

—THE— COMPASS CORNER

SEPTEMBER 2025

IN THIS EDITION:

- PATHWAYS TO EDUCATION- JOIN NOW!
- PROGRAM HIGHLIGHTS: WELCOME BABY & GROW WELL
- LEARN ABOUT SCHOOL VACCINE REQUIREMENTS
- HELPFUL TIPS: MANAGING BACK TO SCHOOL ANXIETY
- MONTHLY CALENDAR
- HEALTHY HABITS

Are you in High School? Join Pathways!

Pathways to Education

Tutoring Coaching Scholarships Workshops



REGISTER TODAY

905-523-6719 or pathways@compassch.org
www.compassch.org/pre_registration

Pathways
to Education



COMPASS
COMMUNITY HEALTH

ARE YOU ELIGIBLE?

- ✓ In high school next year
- ✓ Live in the Pathways Community



REGISTER TODAY

905-523-6719 or pathways@compassch.org



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Welcome Baby

Welcome Baby: Prenatal Nutrition Program

Are you pregnant and looking for support? Join a weekly free program to learn about healthy Pregnancy and taking care of your baby from a registered dietitian and nurse. Receive bus tickets, grocery gift cards, and other supports. *You must join this program during your pregnancy and can continue until your baby is 6 months old.*



Welcome Baby is held at Compass every Thursday at 12:30pm. For more information or to register, please contact Cory at 905-523-6611 x 3047.

Grow Well

Join our amazing "Grow Well" program, starting again this upcoming October!

Grow Well is a weekly program focused on learning about greenhouse growing practices coupled with mindfulness activities. It takes place inside of our Compass greenhouse! Activities include tea workshops, candle making, planting, gardening, crafts, and more!

This program is open to all adults.



FALL GROW WELL
OCTOBER & NOVEMBER
MONDAYS 2:00PM-3:30PM
Join us weekly for greenhouse growing practices and mindfulness activities.

Contact to register:
Leah Janzen
ljanzen@compassch.org
905.523.6611 (3006)

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Grow Well takes place every Tuesday at Compass from 1:30-3:00pm. To register, please contact Leah at 905-523-6611 x 3006 or by email ljanzen@compassch.org.

Learn About: School Vaccine Requirements



Do you know about school aged vaccinations? Vaccination is an important part of keeping our schools safe and free of disease. To reduce outbreaks, children who attend primary or secondary school must be immunized against certain diseases. If not, they could be suspended until proof of vaccination or exemption is provided.

As a parent, you must:

- provide proof of your child's immunizations to your local public health unit and keep immunization information up to date

| | | |
|--|--|---|
| 2 Months <ul style="list-style-type: none"> • Diphtheria, tetanus, pertussis, polio & <i>Haemophilus influenzae type b (Hib)</i> • <i>Pneumococcal</i> • <i>Rota Virus</i> | 4 Months <ul style="list-style-type: none"> • Diphtheria, tetanus, pertussis, polio & <i>Haemophilus influenzae type b (Hib)</i> • <i>Pneumococcal</i> • <i>Rota Virus</i> | 6 Months <ul style="list-style-type: none"> • Diphtheria, tetanus, pertussis, polio & <i>Haemophilus influenzae type b (Hib)</i> |
| 12 Months <ul style="list-style-type: none"> • Measles, mumps & rubella • Meningococcal • <i>Pneumococcal</i> | 15 Months <ul style="list-style-type: none"> • Varicella (if born in 2010 or later) | 18 Months <ul style="list-style-type: none"> • Diphtheria, tetanus, pertussis, polio & <i>Haemophilus influenzae type b (Hib)</i> |
| 4-6 Years <ul style="list-style-type: none"> • Tetanus, diphtheria, pertussis & polio • Measles, mumps, rubella & varicella | Grade 7 <ul style="list-style-type: none"> • <i>Hepatitis B</i> • Meningococcal • <i>Human papillomavirus</i> | 14-16 Years <ul style="list-style-type: none"> • Tetanus, diphtheria & pertussis |

**Italicized are not required but recommended*



Vaccines used in Canada are safe and effective. They are developed to meet the highest standards and are continually monitored for safety and effectiveness both in Canada and around the world before they are approved for use. Vaccines in Ontario's routine immunization schedule are provided free of charge if you meet the eligibility criteria. For more information, including documents in different languages, see <https://www.ontario.ca/page/vaccines-children-school>

Back to School Anxiety



Anxiety is a very common part of the back to school experience for many children, youth, and parents. It can look different for everyone, but the most common things you may notice in your child are:

- Upset tummy or feeling sick
- Avoiding conversations about back to school or talking about it all the time
- More emotional reactivity or reduced self-regulation (may look like unexpected tears or anger)
- Uncommon behaviours or “acting out” (more resistant to authority or challenging correction)
- Not wanting to go out and do fun things they may usually be excited about

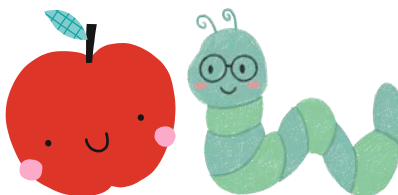


As a parent, it can be difficult to know how to navigate these big feelings with your child. Some ways you can support them are by:

































- Validating their feelings
- Walking them through the new routine so they know what to expect
- Answering their questions (even if you’ve already answered it 10 times)
- Offering them something familiar and comforting to come back to when they are feeling overwhelmed
- Letting them know it’s normal to have these big feelings
- Talking about all the good things that can come with change
- Repeat affirming phrases to help build confidence (see the last page!)





These experiences and ways to cope are not only for your child, but can apply to parents as well! Remember it is okay for you to have big feelings about this transition, and you and your child will get through it together.





If you or your child are feeling sad or anxious for an extended period of time, or are finding it overwhelming, it may help to talk to your health care provider for additional support. You do not have to navigate difficult times alone.












| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 1 Centre Closed | 2 | 3 | 4   | 5  |
| 8   Screen for Life Bus | 9 | 10 | 11    | 12  |
| 15  | 16   | 17  | 18    | 19  |
| 22    | 23  | 24  | 25     | 26   |
| 29  | 30  | | |  Breakfast Club  Register at Bennetto or St. Lawrence! (no longer held at Compass) |

-  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:

Back to School Affirmations

Helpful phrases for youth dealing with big feelings

1. I am capable of handling challenges in the classroom
2. There is no reason to compare myself to my peers, I am unique and smart
3. I am valuable and I matter, regardless of my grades
4. It is okay to be scared, my feelings are valid
5. Mistakes are opportunities to grow and learn
6. I am loved and supported



When reading out these affirmations, notice how you feel in your body. Do any feelings arise? Has your breathing slowed down? These are all questions to think about to yourself or aloud in order to help affirm or encourage positive feelings.

Finding personal motivators and words that help drive encouragement are also helpful! Try filling in the blanks with these prompts

1. I feel best when I am _____
2. I am passionate about _____
3. I am grateful for _____
4. I learn best when I _____



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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