

THE COMPASS CORNER

📞 905-523-6611

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Grub Club Registration Reminder!

Calling all kids ages 6-12! Our Grub Club program is taking registrations!

Grub Club is a children's program that focuses on growing food, cooking, and learning new skills in a fun and interactive way!

The program will run from 5:30 - 7:00 pm each Wednesday, starting on May 20 until Aug 26.

For more information or to receive registration forms, contact mbohn-kai@compassch.org. Spots limited, register soon!



Earth Day 2026

April 22nd marks Earth Day in 2026! The theme of this year's earth day is "Conscious Consumption". This theme encourages us to consume less, but better, in order to reduce our impact on the planet while improving our quality of life.

As consumers, we can make an impact through actions:

- Reduce new purchases and buy second-hand items.
- Repair, share, and borrow.
- Limit single-use products.

Reduce Energy Use & Travel:

- Lower heating, turn off lights and unused devices.

- Choose walking, cycling, public transit, or carpooling
- Reduce air travel when alternatives exist.
- Adjust habits to lower energy consumption.

Limit your digital foot print:

- Extend the lifespan of your electronic devices.

Adopt sustainable lifestyle habits:

- Reduce food waste and plan meals.
- Eat less meat and choose local foods.

We can all care for our planet! Visit www.earthday.ca for more information!

In the Community:

Pathways Students Explore Creativity and Campus Life at Sheridan College



Twenty Pathways to Education students recently enjoyed an exciting trip to Sheridan College and Crack Pot Studios, filled with hands-on learning and creativity. Once arriving at Sheridan College the group was welcomed by staff and split into groups for the day's activities.

The first stop was the Bachelor of Animation program, where students used iPads to create Augmented Reality projects. From animating soccer balls to playful illusions like a teacher drinking tea, students impressed instructors with their creativity and technical skills. Next, in the Experiential Design room, students cut, folded, and shaped materials into unique creations, developing problem-solving and design skills. Lunch in the student cafeteria was followed by presentations from the Sheridan Student

Union and a quick tour of the college gym. Students left with a better understanding of campus life and future career possibilities.

The final activity for the day took place at Crack Pot Studios and allowed students to paint personalized mugs, providing a fun, creative keepsake. The students returned inspired, energized, and already dreaming about the next Dare to Dream trip.

Funding for this amazing trip was generously provided by Hamilton Community Foundation, ABACUS grant.

Two-Spirit LGBTQIA+ Groups:

AFFIRM GROUP:

Compass Community Health, along with our community partners, will deliver a nine-week mental health skills building group called AFFIRM.

AFFIRM is an affirmative group designed to help Two-Spirit LGBTQIA+ youth manage stress. As an evidence-based program, AFFIRM supports mental health and sexual health in a validating way while enhancing coping strategies.

AFFIRM utilizes Cognitive Behavioural Therapy (CBT). Participants would learn principles and skills, adding to them each week. Participants also have a chance to share their experiences with fellow youth with similar identities.

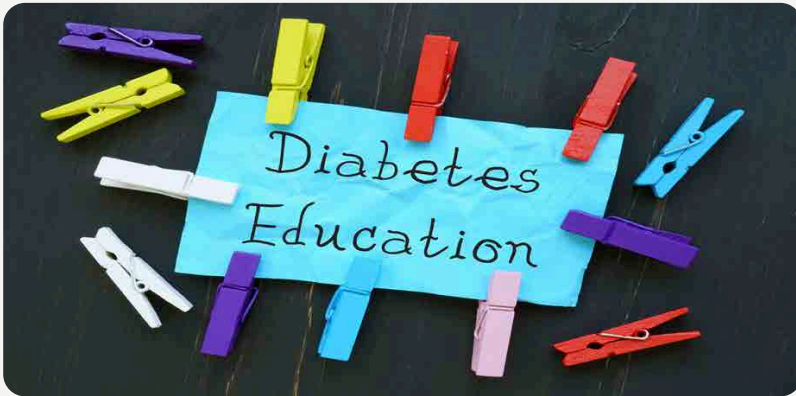
The program is anticipated to start at the end of April, and run until the end of June.

