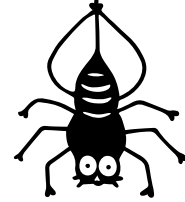


Pathways to Education

OCTOBER 2026

PROGRAM & EVENTS



Inner Space Wellness Group - Oct 1, 3:30-4:30. Join Courtney for a deep dive into your mental health and wellbeing. Discover your inner world. Develop skills for the outer one.

Wellness Walk - Oct 8, 3:15-5:30. Relax and recharge with mindfulness in the woods. Meet at Weller. 

Bouldering Trips - Oct 14 & 21, 3:15-5:30. Kingston Bouldering Coop. Open to all experience and skill levels. No equipment required. Meet at Regi Program. Come to one or both!

Gould Lake PA Day Trip - Oct 26, 9am-4pm. A full day of hiking, playing and cooking in the woods. 

All events are free for registered Pathways students. Some require additional forms. Ask your GRAD Connector for more information.

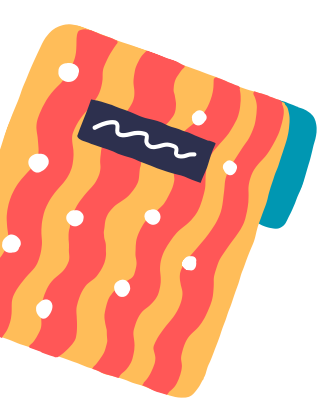
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Prog @ KSS	Weller Rec @ JG Culture & Cooking	Prog @ Regi Boardgame Club	1 Weller Inner Space Wellness Group	2	3
4 	5 Prog @ KSS	6 Weller Rec @ JG	7 Prog @ Regi Boardgame Club	8 Weller Wellness Walk Culture & Cooking	 Kingston Community Health Centres Centres de santé communautaire de Kingston	
11 * 	12 THANKS-GIVING HOLIDAY	13 Weller Rec @ JG Culture & Cooking	14 Prog @ Regi Boardgame Club Bouldering Trip	15 Weller Peer Leadership	16	17
18	19 Prog @ KSS Art Club	20 Weller Rec @ JG Culture & Cooking	21 Prog @ Regi Boardgame Club Bouldering Trip	22 Weller Art Club	Grade 12 Night - Oct 22, 5:30-7:00pm @ Weller. Lots of info about how Pathways can support with your grade 12 year - to dos and deadlines, applications, OSAP tasks, and how to access your Pathways scholarship! Doors open at 5:30 for dinner, presentation at 6:00pm.	
25	26 PA DAY! Outdoor Academy Trip to Gould Lake	27 Weller Rec @ JG Culture & Cooking	28 Prog @ Regi Boardgame Club	29 Weller Costume Party	30	31 



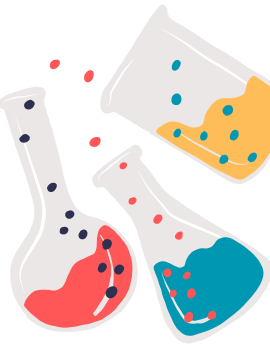
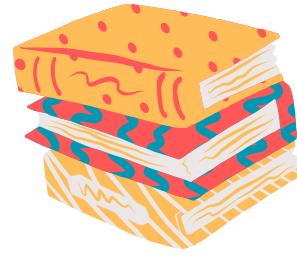
Kingston Community Health Centres
Centres de santé communautaire de Kingston

United Way
Kingston, Frontenac, Lennox and Addington
Member Agency





Pathways to Education



About our Programs & Events:

Weekly Drop-in Schedule:

Our main drop in programs run four evenings a week for academic support, tutoring, life skills work (like resume building) and many other activities depending on the schedule.

Monday 3–6pm KSS

Kingston Secondary School
Room 156

Directions: 1st Floor. Coming from Elliot Ave, use the closest door to main parking lot. If coming in the main doors, go right and head for the end of the hall.

Tuesday and Thursday 3–6pm Weller

Kingston Community Health Centres (KCHC)
Pathways main office

Directions: Use Pathways door between Wongs and KCHC main doors.

Wednesday 3–6pm Regi

Regiopolis Notre Dame SS
Room 101

Directions: From Russell St – go in the doors, up the stairs, left at the top and go to the end of the hall. From Cowdy, use the doors at the corner of the building to the right of the main doors.

Special Interest Programs:

In addition to our regular drop-in stuff, we have many different programs and events for all sorts of interests. These are just a few:

Rec @ JG:

Tuesdays, 4–5:45pm

JG Simcoe Public School

Meet @ Weller at 3:45 and we'll walk over together. Or knock on the main doors of JG after 4pm
Activities include basketball, volleyball, dodeball, floorhockey, capture the flag, etc.

Boardgame Club @ Regi

Join us Wednesday's to learn new boardgames and share your favourites.

Peer Leadership

Meet Eden one Thursday a month (usually at Weller) from 3:30–5 to build leadership skills, plan events and gain volunteer hours.

Culture and Cooking @ Weller

Join staff in the kitchen one Thursday a month to learn cooking skills and explore different cultures through food. Bring your ideas to Eden.

Outdoor Academy

Every once in a while Join Garry and other students in afternoon or PA Day adventures in nature learning outdoor skills and soaking in the forest vibes. Usually starts at Weller.