

AMAL UNITE & EMPOWER



February 2025 Newsletter



Celebrating Our First Anniversary: Amal's Annual Organizational Review

As we review the first year of our Unite & Empower program, we are proud of the substantial growth and positive changes we've facilitated throughout our community.

This past year has been transformative, enabled by the generous support from the Northpine Foundation and the Department of Immigration, Population Growth, and Skills. Their support has been instrumental in launching and expanding our innovative initiatives, which have brought significant benefits to both the newcomer professionals and employers in our network.

January saw the successful launch of our weekly free Bachata classes and weekly free basketball sessions, initiatives that have quickly become community favourites!

We're keeping the momentum going with the introduction of "Textile Fridays" and the "Industry Café" this month, programs designed to enhance community integration and foster professional networking.

Textile Fridays will offer a creative space for community members to come together, share their passion for textiles, and learn from each other in a relaxed setting.

Meanwhile, the Industry Café will serve as a casual meet-up for professionals across various industries to connect over coffee, share insights, or discuss possible future collaborations in an informal environment. Find more details on the next page of this newsletter!

We warmly invite you to join us at Amal's Annual Organizational Review next week, Tuesday, February 18th. The event will recap the milestones of the past year and unveil our exciting plans for 2025. Expect a delightful evening with international food, live music, and the vibrant spirit of our community. Join us at 7 Ricketts Rd, doors will open at 4:30 PM.

Your ongoing involvement and support have been instrumental to our success, and we eagerly anticipate celebrating this milestone with you!

Unite & Empower Team

In this edition you'll find:

Amal's Annual
Organizational
Review

Lunch & Learns:
Cultural
Awareness &
DEIB

Industry Cafe
and Textile
Fridays

Virtual
Wellness Series

Community
Events



Virtual Lunch & Learn Session
RAMADAN CULTURAL AWARENESS & FOSTERING DEIB AT WORK

With

Dr. Issah Nazif Sulaiman
 Al Huda Islamic Centre

Tuesday, February 25th, 2025
 12 PM - 1 PM

Ramadan Cultural Awareness & Fostering DEIB at Work

Join our virtual session on February 25th, 2025, 12 PM to 1 PM, led by Dr. Issah Nazif Sulaiman from Al Huda Islamic Centre. Learn about the significance of Ramadan and effective strategies for supporting Muslim colleagues and fostering respect and equity in the workplace during the upcoming month and beyond.



Virtual Lunch & Learn Session
BEYOND AWARENESS: PRACTICAL ANTI-RACISM STRATEGIES FOR INCLUSIVE WORKPLACES

With

Laurabel Mba
 DEIB-AR Expert



Black History Month: Virtual Lunch & Learn

In collaboration with techNL, this is a 90-minute session facilitated by Laurabel Mba, DEIB-AR consultant. The workshop, aimed at employers and HR leaders, offers strategies to enhance workplace inclusivity and combat racial bias. Register to gain actionable insights and foster a truly inclusive environment.



INDUSTRY CAFE

A CASUAL COFFEE CHAT FOR PROFESSIONALS IN NL



Industry Cafe

Launching on February 20th, 8:30 AM - 10 AM at the Amal Unite & Empower office, this biweekly casual coffee chat is tailored for employers, business owners, and industry professionals across Newfoundland and Labrador. We're creating a space where professionals can meet, learn from each other, and build strong connections - all while enjoying delicious coffee (on us!). No RSVP needed. Drop in, bring a friend (or ten!), and join the conversation. Whether you're looking to exchange ideas, introduce your company's initiatives, or just enjoy an easygoing morning chat, The Industry Café is "brewing" for you.

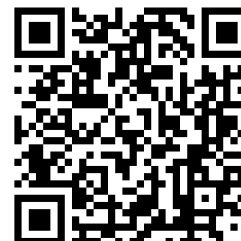


TEXTILE FRIDAYS



Textile Fridays

Starting February 21st, 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, everyone is welcome to work on projects, share skills, and enjoy each other's company. Registration required for each session. Please bring your own textile materials.





YOGA - ANYWHERE!



Yoga - Anywhere!

Starting with a 45-minute lunch and learn on February 27th, this virtual series teaches stress-relief yoga that fits into any space. Complete the 4 part series of live virtual sessions every Wednesday from March 5th to March 26th, 6 PM to 7:30 PM. Perfect for busy schedules—no special equipment needed.



MINDFULNESS & MEDITATION



Mindfulness & Meditation

Discover the benefits of mindfulness at our introductory Lunch and Learn on February 28 at 12 PM. Continue learning 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.



ADULT COMMUNITY BASKETBALL

LED BY COACH ALDIOUMA SIDIBÉ



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 some new friends!



BACHATA DANCE CLASSES



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!

