

AMAL UNITE & EMPOWER

✦
September 2025
Newsletter



Building Belonging to Keep Talent Here

As fall approaches, we're excited to spotlight two new faces an initiative that continues to shape our shared vision of a more inclusive Newfoundland and Labrador.

This month, we welcome Hayley McLellan and Zihan Jin to the Amal Unite & Empower team, two passionate changemakers leading the charge on our new DEI-AR (Diversity, Equity, Inclusion, Belonging & Anti-Racism) initiative.

Hayley, who first joined us as a DEI summer student, is now our Anti-Racism Project Coordinator, brings her academic expertise and lived experience into every guide and toolkit she creates, resources already making a tangible impact on the hiring, onboarding, and workplace practices of our industry partners.

While Zihan steps into the role of DEI Project Specialist – Youth, drawing from her work in media, community engagement, and arts-based storytelling to design youth programming that uplifts racialized and newcomer youth across the province.

Together, they will be assessing industry's equity practices to build stronger pathways and support workplaces in turning equity commitments into action.

We were also proud to host Pathways & Perks: The Untapped Talent Advantage yesterday, a sun-filled afternoon of insight held at the beautiful Co-Innovation Centre patio, the panel explored immigration as one of Newfoundland's most under-utilized workforce strengths and the importance of recognizing not only newcomer professionals, but also the spouses and families who immigrate with them.

When we connect talent with opportunity and extend those networks meaningfully, we all win.

Unite & Empower Team

In this edition you'll find:

Mindfulness in Nature & Self-Care session

Culture and Language Exchanges

Music, Dance and Sports Classes



This Season: Make Time for You

As summer winds down, it's the perfect time to slow down, reflect, and recharge. We're offering two wellness opportunities designed to support your well-being.

Nurturing Mindfulness in Nature hosted through Bloom by Amal Unite & Empower

A calming 4-week outdoor series blending mindful movement, walking, and sketching.

📍 Bowring Park | Saturdays starting Sept 13 | 10 AM-12 PM

Self-Care Lunch & Learn (in collaboration with CMHANL)

Take a midweek pause to reconnect with what self-care really means. This session is especially valuable for individuals balancing caregiving roles, community work, or personal stress—and is open to newcomers, working professionals and anyone who wants to feel more in control of their wellness.

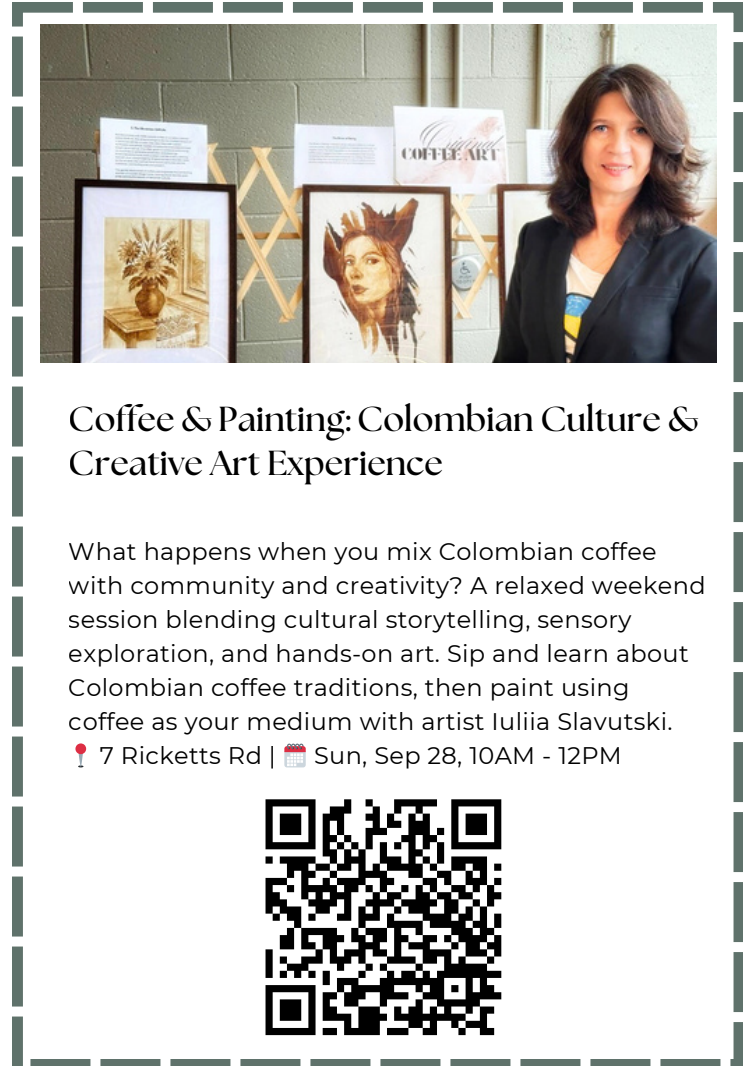
📅 Wednesday, Oct 1 | ⌚ 12:00 PM | 🖥️ Virtual



New: French Chit-Chat

Our new French Chit-Chat series offered through Bloom by Amal Unite & Empower is a relaxed space for adults to practice conversational French, connect with others, and build confidence, no matter their level. French remains a valuable asset across many sectors, and this is a fun, low-pressure way to keep it alive and accessible. Great for professional growth, client-facing roles, or just expanding horizons.

📍 7 Ricketts Rd | 📅 Mondays | ⌚ 6-7:30 PM



Coffee & Painting: Colombian Culture & Creative Art Experience

What happens when you mix Colombian coffee with community and creativity? A relaxed weekend session blending cultural storytelling, sensory exploration, and hands-on art. Sip and learn about Colombian coffee traditions, then paint using coffee as your medium with artist Iuliia Slavutski.

📍 7 Ricketts Rd | 📅 Sun, Sep 28, 10AM - 12PM





Free Pilates Classes

Join us for Community Pilates Classes for a beginner-friendly weekly class that's all about mindful movement, connection, and taking time for yourself. Bloom by 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 on Tuesday afternoons. Registration is required.



Beginner & Advanced Bachata Classes

Unlock the passion of dance! We're offering Bachata dance classes every Friday at 7 ricketts rd. Beginner Class is from 6 PM to 6:45 PM and Advanced class is from 6:45PM to 7:30 PM. It's all about fun, rhythm, and community. Don't worry about bringing a partner, just bring your dancing shoes!

BEGINNERS



ADVANCED



Soccer Classes

Kick off your weekend with adult soccer sessions! Open to all skill levels and genders, these inclusive, fun-filled games promote fitness, community, and language practice in a supportive space. Join us every Saturday at 7 Ricketts Rd.



Bloom United in Music

Join us for a new monthly office concert series that brings together local artists from around the world to share their sounds, stories, and cultures. Connect through music, storytelling, and community.

The first concert features The Cayenne Trio on Saturday, September 20 at 7 PM.

📍 7 Ricketts Road | Refreshments provided

