

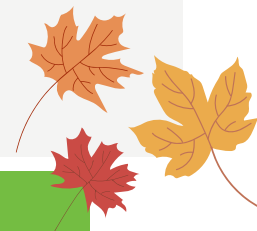
—THE COMPASS CORNER

OCTOBER 2025



IN THIS EDITION:

- VOLUNTEER SPOTLIGHT
- RESPIRATORY ILLNESS SEASON
- HIKING RECOMMENDATIONS
- COMMUNITY HEALTH AND WELLBEING MONTH
- PROGRAM HIGHLIGHTS
- MOBILE SCREENING COACH
- MONTHLY CALENDAR
- HARM REDUCTION



Volunteer Spotlight: Meet Serena!



Serena has been volunteering for our Pathways to Education program for a year! She says her favourite part of volunteering is making meaningful connections with both the amazing staff and students at Pathways to Education! She finds it rewarding to help build students' confidence and self-esteem, whether that's by working through homework assignments together or simply talking about their future academic and career interests. In addition, Serena enjoys sharing her own experiences as a way of supporting students.

*Thanks so much for your commitment, Serena!
If you want to inquire about volunteering with Compass,
visit www.compassch.org/get-involved/volunteer*



COMPASS
COMMUNITY HEALTH

Respiratory Illness Season

Respiratory illnesses can be caused by viruses like the flu, respiratory syncytial virus (RSV), and COVID-19.

- These viruses usually increase in the fall and winter months, as people spend more time indoors where spread is more likely to occur.
- They can spread from person to person or by touching contaminated surfaces and objects.

Stay up to date with recommended vaccines. The flu, COVID-19, and RSV vaccines provide strong protection against serious illness.

Preventing respiratory illness protects everyone, especially those at risk of serious complications, and eases pressure on our health care system.

Help protect your friends, your family and yourself from respiratory illnesses this holiday season.

Before gatherings:

- Get any recommended vaccines, such as the flu and COVID-19 vaccines.
- If you're feeling sick, stay home and away from others.

During gatherings:

- Clean your hands regularly.
- Clean and disinfect high-touch surfaces and objects.
- Improve indoor ventilation by opening a window or door.
- Consider wearing a well-fitting respirator or mask, especially if you're at risk of serious complications from respiratory infectious diseases.

Learn more about other ways to protect yourself:

Help protect yourself and others this respiratory virus season.



Get your flu and COVID-19 vaccines



Stay home when you're sick



Wear a well-fitting mask, for example in crowded settings



Improve indoor ventilation



Clean your hands



Cough and sneeze into a tissue or your elbow

Canada.ca/respiratory-viruses

Canada



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Mesmerizing Hiking Spots



Fall is a great time to get out and enjoy Hamilton's huge selection of hiking spots, enjoy the outdoors, and get active. Be sure to look for all the changing colours as you go! Here are some great trails to explore:

Dundas Peak & Tew's Falls

590 Harvest Rd,
Dundas L9H 5K7

Dundas Valley

650 Governors Rd,
Dundas L9H 5E3

Tiffany Falls

900 Wilson St E,
Hamilton L8S 4K5

Cootes Paradise

335 Longwood Rd N,
Hamilton L8S 3R8

Mountain Brow West Park

173 Mountain Park Ave,
Hamilton L8V 1A1

Albion Falls

Arbour Road,
Hamilton L8W 3X9

Felker Falls

43 Ackland St,
Stoney Creek L8J 1R3

Devil's Punch Bowl

185 Ridge Road,
Stoney Creek L8J 2X4



For more information check out: <https://conservationhamilton.ca/>

Community Health & Wellbeing Month



October
2025

HEALTH EQUITY

Health equity is at the heart of
everything we do

October is Community Health & Wellbeing Month, which is an annual campaign run by the Alliance for Healthier Communities. Members of the community health sector share messages & stories, host celebrations & events, and advocate for improvements in the healthcare system. The theme for this year's CHWM is 'Standing Together', so Compass will be highlighting how we are standing together with our clients and community partners in our goal of achieving health equity for all. Check out our social media for more updates on how our programs & initiatives fit our vision for better health & wellbeing in Hamilton.

Program Highlight: TADA!

TADA is a weekly art group for anyone passionate about having fun and learning or teaching new arts and crafts. This inclusive community encourages the exchange of creative ideas and techniques, providing a supportive environment for both beginners and experienced artists to engage in joyful collaboration. Join TADA for a vibrant celebration of artistic expression and socialization!

TADA meets every Friday at 10:00am. For more information or to register, please call Sib at 905-523-6611 x 2014



Visit the Mobile Cancer Screening Coach!

Services offered:



Cervical Screening
Ages 25-69



Mammograms
Ages 40-74, every 2 years



At-Home test for colon screening
Ages 50-74, every 2 years



Help to quit smoking & NRT
Ages 18+



Mobile Coach Features:
Welcoming staff
Inviting atmosphere
Walk-in appointments

Call to book your appointment today!
905-975- 4467 or toll-free 1-855-338-3131




































The coach is at Compass next on:
Thursday, October 16th 8am-4pm





Walk in's welcome, closed from 11:30-12:30 for lunch










COMPASS
COMMUNITY HEALTH







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Breakfast Club  Register at Bennetto or St. Lawrence! (no longer held at Compass)		1	  2	 3
 6	 7	8	   9	 10
13 Centre Closed	 14	  15	   16 Screen for Life Bus	 17
 20	 21	22	   23	 24
   27	 28	29	   30	  31

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

-  Welcome Baby- Prenatal Nutrition Program | 12:30
-  Seniors Kitchen | 11:00
-  FVRx Pick- up | 1:30
-  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 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

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

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 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/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:

Halloween Harm Reduction

Reminders to help keep yourself
and the community safe

Carry a Naloxone Kit

- Always double check the expiry date on the kit before heading out
- Test your substances for Fentanyl or Xylazine
- Always eat before using any substance
- Plan your transportation before a night out

Important Numbers

- Sexual Assault Help Line 24/7 (SACHA) - 905 525 4162
- National Overdose Response Service- Call or Text 1-888-688-6677
- For emergencies, please call 911



FOLLOW US!

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



www.compassch.org



[Compassch](#)



[CompasscommunityH](#)

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



Community Health
& Wellbeing Month

October
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**Standing
Together**
for Harm
Reduction



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COMMUNITY HEALTH