

St. John's LIP Newsletter August 2022

The St. John's Local Immigration Partnership is a broad-based partnership designed to support the well-being and participation of newcomers in all aspects of life in the city, as well as to strengthen the city's ability to integrate newcomer needs into municipal planning processes. The St. John's LIP is co-led by the City of St. John's and the Association for New Canadians and funded by Immigration, Refugees and Citizenship Canada.

In this Newsletter:

You will notice that there will be more links than usual, if bolded or in colour, it often means they are active and meant to be **clicked**. Evolving in our Post-Pandemic response to COVID-19, please be aware that workshops and webinars will, too.

#communitymatters #createcollaboratecare

Partners: News and Updates

Programs & Initiatives

ANC Fundraising

As the ANC welcomes newcomers to the province, we need your support. As part of



the ANC's Refugee Fund, the money raised through this campaign will be used to help provide short-term financial support for families as well as to help deliver vital programs and

initiatives that are essential to newcomer integration. More specifically, funds may be used to support women, children and youth, and other vulnerable individuals.

Visit our **website** to access our Third-Party Event Guide. It can help you with your planning and provide a starting point for activity ideas.

We are grateful to all the compassionate communities across Newfoundland & Labrador.

August 2 Emancipation Day Celebration

The province's first-ever Emancipation Day Celebration takes place at The Rooms Tuesday, Aug. 2 from 2-4 p.m. Performers and speakers pay tribute to the Black experience with music, dance and words.

Keynote speaker artist Bushra Junaid will be joined by Allia V with JJ Ojiambo, Jay Heart, Baraka Abayo, Tendai Mudunge, Regis Chiwaya, Navel Sarr, the Gonzaga African Youth Dancers, and the Black Heritage NL Choir.

Free Weekly Concerts

Global Music launches its second season 7 pm, August 3 at The Rooms amphitheater.

This FREE concert series featuring music from newcomer artists runs every Wednesday evening for the month of August.

Check out the schedule HERE

For interviews with musicians and event organizers, check out the ANC's podcast, Global Frequencies. Global Music is a partnership of the Association for New Canadians, Music NL and The Rooms.

Call for Newcomer Artists

The Association for New Canadians and The Rooms have partnered to commission six newcomer artists to create work for a travelling exhibition. This exhibition aims to highlight the professional art practices of

underrepresented migrant visual artists who now call Newfoundland and Labrador home.

Commissioned artists will be asked to create artwork that reflects or comments on injustice, immigration, marginalization, or anti-racism. A call for submissions will go out at the beginning of August, and will be available on ancnl.ca. Proposals must be submitted to Rachel Gilbert, rgilbert@ancnl.ca, by September 2.

Free evening English classes

The Association for New Canadians offers FREE evening English conversation classes to all newcomers. This is the perfect opportunity to practice English by speaking with others.

In-person classes are on Monday and Wednesday evenings from 7-9 p.m. at the ANC's ESL Training Centre 148 Elizabeth Avenue (off Smithville Crescent). Drop-ins are welcome. For more information, contact the ESL Training Centre: e-mail **linc@ancnl.ca** or phone 709-726-6848.

Seeking translators and interpreters

The Association for New Canadians is recruiting speakers of Swahili and Tigrinya as interpreters to facilitate the communication process for the new immigrants.

To find out more about the next session, please contact malkahki@ancnl.ca

Call for school supplies

At the Association for New Canadians, back to school is all year round as children arrive in the province with their families every month of the year. The ANC supplies every child and youth entering the NL school system with a backpack full of essential supplies – and we can't do it without the help of generous donors.

Pencils, crayons, exercise books, math sets, backpacks – if your child needed it, odds are good that our clients' children will too. Contact the ANC's Child and Youth Programs team if you would like to help out: **cayp@ancnl.ca**





A.C. Hunter Public Library



Skills for Success Workshops

SEPTEMBER	13	6:30 PM	TIME MANAGEMENT
SEPTEMBER	20	6:30PM	MOTIVATION
SEPTEMBER	27	6:30PM	STRESS MANAGEMENT
OCTOBER	4	6:30PM	PROBLEM SOLVING

Join our friends from ABC Life Literacy Canada's Activate Learning program for these interactive workshops to improve your employability and life skills

Call 737-3950 to register or for more information.

Join ABC Life Literacy Canada for our Innovation Lab Webinar: Measuring Program Impact: How do we define success?

· Date: Thursday, September 22nd at 2:30 pm NDT

 \cdot What: Join ABC for a moderated discussion with guest speakers from the literacy sector as we explore the value of impact measurement and identify steps to help you define and monitor the success of your programs.