For more info on registration, please contact: agetty@compassch.org



RAINBOW WELLNESS CIRCLE:

Our new program, the Rainbow Wellness Circle, is reaching the end of its first cycle. We'll be meeting April 7 from 2:30 to 4:30 pm to talk about mental health skills and create a potted plant. Please join us! Contact Autumn to register: agetty@compassch.org



A word from our Diabetes Team:

Living Well with Diabetes

Living well with diabetes takes knowledge, support, and a personalized management plan. Our Diabetes Education Program is designed to help individuals build the skills and confidence needed to manage their health effectively.

Our team includes Nurses, Dietitians, and a pharmacist, all of whom are Certified Diabetes Educators. Providers work closely with clients to offer individualized counselling tailored to each person's needs, goals, and lifestyle. Through on-on-one sessions, client's receive guidance on blood glucose management, medication use, nutrition, physical activity and preventing complications.

In addition to individual support, we offer interactive group education sessions that allow participants to learn from healthcare professionals

and peers. A few highlights of the group education we offer include our monthly Diabetes Kitchen, where participants build confidence in preparing diabetes-friendly meals, and our Caring for your Diabetes series that includes topics such as foot care, food and movement and insulin use. Our program also works in partnership with our Diabetes Exercise Program, which is designed for individuals with prediabetes and Type II diabetes who are motivated to increase their physical activity.

Whether newly diagnosed or looking to strengthen self-management skills, our Diabetes Education Program provides the tools, education, and support needed to live well with diabetes.

Contact us today! Compass Diabetes Education Program: 905 523-6611 Ext 3065

Free Bike Pass!

As the days get longer and the weather gets warmer, spring is the perfect time to get outside, move your body, and explore the city.

Cycling can be a fun, low-impact way to stay active, reduce stress, and enjoy the fresh air.

Maybe you're looking for a new way of transportation for your commute, or a way of getting to appointments and programs.

We can provide you with a free annual pass to borrow a "Hamilton Bike Share" bike for up to 3 hours per day. Free helmets may also be available upon request! Thanks to our amazing partnership with the Everyone Rides initiative!

Hamilton Bike Share has 900 bicycles in operation across over 150 hubs, making it easy to plan your trip and get around the city!

If you're interested in learning more or signing up for a bike pass, please contact Leah at 905-523-6611 x 3006 or email ljanzen@compassch.org

Let's ride into spring together!



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:
After school program
volunteer | 4 - 7 pm

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

Mindfulness Box Breathing:

Let’s take some deep breaths together:

Inhale slowly for 5 seconds,

Hold for 5 seconds,

Exhale for 5 seconds.

Repeat this cycle a few times to help calm your mind. Close your eyes if you wish during this exercise.

Here at Compass:

Our Seed Library & Your Garden!



Have you seen the little white house outside of Compass next to our community garden? In the winter it acts as a book exchange library, but in the spring and summer, it doubles as a seed library!

What’s a seed library?

A seed library is where you can browse various types of seeds to take home and plant in your garden! We have all kinds of varieties of vegetables, fruits, and flowers to choose from. We hope others can also add to the seed library, and exchange various seeds in our community. Please be sure to label your seeds and take only what you need.

Growing your own food is a simple, low-cost way to improve food security, reduce grocery bills, and connect with nature. You don’t need a large yard or expensive supplies to get started. Start with small planters from the dollar store, thrift store, or see if a friend has extra! You can also try container gardening using items you already have, such as buckets, yogurt containers, or recycled bins.

Water regularly (especially in the morning or evening), keep weeds under control, and provide the right amount of sunlight. Happy Gardening!

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 	3 Centre Closed STAT Holiday
6 Centre Closed STAT Holiday	7 	8	9 	10
13 Screen for Life Bus	14 	15 	16 	17
20 	21 	22	23 	24
27 	28 	29 	30 	

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). 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:
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: Learn about healthy pregnancy, labor & delivery, breastfeeding, and community support. Must join during pregnancy. Call 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.