

AMAL UNITE & EMPOWER



March 2025 Newsletter



From Milestones to Momentum: Building Community and Well-being

Last month, we celebrated the significant milestones of our first year at Amal Unite & Empower with an organizational review that showcased the vibrant support from our community. Special thanks to the local newcomer-owned businesses like Tania's Little Bakery, Casablanca Bakery, SeanT Le Savant, Yevhen Polishchuk photography and Atlantic Desserts, whose contributions made our celebration memorable.

As we build on this momentum, we continue to strengthen community-ties and relationships through ongoing initiatives such as the Industry Café and Textile Fridays, designed to foster professional networking and creative collaboration in informal, engaging settings.

We also believe in the importance of fun and physical activity as essential components of community life. Our Bachata dance classes and basketball sessions provide perfect opportunities to shake off stress, make new friends, and stay active. Additionally, the harmonious sounds of our Newcomer Choir bring together voices from around the world, celebrating diversity through music.

Understanding the need for holistic well-being, we offer a variety of wellness sessions aimed at helping you unwind and recharge. From stretching away the stress in our Yoga classes to finding tranquility in our Mindfulness and Meditation sessions, and mastering self-care techniques in our Acupressure mini-workshops, there's something for everyone to help maintain balance and well-being in our supportive community setting.

Furthermore, our ongoing collaboration with the Canadian Mental Health Association NL continues to thrive, providing crucial training sessions that enhance the overall well-being of our community. These efforts, alongside our commitment to integrating and empowering newcomers, underscore our goal to build an inclusive and supportive environment.

Unite & Empower Team

In this edition you'll find:

CMHANL
Collaboration

Industry Café &
Acupressure
Mini-workshop

Virtual Wellness
Series

Newcomer Choir
& Textile Fridays

Basketball &
Bachata Classes



Enhancing Mental Health Support with CMHANL

Amal Unite & Empower, in partnership with the Canadian Mental Health Association NL (CMHANL), is proud to offer essential mental health trainings designed to empower industry professionals with critical intervention and support skills. This week, we successfully hosted two significant trainings: the Applied Suicide Intervention Skills Training (ASIST) and a virtual Compassion Fatigue and Burnout Prevention workshop. These sessions provided participants with the tools needed to support themselves and others effectively. Additional free sessions are planned for the coming months, with limited seats available:

Applied Suicide Intervention Skills Training (ASIST) - A two-day workshop that provides practical tools for safely intervening in crisis situations to prevent suicide.

Monday, April 7th and Tuesday, April 8th

Thursday, April 24th and Friday, April 25th



Compassion Fatigue and Burnout Prevention Training - This 90-minute virtual workshop to understand and manage the emotional and psychological costs of caring professions, equipping participants with strategies for self-care and effective support for others.

Scan to register - Wednesday, May 14th:



safeTALK Training - A Three and a half hour in-person training session to identify, communicate, and respond to signs of suicide, emphasizing the critical TALK steps: Tell, Ask, Listen, KeepSafe.

Scan to register - Wednesday, April 2nd:



Why These Trainings Matter?

As workplaces continue to prioritize mental health and employee well-being, these trainings provide valuable skills to recognize and respond effectively to colleagues in distress to create safer, more supportive environments, reduce long-term absenteeism, and strengthen team resilience. These initiatives are part of our commitment to building stronger, healthier communities through proactive support and education.



Industry Cafe

A space where professionals can meet, learn from each other, and build strong connections - all while enjoying delicious coffee (on us!). 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, next meet up is on March 20th, 2025.



Acupressure Mini-Workshop

Join us on April 2nd from 12 PM to 12:45 PM for a virtual Lunch and Learn session. This session will be facilitated by Stacey Croucher, R. Ac, who will be showing you how to activate key points on your body that can help alleviate ailments and boost your mood right from the comfort of your home or office.



Yoga - Anywhere!

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

Discover the benefits of mindfulness 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.





Newcomer Choir

Every Tuesday from 6 - 7:30 PM at 7 Ricketts Rd, enjoy a welcoming space for voices of all ages and backgrounds, brought to you by The St. John's Newcomer Choir.

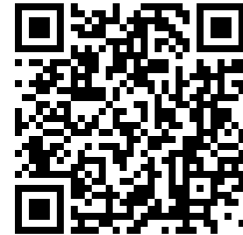
Whether you're new to singing or experienced, this joyful, inclusive community celebrates diversity through music.

Open to everyone, not just newcomers!
For more information, visit www.newcomerchoir.ca



Textile Fridays

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



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!