· To register, click here

Z

PERSON



BLACK BUSINESS INITIATIVE EXPANDS ACROSS ATLANTIC CANADA

The Black Business Initiative (BBI) has expanded beyond Nova Scotia (NS) and is now operating in New Brunswick (NB), Newfoundland and Labrador (NL), and Prince Edward Island (PEI).

BBI has been selected as a delivery organization for the Black Entrepreneurship Program (BEP) Ecosystem in Atlantic Canada, specifically to strengthen and broaden existing support for Black businesses and entrepreneurs in NS, and to expand services and programs to all Atlantic Canadian provinces.

BBI has a physical presence in NB and NL – as well as support for Black entrepreneurs in PEI - in the form of two Entrepreneurship Engagement Managers (EEMs).

If you are a current or aspiring Black entrepreneur in NB, please contact Jocelyn Stevens at **stevens.jocelyn@bbi.ns.ca** to find out how BBI can support you. Black entrepreneurs in NL and PEI can contact Precious Familusi at **familusi.precious@bbi.ns.ca**.

Support for Black Businesses

Below is a list of business support programs being offered by BBI to Black businesses in Atlantic Canada:

- Business development support including counselling, advising, access to information, resources, and mentorship opportunities
- Entrepreneurial development and business skills training
- Access to funding, procurement and supply chains, and scaling opportunities
- Communication, marketing, and promotion strategies for businesses
- Youth entrepreneurship programming through Business is Jammin' (BIJ).

Although the BEP Ecosystem is a four-year project, BBI expects to continue providing these services across Atlantic Canada beyond the duration of the project.

About BEP

BEP is a partnership between the Government of Canada, Black-led business organizations, and financial institutions. The components of the program are:

- The Black Entrepreneurship Loan Fund to provide loans of up to \$250,000 to Black businesses
- The Black Entrepreneurship Knowledge Hub to conduct research on Black entrepreneurship in Canada
- The National Ecosystem Fund to support not-for-profit, Black-led business organizations in their capacity to provide support, mentorship, financial planning, and business training for Black

entrepreneurs.

About BBI

The Black Business Initiative is Canada's longest-serving Black business development initiative. BBI is a not-for-profit organization committed to growing a stronger Black presence in Atlantic Canada's business community. For more information about BBI, its programs and services, please visit **bbi.ca** or email **bbi@bbi.ns.ca**.

Quotes

"For 25 years, BBI has proven that the success of Black entrepreneurs has a direct and indelible impact on Nova Scotia's economy. As we continue to grow and evolve, it is crucial that Black businesses in Newfoundland and Labrador, Prince Edward Island and New Brunswick can join us. With the support of the Black Entrepreneurship Program Ecosystem, we are proud to embark on this milestone expansion. We look forward to years of collaboration with new and existing Black businesses and with all our partners across Atlantic Canada."

- S.I. Rustum Southwell, interim CEO, Black Business Initiative

"The Black Entrepreneurship Program is reducing barriers Black entrepreneurs face in accessing financing and support services. BBI's ecosystem services are critical in helping Black entrepreneurs and business owners get the mentorship, financial advice and business skills they need to start up, scale up and access new markets. Congratulations to BBI for launching its services and supporting Black entrepreneurs throughout Atlantic Canada."

- The Honourable Mary Ng, Minister of International Trade, Export Promotion, Small Business and Economic Development

"Building a strong Black presence in business and entrepreneurship diversifies our economic base, creates jobs, and powers growth. BBI has demonstrated this through its positive impact on Nova Scotia's business community over the past 25 years. We're pleased to support BBI as it extends its influence across Atlantic Canada to reach more Black communities and fuel inclusive growth in the years to come."

- The Honourable Ginette Petitpas Taylor, Minister of Official Languages and Minister responsible for the **Atlantic Canada Opportunities Agency (ACOA)**



A WOMEN'S NON-PROFIT COMMUNITY SERVICE CO-OPERATIVE

SUPPORTING IMMIGRANT WOMEN TO EXPLORE WORK OPTIONS

CONTACT US: ROXANA FAZLI: (709) 631-3760 VALERIE CARRUTHERS: (709) 691-1215 AMPARO MONTOYA: (709) 764-9956



Collective Interchange was the NL delivery partner for a Women's Economic Council's national participatory research project funded by Immigration, Refugees and Citizenship Canada (IRCC) throughout September 2019 - July 2021.

