

# THE COMPASS CORNER

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## Positive Space Program

Compass Community Health offers free Positive Space programming and services for Two Spirit LGBTQIA+, community members in Hamilton.

Programs focus on community connection, peer support, wellness, advocacy, and affirming care. Offerings include peer support groups, community kitchen programs, gaming groups, Trans ID clinics, and more.

Compass is committed to creating welcoming and inclusive spaces where community members can access support and build connections.

To learn more about Positive Space programming & services, see Page 2.



## Celebrate Pride!

Happy Pride Month! Pride month is a time to honour and celebrate Two Spirit LGBTQIA+ people, their resilience and their contributions. We celebrate Pride in June largely because June is the anniversary of the Stonewall riots. The Stonewall riots refer to the five days of protests that occurred after a police raid on the Stonewall Inn in New York in June 1969. These protests were significant to the foundation of the Two Spirit LGBTQIA+ movement and the fight for Two Spirit LGBTQIA+ rights. Canada's pride season lasts from June to September! There are plenty of events throughout the summer which

celebrate pride all over Canada. Did you know Toronto's pride weekend is one of North America's largest pride events?

The Two Spirit LGBTQIA+ acronym is commonly used, so it can be helpful to know what it stands for!

- **Two Spirit,**
- **L** for lesbian,
- **G** for gay,
- **B** for bisexual,
- **T** for transgender,
- **Q** for queer or questioning,
- **I** for intersex,
- **A** for asexual, aromantic, or agender,
- **+** to represent additional groups as terminology changes and grows.

## Our Two Spirit LGBTQIA+ Programing at Compass

Autumn Getty is the Two Spirit and LGBTQIA+ Client Advocate here at Compass! She runs a number of positive space groups, including Trans Femme Peer Support, the Two Spirit LGBTQIA+ Intergenerational Kitchen and the Trans and Non-binary Gaming Group. In addition, she partners with other organizations to offer the Trans ID Clinic and the Trans and Non-binary Grocery Program. She also organizes the Compass Gender Affirming clinic. In addition to these wonderful program, she further organizes Pride and Transgender events throughout the year, including two events for the Transgender Day of Remembrance.

Here's more about her programs that are open and available to join:

**Trans Femme Peer Support** - A monthly meeting to discuss the experiences and concerns of Trans femme folks.

**Two Spirit and LGBTQIA+ Intergenerational Kitchen** - A program running most weeks for Queer and Trans folks to meet up, prepare a dinner together, eat, and get to know each other.

**Trans and Non-binary Gaming Group** - A monthly group where we meet to play a tabletop role-playing game together.

**Trans ID Clinic** - Held at the Hamilton Community Legal Clinic (100 Main St East), this clinic has a lawyer and support person to go through the legal progress of changing names and sex designations on birt certificates.

**Trans and Non-binary Grocery Program:** A monthly set of hours for Trans and Non-binary folks at Neighbour 2 Neighbour.

**Compass Gender Affirming Clinic:** This clinic provides Hormone Replacement Therapy (HRT) for those



who can't get this through their own primary care provider. A referral must be provided to Compass from the primary care provider, and prospective clients must be 18+. Clients of the clinic continue to receive the bulk of their care from their regular providers.

If you would like to join any programs or inquire further for more details, please contact Autumn directly at [agetty@compassch.org](mailto:agetty@compassch.org) or at **905-523- 6611 x 2022**.

## Volunteer of the Month: Meet Luke!



Luke has been volunteering with Compass for about a year with the Two Spirit and LGBTQIA+ Intergenerational Kitchen, the Trans and Non-binary Gaming Group, and the Trans ID Clinic in partnership with the Hamilton Community Legal Clinic. As a Two Spirit and Trans community member, Luke values creating welcoming and supportive spaces for others. Luke says their favourite part of volunteering is interacting with clients, learning new skills, and supporting others through sharing resources and listening. They especially enjoy learning new things in the kitchen and drawing on their background in peer support to help support community members.

A fun fact about Luke: they enjoy role-playing games and can solve a Rubik's cube!

Thank you for your commitment, Luke! If you would like to volunteer for a program at Compass, please visit [www.compassch.org/get-involved/volunteer/](http://www.compassch.org/get-involved/volunteer/)

# Indigenous History Month

June is Indigenous History Month and an opportunity to recognize and honour Indigenous people living in Canada and their stories, achievements, and resilience.

Additionally, National Indigenous Peoples Day is on June 21st.

People are encouraged to get involved this month by:

- Learning Indigenous stories, traditions and their culture from Indigenous voices
- Taking the time to understand truth and reconciliation and the impacts of racism and colonialism

- Learning about present day communities and the significance of the land acknowledgement
- Engaging with social media about Indigenous History Month

For more information, you can visit the website "About National Indigenous History Month" by the Government of Canada.

Additionally, the City of Hamilton's website has a page called "National Indigenous History Month" that provides links to different resources like books, films, reports, and



opportunities for further education.

There is also a National Indigenous People Day Celebration at West Harbour – James Street Plaza on June 19th from 12pm-4pm. The celebration is free to attend and features Indigenous performances, Indigenous artisan vendors, and local food trucks.

# National Health & Fitness Day:



June 6th is National Health and Fitness Day, a day to celebrate and encourage active lifestyles! There are many ways you can incorporate movement into your life.

