

AMAL UNITE & EMPOWER



May 2025 Newsletter



Building Stability Beyond Job Placement: Expanding Wellness Supports for Newcomers

We're excited to share an important development in our Amal Unite & Empower program: the expansion of wellness services designed to support newcomer professionals across Newfoundland and Labrador - not just in their journey to securing employment, but in thriving long after.

Since our launch in February 2024, wellness has been a key pillar of our holistic employment model, thanks to foundational support from the NorthPine Foundation and the Department of Immigration, Population Growth and Skills. Now, with dedicated new funding from Immigration, Refugees and Citizenship Canada (IRCC), we're deepening that commitment by expanding wellness services that directly support newcomer retention across the province.

As part of this growth, we're thrilled to announce that Maude Parent, a valued member of the Amal Unite & Empower team since day one, will now lead our wellness programming as Wellness Coordinator.

Maude is passionate about creating community connections that can support our newcomers to find new friendship while developing a strong sense of belonging.

As we continue to build a province-wide model of employment and inclusion, we're proud to expand this stream of support, offering essential tools for long-term success in both work and life.

This month is packed with timely conversations and hands-on opportunities that reflect our ongoing commitment to workplace inclusion and community awareness. From cultural competency and sexual harassment prevention to labour rights and emerging tech in creating inclusive workplaces and improving hiring practices, there's a lot happening!

Keep reading for all the details.

Unite & Empower Team

In this edition you'll find:

Building Safer,
Culturally
Responsive
Workplaces

Tackling Labour
Exploitation and
Embracing
Inclusive
Innovation

Newcomer Choir
& Textile Fridays

Basketball &
Bachata Classes

Virtual Lunch & Learn Session

Workplace Culture: *Bridging Cultures, Strengthening Teams*

With

Renata Lang

DEI Facilitator



Building Cultural Awareness in the Workplace

Cultural Competency: Virtual Lunch & Learn with Renata Lang Part II

We're excited to welcome back Renata Lang for the second session of our Cultural Competency training on May 22 from 12–1:30 PM. If you attended the first session, you already know how impactful it was—and if you didn't, this is your chance to catch up and dive deeper!

We'll revisit key takeaways from the last session and explore practical tools like Hofstede's Cultural Dimensions to understand how values like time perception, power distance, and uncertainty avoidance show up at work. Through real-world scenario discussions, we'll look at how responsibility for cultural adaptation can be shared between employers and employees—and why cultural competency is more than just inclusion, it's a strategic advantage.



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.



Understanding Labour Exploitation & Human Trafficking

What You Need to Know – Free Virtual Session



Raising Awareness on Labour Exploitation

Labour exploitation and human trafficking are real issues—often hidden in plain sight. Join us and FCJ Refugee Centre Toronto for a free, 90-minute webinar that breaks down the systemic issues behind exploitation in Canada and what you can do about it.

We'll explore warning signs, barriers faced by migrant workers, and actions we can all take to promote ethical, fair workplaces. This session is a crucial first step in building more equitable labour practices.



VR for the Future of Work

National AccessAbility Week Event: May 30, 1–3 PM at Keyin College, St. John's

Step into the future with us! In celebration of National AccessAbility Week, we're co-hosting a hands-on tech event with CCRW and Keyin College exploring how virtual reality is shaping inclusive workplaces.

Try immersive VR experiences on communication, disclosure, and onboarding. Catch live "QuickShot" expert talks and complete our VR Bingo Challenge to win prizes—including a half-day AI in the Workplace team training. Whether you're in HR, leadership, or community development, this is your chance to explore how VR is already transforming work, and how it can support your team too!



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.

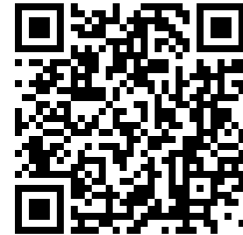
Whether you're new to singing or experienced, this joyful, inclusive community celebrates diversity through music.

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!

