

# THE COMPASS CORNER

📞 905-523-6611

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## Join "The Trackers" Walking Group!

The summer session of the Trackers walking group is starting soon! The Trackers walking group is ideal for people who want to achieve weekly physical activity through walking. Walk at your own pace, indoors, away from the summer heat. A bonus of joining the group is meeting and socializing with others! We end with a group mindfulness cool-down.

Trackers runs every Tuesday from 2-3 pm. It starts on May 26<sup>th</sup> and runs until August 25<sup>th</sup>. Spots limited.

**If you are interested in joining, please contact Christine at 905-523-6611 x 2059 or email [csorbara@compassch.org](mailto:csorbara@compassch.org)**



Let's get active outside!

## Outdoor Search:

Spring has arrived in Hamilton, bringing longer days, fresh air, and the perfect opportunity to get outside and explore nature.

This month, we invite you to take part in a simple spring scavenger hunt focused on discovering the beauty of local flowers and trees across your community, while engaging in walking for physical activity!

Walking for just 30 minutes a day is a great way to improve or maintain your overall health. Some benefits of walking include increased fitness with cardiovascular benefits, stronger bones, improved balance, reduced risk of heart

disease and stroke, and more!

Grab a friend, head outdoors, and see how many of these items can you find:

- Tulips
- Magnolia tree
- Maple leaf tree
- Dandelions
- A friendly dog
- Pine tree
- A garden gnome
- A squirrel
- Lilac bush

If walking is new to you, please see a doctor or healthcare provider if you haven't exercised in a long time. Be safe and have fun!

## Mental Health Week:



The Canadian Mental Health Association (CMHA) recognizes May 4-10 as Mental Health Week! This year's theme centers on the importance of connection. This includes connection with yourself and your community. Social connection is essential to overall health and well-being, but too many people report feeling alone.

Social connection takes many forms. It might look like sharing a meal with someone you love, calling a friend, or exchanging a few words with a stranger. These

moments of connection happen all around us, every day, and they matter more than we might think. Research shows that strong social support is linked to:

- Higher rates of well-being
- Greater safety and resilience
- Increased prosperity
- Longer life expectancy

Having good social support has also been found to lead to positive health outcomes, a sense of purpose, belonging, security, and self-worth. It also increases access to health-promoting resources and behaviours.

Where can you find connection in your community? Here are a few ideas:

- Volunteer with an organization you care about
- Join an online community

- View programs and classes at your local library or your local recreation centre
- Reach out to an old friend, family member, or say hello to someone new
- Join one of our free programs at Compass! Take a look at our monthly calendar and see what's available.
- Take part in cultural, faith-based, or community groups
- Invite someone to join you for a walk, coffee, or meal
- Spend time in shared public spaces like parks or community centres

Connection doesn't have to be complicated. It can be found in small, everyday moments that remind us we are not alone. Visit [www.cmha.ca](http://www.cmha.ca) for additional information on resources, programs, and local branch services for all ages.

## Mental Health Resources:

Here's a list of mental health resources that offer support, information, and services:

### Talk Suicide Canada

24/7 crisis support for anyone thinking about suicide. Call or text 988 | [www.talksuicide.ca](http://www.talksuicide.ca)

### Distress Centre (Hamilton)

Talk to someone about crisis, loneliness, & stress. 905-561-5800

### Kids Help Phone

24/7 confidential support for children, youth, and young adults: Call 1-800-668-6868 /text CONNECT to 686868. [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### Wellness Together Canada

Free mental health & substance use support (resources, counseling, peer support) [wellnesstogether.ca](http://wellnesstogether.ca)

### Hope for Wellness Helpline

24/7 mental health support for Indigenous peoples: Call 1-855-242-3310 | [hopeforwellness.ca](http://hopeforwellness.ca)

### Black Youth Helpline

Culturally appropriate support for Black youth and families: Call 1-833-294-8650 | [blackyouth.ca](http://blackyouth.ca)

### 811 HealthLine (dial 811)

Free, confidential health advice including mental health support.



### ConnexOntario

24/7 information and referral service for mental health, addiction, & gambling: Call 1-866-531-2600 [connexontario.ca](http://connexontario.ca)

### Trans Lifeline

Peer support for trans people, by trans people: 877-330-6366 [translifeline.org](http://translifeline.org)

**In the event of an emergency, please call 911.**



A word from our COPD Team:

## Your Breath Matters:

1. Do you cough most days?
2. Do you bring up phlegm most days?
3. Do you get out of breath more easily than others your age?
4. Are you older than 40 years?
5. Are you a current smoker or ex-smoker?

If you answered yes to three or more of these questions, ask your doctor if your breathing should be tested.

Your doctor will review your symptoms and risk factors, conduct a physical exam and complete spirometry. Finding lung disease early gives the best chance to prevent further

damage. Treatments are available to help people at all stages of disease feel better and live a more active life.

If you are diagnosed with Chronic Obstructive Pulmonary Disease (COPD), ask your doctor about being connected with the "Caring For My COPD" Program at Compass for ongoing support. We offer programs to assist in living with COPD, including the connection to others also diagnosed with COPD.



## 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](mailto: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](http://www.compassch.org/get-involved/volunteer)

**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 [mboon-kai@compassch.org](mailto:mboon-kai@compassch.org). Spots limited, register soon!

In the know:

**Childhood Vaccination Schedule:**



**Stick to Ontario’s Immunization Schedule**

All children attending school between ages 4 to 17 need to be immunized according to Ontario’s Immunization Schedule. Immunization protects children from many serious diseases that are easily spread in schools. Under the Immunization of School Pupils Act, children need to have proof of the immunizations on the left-hand chart.

**What you need to do:**

Check with your health care provider or local public health unit to make sure your child has all the vaccines needed to attend school.

**Did you know?**

It’s your responsibility to report your child’s updated immunization records to your local public health unit. Your health care provider does not report these records for you.

To find your local public health unit, or for more information on immunization, visit [ontario.ca/vaccines](http://ontario.ca/vaccines). This information is also available in multiple languages from: <https://www.ontario.ca/page/vaccines-children-school#section-10>

**Harm Reduction Corner:**

















Free Naloxone kits are available inside of Compass with the Health Promotion Team!
















Please ask a member of reception for details on how to get one

**OR**

Call 905-523-6611 x 3006 to schedule an opportunity to pick up a naloxone pack.

# May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 
4  Screen for Life Bus	5 	6	7    	8 
11 	12 	13	14   	15 
18 Centre Closed STAT Holiday	19  	20  	21    	22 
25   	26  	27 	28   	29  

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