

# AMAL UNITE & EMPOWER



## January 2025 Newsletter



KATERYNA (LEFT) & IULIIA (RIGHT)

### Strategic Enhancements & Welcoming New Team Members

The new year brings fresh beginnings and enhancements to our program. We have been working hard on refining our strategies and streamlining internal processes to better serve our community. We're also excited to introduce two new faces to our team: Kateryna (Kate) Mykhalchuk, our new Intake Coordinator, and Iuliia Vishtaka, our new Administrative Coordinator. Who bring their unique experiences from Ukraine to our team in NL.

Kate comes to Amal with over two years of experience in the settlement sector, where she worked closely with individuals and families to assess needs, connect them with resources, and guide them through life's transitions. With a master's degree in clinical psychology and recent training in Digital Office Administration from Keyin College, Kate combines empathy and organizational expertise to ensure newcomers feel supported and valued throughout their journey. Previously, Kate worked at the ANC, supporting newcomers with financial, social, and employment challenges. Prior to that, she worked as a psychological counselor, helping clients build resilience through tailored support plans. Her ability to foster connections and deliver client-centered services ensures newcomers feel supported every step of the way. Outside of work, Kate enjoys reading, attending community events, and hiking to connect with others and nature.

Iuliia brings extensive experience in program coordination and event management. Before joining Amal, Iuliia worked with the Canadian Ukrainian Immigrant Aid Society in Toronto, where she streamlined services to support newcomers navigating the settlement process and enhancing the overall newcomer experience. In Ukraine, Iuliia managed various events and projects, including large-scale international conferences, showcasing her exceptional organizational and leadership skills. Iuliia volunteered at TechNL's Innovation Week and Bethesda's Conversation Café, where she helped newcomers build connections and enhance their English skills. Outside of work, Iuliia enjoys hiking, traveling, meeting new people, and dancing bachata.

We are thrilled to have Kate and Iuliia on board and can't wait to see the incredible contributions they'll bring to our team and community!

*Unite & Empower Team*

#### In this edition you'll find:

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Welcoming New Team Members

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Free Mental Health Trainings

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Strengthening Our Support Network

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Expanding Our Continued Collaboration with Tequity+

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Stories From Our Newcomer Community



## Free Compassion Fatigue & Burnout Training

Our upcoming Compassion Fatigue & Burnout training, in collaboration with CMHANL, has already sold out! Scheduled for January 14th, 2025, this virtual lunch and learn will be facilitated by Rosalind Ford and is designed to equip participants with essential tools to effectively manage compassion fatigue.

Stay tuned for more of these impactful collaborations. We're committed to offering valuable learning opportunities throughout the year, so be sure to join us next time!



## Strengthening Our Support Network

We continue our valued partnership with Public Legal Information Association Of NL (PLIAN) to provide crucial legal immigration support to our participants. Additionally, we are excited to collaborate with the fantastic team at The Journey Project, a critical initiative supported by PLIAN, to enhance our support network for employers, industry, and newcomers. This partnership will focus on preventing and addressing sexual violence and intimate partner violence in the workplace and our communities, furthering our efforts to ensure a safe and supportive environment for all.



## Expanding Our Continued Collaboration with Tequity+

Starting in February, Amal Unite & Empower will be hosting Tequity+ events, including the enriching monthly meetups, engaging book club gatherings, and monthly yoga sessions for Tequity+ and Amal Unite & Empower women-identifying participants.

Since its inception in 2022, Tequity+ has flourished, now boasting over 480 members who collaboratively tackle systemic barriers through shared experiences and strategies.



## Wellness Yoga Nights

Our partnership with Tequity+ brings ongoing monthly Hatha yoga sessions, led by Carolann Harding, CEO of SMARTICE, offering a space for wellness and connection among women-identifying members of our community. Join us for the next session on January 22, 2025, from 6-8 PM. Scan the QR code to register.



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## Stories From Our Newcomer Community: Vinay Sabhnani

Vinay's journey to Newfoundland was not just a geographical move—it was a step towards achieving his professional aspirations. With a Master of Business Administration from Memorial University, focusing on strategy analysis and management, and a solid background in system engineering and social media marketing, Vinay was well-equipped academically and technically. However, the challenge of integrating into a new professional environment was significant.

Our team recognized the potential in Vinay's aspirations and provided a holistic support system tailored specifically to his needs. From one-on-one mental health coaching to help him manage the stress of his transition, to mock interviews that prepared him for the nuances of the local job market, our approach was designed to empower him not just to find any job, but the right job where he could thrive.

With our support, Vinay secured his dream job with the government of NL, now working as a Project Manager in Information Management / ATIPP for the Education department. Reflecting on his journey, Vinay shares his appreciation, "I think what Amal is doing is wonderful to connect employers with employees and all the different kinds of services. I think that will help the new immigrants to get some support, feel confident and get the job in the right field."

Vinay's success is a powerful illustration of what's possible when newcomers are supported comprehensively. It's about more than employment; it's about building confidence, and communities.

## Stories From Our Newcomer Community: Natalia Paraskevych

In relocating to Newfoundland from Kiev, she brought a wealth of administrative and customer service expertise and a hopeful vision for her future in our community.

Thanks to Natalia's determination and adaptability she quickly began to thrive in her new environment.

Our Team at Amal Unite and Empower were pleased to assist her with interview prep and transportation. However, it was Natalia's drive that led her to secure a position as Office Manager at Armour Transportation Systems, facilitated by collaboration between Amal and Meridia Recruitment Solutions, a KBRS Company.

In her current position, Natalia is more than just a team member; she is integral to the operations and leadership within the office. She manages daily administrative tasks with

a keen eye for efficiency and fosters a supportive atmosphere among her colleagues.

Her journey from her arrival in Newfoundland to becoming a key player at Armour Transportation Systems is a powerful testament to the potential of newcomers when they are supported by the right mix of personal initiative and a nurturing network.

Now, Natalia is thriving professionally, actively contributing to her company's growth and demonstrating the valuable impact skilled immigrants can have in their communities.

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