

AMAL UNITE & EMPOWER

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June 2025
Newsletter



Meet the Team, Meet The Neighbours

As summer begins, so does a new chapter of growth at Amal Unite & Empower. We're excited to welcome two new team members who bring both professional expertise and deep community commitment.

Lola Opanuga joins us with a powerful combination of project management expertise and community-centered leadership. Certified in PMP, Lola brings years of experience delivering projects using agile methodologies, stakeholder engagement, and process improvement strategies. . A longtime advocate for newcomer wellness, Lola has supported countless community events and settlement initiatives. At Amal, she'll lead our expanding wellness stream and support key program and systems development.

Başak Aslanyürek joins our team with a strong background in both post-secondary education and newcomer support. Most recently, she worked as a Career Practitioner at the ANC, where she helped newcomers navigate their employment journeys and connect with meaningful career opportunities.

Before joining Employment Services, Başak also taught ESL courses at ANC and delivered an Academic Writing course at MUN, supporting newcomers' integration and language development.

We're also proud to launch Newfound Neighbours NL—a collaborative, storytelling project in partnership with MUN's Internationalization Office.

This initiative amplifies the voices of newcomers building lives and careers across Newfoundland and Labrador, alongside reflections from the employers who support them. Through real stories and shared perspectives, we aim to spark meaningful conversations about inclusion, belonging, and the future of our province.

Follow on Instagram & Facebook @newfound_neighbours_nl to meet our neighbours and hear about moments that make a place feel like home.

In this edition you'll find:

Creating Safer Workplaces

Language, Allyship & Belonging at Work

Cardio & Soccer Classes

Basketball & Bachata Classes

Unite & Empower Team



Creating Safer Workplaces Sexual Harassment Prevention In-Person Training



A Must-Attend Workplace Safety Training

Workplace sexual harassment can happen in any sector—and often goes unreported. That's why we're hosting a comprehensive 4-hour training session on June 18 (9:00 AM–1:30 PM) to help employers, managers, and supervisors build safer, more respectful work environments.

This hands-on, skill-building session goes beyond awareness, covering legal responsibilities, trauma-informed response, policy guidance, and practical action steps. You'll walk away with tools, templates, and real scenarios to support culture change in your organization. Open to individuals and teams, bring your colleagues and take the next step toward building a safer workplace.



In-Person Lunch & Learn Session *Rainbows in the workplace* With

Stephanie Howlett

Founder & CEO of DiversityNL



Celebrating Pride with Purpose: Language, Allyship & Belonging at Work

We're wrapping up Pride Month with Rainbows in the Office — a powerful session happening on June 30th for local employers, and industry leaders who want to move beyond symbolic gestures and into meaningful action on 2SLGBTQ+ inclusion.

Led by Stephanie Howlett (she/her), founder and CEO of DiversityNL and a proud member of the 2SLGBTQ+ community, this workshop goes deep into what it takes to build truly inclusive workplaces. From pronoun use and inclusive language to everyday allyship and addressing microaggressions, this session will provide practical tools to help you lead with empathy and intention.

Lunch is included, and so is a certificate of completion for your commitment to creating spaces where everyone feels safe, respected, and seen!



Free Cardio Fitness Classes

Join us every Wednesday from May 28th to June 18th for full-body cardio sessions with Mennie Fitness—no equipment needed! Move for your mental health and connect with others, and enjoy accessible, feel-good exercises. Come move with us in a fun, welcoming environment. Registration is required.



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.



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 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!

