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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Third Youth 1-3:30pm 	2    	3  
6   	7   	8 <ul style="list-style-type: none"> • Good Food Box orders due at noon • Grub Club @ Birge Park A Mi Salud 4-6pm 	9    Grub Club @ Compass 	10  
13    	14   	15 <ul style="list-style-type: none"> •Senior's Kitchen •Grub Club @ Birge Park •Good Food Box pick up @ Welcome Inn & Eva Rothwell 2—5pm 	16    Grub Club @ Compass 	17  
20 Victoria Day Compass Closed	21   	22 Grub Club @ Birge Park A Mi Salud 4-6pm 	23    Grub Club @ Compass 	24 
27   	28   	29 Grub Club @ Birge Park 	30    Grub Club @ Compass 	31  8-4pm 


LEGEND


 Healthy Moms, Healthy Babies—Tues AM Thurs PM

 Every Day is a Gift
2nd & 4th Thursday 9-11am


 TADA 1st, 3rd, 5th
Friday 9:30-11:30am

 Sit and Fit—Tues and Thurs 11am

 Mindful Mondays—11am

 Screen for Life Bus
8:30 am—4:30 pm

 Breakfast Club 7:45-8:45am

 Grow Well 4-6pm

Compass Community Health
438 Hughson St. N
Hamilton, ON
L8L 4N5
mchugh@nhchc.ca
905-523-6611

Please note: all of these programs are free! Which one would you like to be a part of? Compass Telephone Number (905) 523-6611

A Mi Salud: Open to Latin American women. Beneficial for social interaction, health and language education, and learning about Canadian culture. Contact Nora ext. 2012

AFFIRM: FREE sessions of coping skills training for LGBTQ+ and questioning youth (14-29) across Ontario. Register at www.projectyoutaffirm.org. Contact Mela ext. 2022

Batali: Do you want a strong and healthy body? Come join our Female only exercise class! هل تريدنَ جسمًا يتميز بالصحة واللياقة؟ انضي الى مجموعة الرياضة! Call Miriam x 3058.

Breakfast Club: Open to students and their families. Each school day 7:45-8:45am enjoy a free, fun and supervised breakfast in a safe environment. Contact ext. 3007

Community Gardens: From May until October, adults in the North End can grow produce in their own plot in one of two community gardens in the North End. Contact ext. 3006

Diabetes Kitchen: Open to all people with Diabetes. Learn to cook inexpensive diabetic-friendly meals and meet new friends. Contact Cory ext. 3047

Finding Your Balance: Group that combines education and exercise to help you maintain your independence and mobility and prevent a fall before it happens. Contact ext. 3060

Diabetic Foot Care Safe Self Care Class: Open to diabetics and their spouses, partners or caregivers for feet as part of self-care or to learn for care of a loved one. Contact: 3055

Good Food Box: Get about 10 items of produce for only \$15 and 7 items for \$10. Order before the 2nd Wednesday each month at noon. Pick up your box on the 3rd Wednesday of the month at Welcome Inn or Eva Rothwell Resource Centre. Contact ext. 3006

Go with the Flow Chair Yoga: Open to individuals with persistent pain, limited mobility, or an interest in mindful movement, relaxation and self-management strategies lead by a Physical Therapist. Registration required. Wednesday's 10-11:30 am. Contact ext. 3058.

Grow Well Greenhouse Program: Organic greenhouse growing practices and mindfulness exercises. For Contact ext 3006.

Healthy Moms, Healthy Babies: Open to pregnant women. Beneficial for social interaction, nutrition education, and pre- and post- natal education. Contact Cory ext. 3047

Mental Wellness Toolkits: The following groups are for adults in Hamilton who are ready to learn tools to self-manage their mental health in the following areas:

Mental Wellness Toolkits

Break Free: Open to everyone interested in self-managing their anxiety and chronic worrying in a relaxed, community atmosphere. Contact ext 2014

Mind over Body: Open to all who experience chronic pain. A holistic group to help designed to help self-manage pain lasting 3 or more months. . Contact ext. 2014

Mind over Mood: Open to all who experience mild to moderate depression and low mood. A 12 week group to teach tools to self-manage. Contact ext. 2014

Freedom to Be—Mindfulness: Open to everyone interested in stress-free living, especially those struggling with depression or anxiety. Weekly for 5 weeks. ext. 2014

Everyday is a Gift (EDIAG): Meets 2nd/4th Thursday of each month from 9-11 am. A group of people that support one another in their self-management of mental wellness.

The Artistic Dreams Academy (TADA): Meets 1st/3rd Friday of each month from 9:30-11:30am. An Arts & Crafts group that meets to learn new forms of art or practice old ones.

Mindful Mondays: Meets every Monday at 11:00am. Join an on-going mindfulness practice in community. For adults with some experience in Mindfulness . Ext 2014

Pathways to Education: Four key supports to ensure that young people of North Hamilton get support and encouragement to graduate, and beyond. Contact Nicole ext. 2054

Senior's Kitchen: Open to North End Seniors. Learn about nutrition, increase skills around budgets and food shopping, and have fun preparing healthy meals. Contact ext. 3006

Sit and Fit: Group exercise program for anyone 55 years+ who is interested in improving balance, posture and strength in a fun and supportive environment. Contact ext. 3012

Third Youth: Open to Latin American Seniors who wish to learn more about Canadian culture and improve English language skills. Contact Maria ext. 2017

Trauma Informed Yoga for LGBTQ2S: mindful movement using an evidence based trauma sensitive yoga protocol for CPTSD. Registration required. Contact Mela ext. 2022