

AMAL UNITE & EMPOWER



August 2025 Newsletter



ANNOUNCING OUR NEW PARTNERSHIP



NATIONAL
CONNECTOR
PROGRAM

PROGRAMME
DE CONNECTEUR
NATIONAL

More Hands, Wider Reach

We kicked off August with new faces, new partnerships, and a renewed focus on building meaningful connections across Newfoundland and Labrador.

We're thrilled to welcome five new team members to Amal Unite & Empower:

Renata Lang joins us as Industry Engagement Specialist, bringing a long-standing commitment to building inclusive workplaces.

David Eguiguren steps in as our new Digital Content & Creative Media Specialist, ready to bring our stories to life.

Hifza Tariq is now our Logistics & Engagement Specialist, supporting the coordination of events and programs with clarity and care.

Mohaddeseh Hosseini joins us as Automation & Systems Integration Specialist, helping our workflows become more efficient and scalable.

Stacy Johnson, our new Community Engagement Specialist, will be playing a key role in our expanding Connector Program.

As many of you know, Amal Unite & Empower has been delivering the Connector Program as part of our employment supports for almost a year now.

We're proud to announce our new partnership with the Atlantic Chamber of Commerce to expand this work province-wide creating new opportunities for newcomer professionals to engage with local businesses and industry leaders and build meaningful networks.

Unite & Empower Team

In this edition you'll find:

Pilates & Bachata
Classes at the Park

Self-Defence &
Soccer Classes



Free Pilates Classes

Join us for Community Pilates Classes—a free, beginner-friendly weekly class this summer that’s all about mindful movement, connection, and taking time for yourself. Amal Unite & Empower has teamed up with The Cross Sea Academy of Movement Education to offer this unique opportunity to care for your body and unwind at Bannerman park after your day. Registration is required.



Free Bachata Classes

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



Free Self-Defence Classes

Join us for a free 2-month self-defence series starting July 10. Open to all, these weekly sessions with Coach Nabeel Haimur build strength, confidence, and practical skills in a welcoming space. Learn striking techniques, footwork, and focus drills—all designed to support personal safety, empowerment, and community connection.



Free Soccer Classes

Kick off your weekend with adult soccer sessions led by Coach Aldiouma Sidibé! Open to all skill levels and genders, these inclusive, fun-filled games promote fitness, community, and language practice in a supportive space. Join us Saturdays at 7 Ricketts Rd.