This research project we helped deliver confirmed that many immigrant women we engaged in NL were not connected to free, government-funded services. Aside from the isolation they often face, many of the programs offered in the community have eligibility criteria that excludes immigrants because of their immigration status, language level, employment status etc. Many immigrant women, including those who successfully secured Canadian Citizenship, fail to live their best selves, some struggling to navigate employment or business options in Canada. They are also under-represented in leadership, on boards, in senior management while being over-represented in precarious work and in poverty.

In September 2021, Collective Interchange embarked on a 3-year capacity building project, funded by the Federal department of Women and Gender Equality Canada (WAGE), focused on addressing systemic barriers faced by visible minority immigrant women in Newfoundland. This project as a feminist response to the impacts of COVID-19, particularly for immigrant women earning a living through employment, micro businesses, home-based businesses, small businesses and/or cooperatives, is a collaborative learning experience providing opportunities for immigrant women and service providers to work together to explore solutions for addressing barriers impacting accessibility and use of resources by immigrant women.

SOAR with Murphy Centre

Want Help With Math?









MATH SKILLS ARE VITAL TO SKILLED TRADES.

SOAR offers free, one-on-one math tutoring in-person (St. John's metro) or online for students and apprentices throughout NL

When you're:

- getting ready for an exam
- need a comprehensive review

www.guidetothegood.ca The social enterprise building sustainable communities.

Scan for more on SOAR

need a complete refresh

contact Courtney at SOAR

(709) 693-2050



courtneyclarke@murphycentre.ca







Are you new to Canada and looking to expand your network?

MUSICNL

INSTRUMENTAL CONNECTIONS



PROGRAMME DE CONNECTEUR NATIONAL

Join the **Instrumental Connections Program** and benefit from direct contact with people who are in the habit of making introductions and connecting others to opportunities. Through one-on-one meetings with Connectors who work in the music industry you will:

- Learn about the local music industry
- Enhance your networking skills
- Build a professional network
- Improve your job search

The Connector Program's innovation and effectiveness lies within three simple steps:

 Local immigrant serving organizations and post-secondary career centers refer employment-ready participants (Connectees) to the program.
 Program staff coach the Connectee and match them with a Connector in their field.

3) The Connector and Connectee meet face-to-face. After the meeting, the Connector links the participant to at least three other people in their business network. Those three people also refer three more people to the Connectee.

Set up an appointment with Mariana todaymariana@musicnl.ca |

709-754-2574 Ext 4



Engaging Newcomer Women in their employment journey

Are you an Immigrant/Newcomer Woman on your journey to finding a job? Or wanting to connect with other women from diverse backgrounds?

Benefits of this Program

Bonus We can assist with transportation. We also create a welcoming place for your children while we chat.

- Customized support to your needs
- Connecting with other immigrant and newcomer women
- Work towards your employment goals through assessments with
- Practitioners that are culturally sensitive to your needs
- Focused referrals, skill development, job hunting, and community service
 - This program is open to women and individuals who identify as women



For more information and to register, contact Mary or Michelle: mary.o@mwonl.com or michelle.dc@mwonl.com or (709) 726-0321

Funded by the Office of Immigration and Multiculturalism





Free Physical Activity Program for individuals with neuropsychiatric conditions

Hosted by Neuropsychiatric Patients Association

No proof of neuropsychiatric condition required. Examples of neuropsychiatric conditions are Concussions, Autism, Huntington's, Parkinson's and many others. Each participant can bring a friend/family

member/support person to also participate (free of charge)

For more info contact npanl@live.com or call/text 709-740-4794 Monday's 6:30-8:30PM The lantern (35 Barnes Road, St John's)

Check out these AWESOME activities promoting brain health, happening in

the greater St. John's area and throughout the province for the month of June! All activities are either free or \$5 or less.

Looking for something to do with your friends/family after work or on the weekend? Look no further than our monthly community calendar!

There are events and activities for everyone- no matter your age or interests and you don't even have to have a neuropsychiatric condition for most activities! From meditation, to exercise, to arts and crafts, educational activities, support groups, and more. For example, learning a new skill is a great way to keep our brains (injured and non injured alike) in tip top shape! These activities are great to promote neuroplasticity in individuals of ALL ages, but are particularly helpful for those with brain injury and other brainhealth-related conditions because they will encourage brain repair. Furthermore they are a fantastic way to keep your brain in top tip shape well into old age (if done on a regular basis)!

If you're wondering how often you would need to do these activities to reap the benefits, the answer is: as often as you can! More activities = more neuroplasticity!

Many events are being offered in person, virtually, or both! Some events require pre-registration so please ensure you read all details in the original event listings. Also note that some events are targeted to specific age groups or genders, so be sure to read all the details or contact the organization prior to an activity that you're interested in.

