

AMAL UNITE & EMPOWER



November 2025 Newsletter



Fuel Innovation. Share Warmth.

This month, we're thrilled to welcome Hillary Bellows as our new Wellness Coordinator, stepping into the role while Maude Parent begins her maternity leave. We're sending Maude all our best wishes for a smooth delivery and a joyful new chapter ahead.

Hillary joins us with a broad background in community support and mental health to her new role supporting newcomers, guided by a commitment to dignity, compassion, and inclusive, accessible care. She has focused on trauma-informed practice, advocacy, and empowering individuals through kindness and respect. You'll be seeing her at upcoming Bloom sessions and across new wellness initiatives we're excited to roll out this winter.

Several of our team members also attended techNL's Innovation Week, an inspiring few days of bold conversations and future-focused ideas. From digital equity to AI, the sessions were a reminder of how much innovation is shaping life and work in Newfoundland and Labrador and how important it is that everyone has a seat at the table.

We were proud to sponsor two of our participants to attend, both of whom left energized about growing their careers and contributing to the local tech ecosystem.

Innovation week also offered the team a chance to reconnect with partners, forge new collaborations, and celebrate all the incredible work happening across the sector.

Our Program Manager and TechNL Board Member, Laura Aguirre moderated an awesome Q&A session with Clearco Co-Founder and Dragons' Den star, Michele Romanow which served as a reminder that behind every impressive success story is a string of rejections, pivots, and perseverance.

Unite & Empower Team

In this edition you'll find:

Winter Clothing
Drive

Journaling

Rhythm & Play

Melodies &
Movement



Winter Clothing Drive in Collaboration with The Harbour Community

We're teaming up with The Harbour for a Winter Clothing Drive on Sunday, December 7, from 10:00 AM to 1:00 PM at 7 Ricketts Road and we'd love your support.

We're collecting gently used winter gear to stock The Boutique by Amal a space where newcomers can access what they need to fully participate in the season. From snow pants and waterproof jackets to hockey skates, high-vis vests, and winter boots, every item you share helps someone feel equipped, included, and ready to join in.

As we prepare for upcoming Bloom winter activities, we've heard from many participants who are eager to get involved but lack the gear to safely do so. With your help, we can change that.

All ages, sizes, and genders are welcome — and so are your donations. Whether it's a first pair of skates or a warm jacket for a snowy walk, these items make a real difference.



French Chit-Chat

Our 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



Midori Travel Journal

Next week, Bloom invites you to slow down and reflect on the year with this hands-on journal-making session guided by artist Kateryna Melnych known for her intricate handmade books and creative mindfulness workshops. You'll create a one-of-a-kind keepsake to hold your goals, memories, or dreams for the year ahead!

📅 Thursday, November 30 | 🕒 6:30-8:00 PM





Soccer Drop-In

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

📅 Every Saturday, 10AM - 12PM



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



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.



Bloom United in Music

Our monthly office concert series is a hit, bringing together local artists from around the world to share their sounds, stories, and cultures. Our third concert will feature local singer/songwriter Dana Reids Dana. If you've been craving a calm night out surrounded by plants, people, and really good music... this is it. 📅 Sat, Nov 16, 7PM - 9PM
📍 7 Ricketts Road | Refreshments provided

