

AMAL UNITE & EMPOWER



October 2025 Newsletter



Building Foundations for an Inclusive Future

Fall is in full swing, and with our growing calendar of events, we're thrilled to introduce two new faces who will be at the heart of it all, Burçak Aydinlik and Hanya Eid who have joined our team as Events & Administrative Specialists supporting our operations team ensuring every detail is polished, welcoming, and inclusive.

Burçak, who came to St. John's from Turkey via international student support roles and translation work brings thoughtful organization and a commitment to inclusion. While Hanya, originally from Egypt, brings a unique blend of technical skill, creative energy, and community leadership experience to the role.

We're proud to share that Amal Unite & Empower has received funding from the Newfoundland and Labrador Settlement and Integration Program (NLSIP) to launch RISE a new initiative developed in collaboration with Bluedrop ISM.

Led by Hayley and Zihan from our team, the RISE initiative is grounded in four pillars; Respect, Inclusion, Support, and Empowerment, reflecting our ongoing commitment to building workplaces and communities where everyone can fully participate and thrive.

The initiative is made up of two interconnected streams: a Youth stream empowering youth to lead inclusion, equity and anti racism in their communities, and an Industry stream focused on practical, DEI resources and guidance for employers within our Amal Unite & Empower Industry Network to build empowering workplaces.

Together, and with Bluedrop's digital learning expertise, we're helping prepare both workplaces and the next generation of changemakers to lead with empathy, equity, and impact.

In this edition you'll find:

History, Culture
and Language
Exchange

Rhythm & Play

Melodies &
Movement

Unite & Empower Team



Moments That Ground Us

Last week, our team gathered for a rich and reflective session to honour the National Day for Truth and Reconciliation. Thoughtfully developed and facilitated by our own Hayley and Renata, the session created space for us to learn, unlearn, and recommit to the ongoing work of reconciliation.

We began with the Native Land Map, grounding ourselves in the lands we live and work on, and the layered histories they carry. We explored the identities and lived realities of First Nations, Métis, and Inuit communities, the devastating legacy



of Residential Schools, and the continued importance of the 94 Calls to Action. We discussed the ongoing systemic barriers Indigenous communities face and how reconciliation must go beyond symbolism to create meaningful, lasting change.

To close, we shared a warm meal of moose stew and cod bake, traditional foods prepared by Bidgood's, a local Newfoundland grocer, as a small gesture of respect for Indigenous food traditions and community connection.



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



Historic Walk

This month, Bloom invites newcomers to join a guided historic hike through downtown St. John's. We'll uncover stories of the past while exploring centuries-old architecture. This is a chance to connect with others, discover local culture, and experience the beauty of fall in our city. Afterward, we'll warm up with hot chocolate and snacks.

📅 Sunday, October 26 | 🕒 2:00-4:00 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 new monthly office concert series is a hit, it brings together local artists from around the world to share their sounds, stories, and cultures. Our second concert will feature Baraka a soulful singer/songwriter from St. John's, NL, originally from Tanzania. 📅 Sat, Oct 18, 7PM - 9PM
📍 7 Ricketts Road | Refreshments provided

