

AMAL UNITE & EMPOWER

✦
December 2024
Newsletter



UNITE & EMPOWER TEAM

Expanding Our Impact: New Funding

We are thrilled to announce that, for the second year in a row, the Government of Newfoundland and Labrador's department of Immigration, Population Growth & Skills has continued to fund the Amal Unite & Empower program. This renewed funding, provided through the province's Settlement and Integration Program (NLSIP), follows initial catalytic support from the Northpine Foundation.

This funding will allow us to expand and enhance our services, continuing and deepening our support for newcomer professionals, supporting newcomers as they settle, integrate, and succeed in Newfoundland and Labrador, supporting our industry partners, and the Connector Program. We are immensely grateful for this opportunity to continue breaking barriers and strengthening our community.

A key part of this expansion includes an exciting collaboration with the

Canadian Mental Health Association (CMHA-NL) to deliver 20 mental health-focused sessions. In addition to mental health support, the funding will enable us to:

- Provide personalized employment coaching and connect participants with meaningful job opportunities.
- Host cultural exchanges and arts-based therapy programs to foster a sense of belonging.
- Address critical challenges like transportation, childcare, and language barriers to empower newcomers to thrive.

A special thank you to our partners, like CMHA-NL, who make these impactful programs possible. Stay tuned for updates as we launch these expanded services and create more opportunities for collaboration and connection!

Unite & Empower Team

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Personal Branding Panel Highlights

Child-Minding Support for Newbornlander's "Sewing for Hope"

Connector Spotlight

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Personal Branding Panel Highlights

Last week's "Elevate Your Personal Brand" panel, co-hosted with RBC and moderated by Jamie Griggs, RBC Group Consultant, brought together a dynamic group of industry leaders right here in our space.

A Special thanks to our panelists Ogaga Johnson, Stephanie Burry, Sheldon Payne, Dean Harris, and Tonya Knopp for being open and genuine, sharing their personal stories that truly resonated with everyone.

The interactive Q&A session was a standout feature, providing an open platform for attendees to directly engage with these experts and fostering a comfortable atmosphere for lively discussions.

The enriching conversations were complemented by the delicious food catered by Mamacita Mexican Kitchen, a newcomer-based business.

We look forward to welcoming you to our future events, each filled with more learning opportunities and chances to connect.



Bridging Barriers: Child-Minding Support at Sewing for Hope

We warmly congratulate Constanza Safatle, our community partner and connector, on the launch of her initiative, Sewing for Hope at Newbornlander.

In a partnership that demonstrates our shared values, Amal Unite & Empower is proud to provide crucial child-minding services, enabling participating mothers to fully immerse themselves in learning and skill-building sessions without the stress of securing childcare.

This complimentary support to Newbornlander underscores our commitment to making valuable training and employment opportunities accessible to everyone, thus helping to break down barriers and foster a stronger, more inclusive community.



Connector Spotlight

Shoutout to Stephanie Howlett, our Super Connector! As CEO of DiversityNL, Stephanie has made the most connections in our Connector Program so far, weaving stronger ties throughout our diverse community.



Canadian Mental Health Association
Newfoundland & Labrador
Mental health for all

Free Compassion Fatigue & Burnout Training

Start the new year by developing essential skills at our free Compassion Fatigue & Burnout training, in collaboration with CMHANL. This hybrid session will be facilitated by Rosalind Ford on January 14th, 2025, from 12 PM to 1:30 PM. Gain the tools you need to effectively manage workplace stress. Secure your spot now, scan the QR code to register



Wellness Yoga Nights

Last month, we held our first session of Hatha yoga for women-identifying participants of Tequity+ and Amal Unite & Empower, led by Carolann Harding, CEO of SMARTICE. Encouraged by the positive response, we are excited to continue this initiative monthly throughout the upcoming year. We invite all women-identifying individuals in our network to join the next session, January 22, 2025, from 6-8 PM. Enjoy these free sessions of self-care while connecting with others in the community. Please email us for the registration link: newcomeremployment@amalnl.ca



Friendship Café Survey

This month, we're pausing our Friendship Café, an initiative aimed at fostering community and connection, to gather your feedback. Whether you've joined us before or plan to in the future, please share your thoughts through our survey. We're excited to incorporate your suggestions into our plans for the upcoming year.

Scan the QR code - it's a short survey!



Latin American Market

We are excited to invite you to the Latin American Market happening at our space! Sunday, December 15, 2024, from 1:00 PM to 4:00 PM at 7 Ricketts Rd. Experience the rich cultural offerings from various Latin American communities. The market will feature live music, traditional foods, and a wide range of vendors selling unique items. It's a wonderful opportunity to support local artisans, enjoy delicious cuisine and soak in the lively atmosphere. Come feel the warmth and diversity of Latin American cultures.