Can you find the following ways to be active and get moving in our crossword?



**Down**

1. Stay steady
3. Find your inner balance
4. Go the distance
6. Caring for body and mind
7. Built through resistance
14. Take the scenic route

**Across**

2. Don't forget your water
5. Make a splash
8. Faster than a stroll
9. Heart-racing activity
10. One step at a time
11. Move to the beat
12. Not sitting still
13. Reach a little farther
15. Pedal power



# Men's Health Month: The Importance of Preventative Care

June is Men's Health Month, a time to raise awareness about the importance of preventive healthcare and healthy living. Many common health conditions affecting men, including high blood pressure, heart disease, diabetes, and certain cancers, can develop gradually without obvious symptoms. Regular checkups and screenings can help identify concerns early and improve long-term health outcomes.

Preventive health is about taking small, proactive steps to care for your well-being before problems become more serious. This can include attending routine medical appointments, staying physically active, eating balanced meals, getting enough sleep, managing stress, and speaking with a healthcare provider when concerns arise.

Research shows that men are often less likely to access preventive healthcare services or seek support early. Prioritizing your health is an important part of maintaining quality of life, staying connected with loved ones, and supporting overall physical and emotional well-being.

Simple ways to support your health:

- Book a routine medical checkup
- Stay up to date on recommended screenings
- Monitor blood pressure and cholesterol
- Make time for physical activity each day
- Prioritize sleep and balanced nutrition
- Reach out to healthcare providers with concerns early

### Men's Health Resources

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

### Canadian Men's Health Foundation

Resources on preventive care, healthy aging, nutrition, sleep, physical activity, and men's wellness. | [menshealthfoundation.ca](https://menshealthfoundation.ca)

### November

Men's health information and support, including prostate cancer, testicular cancer, and overall well-being. | [november.com](https://november.com)

### ParticipACTION

Tips and resources to help Canadians stay active and build healthy daily movement habits. | [participaction.com](https://participaction.com)

### Your Health Space Hamilton

Local health information and support services including screening, primary care, and wellness resources in Hamilton. | [yourhealthspace.ca](https://yourhealthspace.ca)

### ConnexOntario

Free and confidential information about health, wellness, and community support services across Ontario. Call: 1-866-531-2600. | [connexontario.ca](https://connexontario.ca)

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

## June Fun Corner

**Why did the banana go to the gym?**

To work on its splits!

**Why did the watermelon have a fancy wedding?**

Because it cantaloupe!

**Why don't eggs tell jokes?**

Because they might crack up!

**What kind of music do vegetables listen to?**

Beet-box!

**Why did the yogurt go to the art show?**

Because it was cultured!

## Mobile Cancer Screening Coach:

National Cancer Wellness Awareness Day is June 26th. This day helps raise awareness about cancer prevention, early detection, and the importance of accessing supportive wellness resources. One of the best ways to take care of your health is through regular cancer screening.

The Mobile Cancer Screening Coach is at Compass Community Health monthly, offering screening services for breast, cervical, and colorectal cancer. Their next visit is on June 8th (drop in available).

To book an appointment or check the Mobile Coach schedule, call: 905-975-4467 or toll-free 1-855-338-3131.

Taking part in regular screening can help detect cancer early, when treatment may be more effective.



# 2025/26 Client Experience Survey Results

Thank you for sharing your experiences with us!



- Primary Care
- Rehabilitation
- Foot Health
- Positive Space
- Diabetes Education
- Caring for My COPD
- Mental Wellness
- Health Promotion

- 89%** always feel comfortable and welcome at the Health Centre
- 95%** feel their values, preferences, expressed needs are respected
- 91%** feel they and their family are getting the care they need

Appointment wait times in Primary Care: % able to get appointment when wanted



- Current programs aligned with client-identified priorities:**
- preventive health and chronic disease management
  - mental health
  - family-focused programming

**How does the health centre use this data?**

- To identify what we do well and how we can do better to improve client experience
- For monitoring and reporting our performance as part of our Quality Improvement Plan

Your feedback is important to us. Please fill out our survey and let us know how we are doing!  
<https://www.surveymonkey.com/r/CompassClientSurveyonline>

# June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	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			

- Caring for your Diabetes (in Farsi) | 11:00
- Sit and Fit | 11:00
- Caring for your Diabetes Food & Movement | 1:00
- Tada | 10:00
- FVRx Pick-up | 1:30
- Third Youth | 12:30
- Seniors Kitchen | 11:00
- Trackers | 2:00
- The Connection | 9:30
- Welcome Baby- Prenatal Nutrition Program | 12:30
- Trans & Non-Binary TTRPG | 5:30
- Two Spirit LGBTQIA+ Intergenerational Kitchen | 4:00
- Trans Femme Peer Support | 6:00
- Trans ID Clinic | By appointment
- Trans & Non-Binary Grocery | 1:00
- PFLAG | 6:30
- Pride Crafternoon Event | 4-7

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+ aimed at improving balance, posture, and strength. 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*  
**Caring for your Diabetes- Food & Movement:** Learn about ways to become more active & eat better to control your diabetes. *Contact Jen- ext 3065*

**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.  
**Pride Crafternoon Event:** Join us for a pride celebration of fun, friends, and crafts! Drop-in!  
**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.