

THE COMPASS CORNER



905-523-6611



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February Celebrations

Volunteer with us:

We currently have volunteer opportunities in the following programs:

- * Children's Breakfast Club
7:45 am - 9:30 am
- * Pathways to Education
Youth Homework Tutor
4:30 pm - 7:30 pm

All volunteers must have a valid vulnerable sector check. For more information please visit: www.compassch.org/get-involved/volunteer

This February, we recognize and celebrate two important cultural and spiritual observances that bring meaning to many members of our community: Lunar New Year and the beginning of Ramadan.

Lunar New Year marks a time of renewal, hope, and fresh beginnings. Families and communities gather to reflect on the year past, welcome good fortune, and move forward with intention and optimism.

Ramadan, a sacred month for Muslims, begins in February this year. It is a time of fasting, prayer, reflection, and generosity, centred on compassion, gratitude, and connection to community.

As we move through this month together, we acknowledge the richness that cultural and spiritual diversity brings to our health centre and community. We extend our warm wishes to all who are observing – may this season bring peace, reflection, and renewed hope.



We celebrate and honour

Black History Month

February is Black History Month in Canada. This is a time to celebrate the contributions, resilience, and rich heritage of Black Canadians while also reflecting on the work still needed to build equity and justice.

This month invites us not only to celebrate accomplishments, but also to listen, reflect, and take action.

Whether by supporting Black-owned businesses, engaging in community, or educating ourselves and our families, each of us has a role to play in fostering inclusion and belonging.

Visit these websites to dive deeper, honor Black stories, and make Black history part of your learning journey all year long.

Black History Month Hub:

Gain educational toolkits, resources to address anti-black racism, and more.

www.canada.ca/en/canadian-heritage/campaigns/black-history-month

Black People's History of Canada website:

A research-driven online portal with rich educational materials, history, and events.

www.blackpeopleshistory.ca

E-books and resources:

Discover eBooks, videos, and websites where you can learn more about the achievements, contributions, and experiences of Black Canadians.

www.library.senecapolytech.nic.ca/history/blackhistorymonth

Healthy Habits

This month, we asked our pharmacist for some good medication habits. Here are 5 great tips she gave:

1. Aim to take your medications everyday. Do not skip doses. If you are forgetting, talk to your pharmacist about a blister package to help stay organized.

2. Drink a glass of water with your pills to ensure they do not get stuck in your throat. Some medications can cause damage if lodged.

3. During this high period of flu and colds, wash your hands frequently. Ask your pharmacist before using any cough and cold products. Some may interact with your prescriptions or health conditions. For example, decongestants can raise your blood pressure and nighttime products can increase your falls risk and balance.

4. Get all your prescriptions filled at one pharmacy. You need a record all in one place. Get to know your pharmacist. Pharmacists can give prescriptions for many minor ailments like urinary tract infections, eye infections, tic bites, canker sores, hemorrhoids and many other conditions.

5. Talk to your pharmacist before starting any herbal medications. Herbals are drugs too and can interact with your prescriptions.

Awareness for Cardiovascular Health

Heart Health Month



Heart Month is an opportunity to highlight cardiovascular health and encourage steps to reduce heart disease risk. As the second leading cause of death in Canada, heart disease affects nearly everyone, directly or indirectly.

Take this time to reflect on your

heart health and adopt small, impactful actions to prevent heart disease.

Preventing heart disease starts with healthy habits:

- Stay active: Physical activity strengthens the heart.
- Eat well: Focus on fruits, vegetables, lean proteins, and whole grains while limiting processed foods.
- Avoid smoking: Smoking increases heart disease risk.
- Get enough sleep: Rest supports healthy blood pressure.
- Manage stress: Mindfulness can help lower stress levels.

Take Action and adopt heart-healthy habits this month. The 24-hour movement guidelines suggest:

- Move more: Add activities like walking or dancing to your routine.
- Reduce sedentary time: Limit sitting and screen time.
- Sleep well: Aim for 7-9 hours of quality sleep each night.

Eating nutritious foods, managing conditions like high blood pressure, and scheduling regular check-ups can further reduce heart disease risk. Let's make Heart Month a time for meaningful change!

Find out more at Canada.ca

Preventative Care

Let's talk about screening

Are you up to date on your preventative breast, and/or colorectal cancer screening?

If you are 40 years of age or older, you are eligible to have free preventative screening for breast cancer with mammography, and should screen every 2 years. You can book an appointment by calling 1-800-668-9304 or speak to your healthcare provider.

If you are 50 or older, it is

suggested to start screening for colorectal cancer and continue screening every 2 years. Speak to your doctor, health care provider, or call Health 811 to have a free FIT test ordered and sent to your home.

To decide if any cancer screening is right for you, speak to your health care provider or visit www.mycanceriq.ca. For more information, please visit www.ontario.ca/page/cancer-prevention-and-care



Our Rehab Services:

Our Rehabilitation team provides government-funded Kinesiology, Occupational Therapy, and Physiotherapy.

You qualify for our services if:

- You live in Hamilton and do not have any health benefits or coverage (for insurance not a WSIB claim) for our Rehabilitation services.
- You live with Diabetes and are interested in accessing our Diabetes Exercise program.

Please call (905) 523-1184 for more information.

Flu Shot Reminder!

Have you received your annual flu shot yet?



Call your doctor's office or local pharmacy to book an appointment (or ask if they take drop in's!).

Getting your flu shot helps protect you and those around you.

For more information visit www.hamilton.ca/flu

Free Tax Clinics

Tax season is upon us! Here are some resources and locations in Hamilton that offer free help with filing taxes.

eligibility, dates, and location, please visit: <https://parkviewchurchhamilton.ca/tax/>

Government of Canada Website:

Find a free tax clinic near you by visiting the Government of Canada website. You will also find information on what documents to bring, and information on eligibility. Visit:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>

Click on "find a free tax clinic"

The tax filing deadline is April 30, 2026.

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3		4	5
Screen for Life Bus 9	10		11	12
Centre Closed 16	17	18	19	20
23	24	25	26	27

Caring for your Diabetes (in Farsi) 11:00	Sit and Fit *VIRTUAL* 11:00	Welcome Baby- Prenatal Nutrition Program 12:30	Trans Femme Peer Support 6:00
FVRx Pick- up 1:30	Tada 10:00	Rainbow Wellness Circle 2:30	Trans ID Clinic By appointment
Seniors Kitchen 11:00	The Connection 9:30	Trans & Non-Binary TTRPG 5:30	Trans & Non-Binary Grocery 1:00
Third Youth 12:30	Trackers 2:00	Two Spirit LGBTQIA+ Intergenerational Kitchen 4:00	PFLAG 6:30

Please call 905- 523- 6611 and the associated extension below to register for programs.

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). *Contact 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:

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

Two Spirit LGBTQIA+ Intergenerational Kitchen: 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 and supportive space for caregivers of Two Spirit & LGBTQIA+ people and gender-diverse kids.

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. Appointment needed.