Reminder!



Visit your local pharmacy or
primary care provider to receive
your annual flu and/or COVID
vaccination!

OR attend a community
vaccination clinic. Find one today
at www.hamilton.ca/vaccines.

No health card? You can still
receive a vaccine! Call Public
Health at 905-546-2424 x 7556

Stay safe and healthy this holiday
season!



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