

AMAL UNITE & EMPOWER

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 July 2025
 Newsletter



Reaching Further, Listening Closer

Earlier this month, our team travelled to Happy Valley-Goose Bay, Labrador for a sunny and impactful visit. While the main destination was Expo Labrador, Maryna and Laura made the most of the journey by arriving early to engage with newcomers, employers, and community organizations. Stops at newcomer-owned businesses like Mo's Bakery (the french pastries were next level!) and Mamattuk restaurant offered a glimpse into the strong, rooted communities taking shape in Labrador.

Among the many highlights was meeting Peter Woodward of the Woodward Group—whose vision for the future includes a strong commitment to newcomer inclusion. Peter and his team have not only hired newcomers into entry-level roles but have supported their growth into long-term, meaningful careers. As Laura shared, *"We're excited to collaborate with a team that sees the importance of diversity and inclusion in the workplace and community. It's a privilege to partner with them to help connect newcomer talent to opportunity."*

Alongside employer visits, Laura and Maryna also spent time with community organizations like BICAP, the Mokami Status of Women Council, and the ANC, listening closely to the work happening on the ground and exploring how we can better support settlement, equity, and belonging in Labrador.

At Expo Labrador, the energy was just as rich. As Maryna noted, *"It was a powerful opportunity to explore how we can prepare for major developments in energy and mining and build a future that's inclusive and sustainable."*

The visit came with a few surprises too from spotting Labrador's first (electric!) bus to a mama bear and her cubs crossing the highway (yes, the car doors were locked). Laura and Maryna also visited local farms, including Spruce Meadow Farms and two newcomer-run family operations, which was a reminder of the diverse hands shaping the region's future.

We're grateful for the warm welcome and the meaningful connections sparked along the way.

Unite & Empower Team

In this edition you'll find:

Mental Health Trainings

English & Self-Defence Classes

Pilates & Bachata Classes

Basketball & soccer Classes



Mental Health Trainings w/ CMHANL

As part of our ongoing collaboration with the Canadian Mental Health Association NL, we're continuing to offer free, high-impact training sessions designed to support mental health in professional settings. We're inviting our network to take part in two upcoming opportunities:

SafeTALK – In-Person Training

Wednesday, July 17 (Scan the QR code above to register)

In just 3.5 hours, this practical workshop teaches how to identify, engage, and support someone who may be thinking about suicide using the TALK steps: Tell, Ask, Listen, KeepSafe.

Mental Health First Aid – Virtual Training

Thursday, August 14 (Scan the QR code above to register)

This full-day virtual training helps participants recognize signs of mental health challenges and respond effectively. A short online pre-module must be completed in advance.

These sessions are open to professionals across sectors and are part of our broader commitment to fostering healthier, more responsive workplaces across Newfoundland and Labrador.



Here's What We've Been Working On:

In June, we launched a new collaboration with the Ukrainian National Federation (UNF-Avalon) and a dedicated group of ESL educators to offer free English classes for the newcomer participants in our programs who need the additional support.

These classes are tailored to three levels—Beginner (A1), Elementary (A2), and Intermediate (B1)—and are held twice a week at 7 ricketts rd.

Learning a new language is no small task, especially while adjusting to a new home and workplace. That's why this partnership means so much—it gives participants the chance to strengthen their English in a friendly, community-focused setting, while also building confidence and connection.

We're excited to continue supporting language learning as a foundation for success in work and life.



SELF DEFENSE CLASSES



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 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! 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!



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 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.

