

AMAL UNITE & EMPOWER

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 April 2025
 Newsletter



Springing into Action: From Local Summits to National Conferences

As spring unfolds, we continue to engage with critical discussions revolving around immigration, and come up with innovative strategies to tackle community integration.

This past month, our team attended great events that brought together thought leaders and policymakers to address the needs of newcomers and the communities they join. These trips that have fueled our initiatives forward.

Firstly, Laura, our Program Manager, represented Amal Unite & Empower at the inaugural Immigration Summit in Labrador. Organized by the Labrador North Chamber of Commerce and funded by ACOA - APECA, this summit was a critical platform for discussing newcomer retention in Canada.

Laura shared insights alongside experts like Diana Palmerín Velasco and Wanda Cuff-Young, advocating for necessary policy reforms to make our province more welcoming for newcomers. From enhancing MCP eligibility to revising driver's license requirements, Laura emphasized creating a thriving environment for newcomers in every aspect of life in Newfoundland and Labrador.

Following the summit, Laura joined Chris, Gilbert, and Maude to attend the Metropolis convention in Toronto.

A primary focus of the conference was the role of immigration in stimulating economic growth. The discussions emphasized how harnessing the potential of skilled newcomers can foster industry growth and enhance community resilience. Our participation alongside the National Connector Program reaffirms collaborative efforts to integrate these insights into practical strategies.

The team also explored the impact of holistic programming on the well-being of newcomers. Another significant area discussed was the availability of francophone services in Canada. The convention also delved into how integrating AI into employment services can revolutionize job searches for newcomers, by making the process more efficient and targeted. Additionally, there was a focus on mental health research specifically aimed at settlement service providers.

In addition to these productive trips, our entire team has been actively engaged in planning a variety of events for our community. From professional networking to creative collaborations, mental health trainings and fun activities there's something for everyone.

In this edition you'll find:

CMHANL free trainings at AUE

Virtual Wellness Series

Newcomer Choir & Textile Fridays

Basketball & Bachata Classes

Unite & Empower Team



ASIST In-Person Training

AUE in partnership with the CMHANL, are providing free tools to industry professionals empowering them to support themselves and those around them. Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop happening on Thursday, April 24th and Friday, April 25th that provides practical tools for safely intervening in crisis situations to prevent suicide.



SafeTALK In-Person Training

Another free training being offered on April 15th to support industry professionals respond effectively to colleagues in distress and create safer, more supportive environments is a three hour in-person training session to identify, communicate, and respond to signs of suicide, emphasizing the critical TALK steps: Tell, Ask, Listen, KeepSafe.



Boundaries Virtual Training



Boundaries - Virtual Training

Prefer to attend virtual trainings? Here's a free one you can join to learn all about healthy boundaries and building more respectful, effective communication—at work, at home, and in our communities. Join AUE and CMHANL on April 16th from 12pm - 2pm for this important session.



Mindfulness & Meditation

Discover the benefits of mindfulness through a 4 part series of live, virtual sessions every Wednesday from April 9 to April 30, 6 PM to 7:30 PM.

Gain valuable skills to reduce stress, enhance focus, and achieve personal balance, all from the comfort of your home.





Newcomer Choir

Every Tuesday from 6 - 7:30 PM at 7 Ricketts Rd, enjoy a welcoming space for voices of all ages and backgrounds, brought to you by The St. John's Newcomer Choir.

Whether you're new to singing or experienced, this joyful, inclusive community celebrates diversity through music.

Open to everyone, not just newcomers!
For more information, visit www.newcomerchoir.ca



Textile Fridays

Join us every Friday from 4 PM to 6 PM at 7 Ricketts Road for a casual gathering of textile enthusiasts. This is a community space where everyone is welcome to work on projects, share skills, and enjoy each other's company. Registration is required for each session. Please bring your own textile materials.



Free Basketball Classes

Elevate your game with our free weekly basketball sessions! Whether you're a seasoned player or new to the sport, these gatherings are a fantastic way to improve your skills, stay active, and meet new friends. Sessions are held at 7 Ricketts Rd every Monday and Saturday. Come shoot some hoops and make new friends!



Free Bachata Classes

Unlock the passion of dance at our free Bachata dance classes! No matter your experience level, come join Natali every Friday from 6 PM to 7:30 PM at 7 Ricketts Rd. It's all about fun, rhythm, and community. Don't worry about bringing a partner, just bring your dancing shoes!