If you know of other free or low cost events that you would like to include in our calendar, please do let us know. Events from anywhere in Newfoundland and Labrador and welcome.

Here's the link: https://docs.google.com/document/d/1rtAvKMxcCoYFrQfyc_zmbIdDmUW0h101eWIF5voa4I/edit?usp=sharing

Keep checking back often at the link provided as updates will be made to the calendar on a frequent basis.

We are proud to offer residents of Newfoundland and Labrador a free exercise program we have for adults with neuropsychiatric conditions (which includes any form of brain/neurological injury). This program is meant to promote brain health since exercise stimulates the growth of new brain cells, improves focus and concentration, reduces inflammation, among MANY other benefits!

Our program takes place on Monday evenings from 6:30-8:30pm at the Lantern (35 Barnes Road, St. John's).



ST. JOHN'S WOMEN'S CENTRE

Drop in or call us!

you.

We are

here for

FREE, ACCESSIBLE, TRAUMA-INFORMED COUNSELLING.

TUESDAYS & WEDNESDAYS 12:00PM-5:30PM

170 CASHIN AVENUE EXT. / 753-0220



The Women's Centre (SJSWC) is dedicated to providing FREE communitybased programs delivered within a safe, non-judgmental, open, and caring environment. All of our programs and services are person-centred and for women and non-binary people in and around St. John's

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
<u>30N</u>	1	2 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-530pm Evening sessions available by appointment, please call by 5pm to book a time.	3 Right here, Right now Counselling 12pm-5:30pm Evening essions available by appointment, please call by 5pm to book a time.	4 Clothing Boutique 10am-1pm 2pm-4pm Call to make appointment	5	6
7	8	9 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	10 Right here, Right now Counselling 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	1 12 Iothing Boutique Dam-1pm pm-4pm Jall to make appointment icetime: 1:30pm-2:30pm	12	13
14	15	16 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	17 Right here, Right now Counselling 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	18 Clothing Boutique 10am-1pm 2pm-4pm Call to make appointment WC BBQ & Open House 12pm-2pm	19	20
21	22	23 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	24 Right here, Right now Counselling 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	25 Ciching Boutique 10am-1pm 2pm-4pm Call to make appointment Teatime: 1:30pm-2:30pm	26	27
28	29	30 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.	31 Right here, Right now Counselling (phone in, zoom or drop in) 12pm-5:30pm Evening sessions available by appointment, please call by 5pm to book a time.			

Teatime: Just drop into 170 Cashin Avenue for a cup of tea with us! This month we will be viewing the St. John's International Women's festival films. (709) 753-0220 | reception@sjwomenscentre.ca 170 Cashin Avenue Extension sjwomenscentre.ca | www.facebook.com/SJWomenscentre

Open House/BBQ: We welcome you to pop by our backyard to enjoy a BBQ and music with us. If you have never been here before we can give you a tour of our building.



Newfoundland & Labrador Public Libraries

LAUNCHED and already ... On The Go!

PLEASE JOIN US FOR

The Library on the Go Launch

An exciting mobile library project! July 26, 2022 | 11:30 AM Bannerman Park



Newfoundland and Labrador Public Libraries (NLPL) and the St. John's Public Libraries Board (SJPLB) has just launched Library On The Go, a beautifully wrapped mobile library van that will travel to parks, recreation centres, and sites across the city to deliver fun, free pop-up programs and library services for all ages.

Library On The Go is one way to expand the reach of the library, to decrease barriers to accessing library services, and reach out into underserved areas and groups within our city. Library On The Go will provide library cards for new users, carry a selection of books and promote library learning resources and services.

Follow the hashtag **#LibraryOnTheGoNL** for details on where to find Library On The Go this summer! This pilot project of the SJPL Board is supported by the City of St. John's and the hope is to collaborate with community groups and agencies throughout the city.

The SJPL Board is a volunteer community advisory board that provides input, advocacy and fundraising support to our city libraries. The board is thrilled to be able to fund this special initiative which would have no other source of dedicated funding. SJPLB and NLPL invite community partners to help grow this pilot project: through funding support, through strong outreach connections and with ideas to develop programs for the diverse neighbourhoods, groups, and communities across our city.

If you have an idea for a program or site for Library On The Go please please get in touch with the Library. Regional Outreach Librarian Emma Craig is a driver of this project - in every sense of the word. Emma can be contacted at the A C Hunter Library. Follow NLPL on Facebook, Twitter and Instagram for updates on the van. And when you see the Library On The Go van out and about, Come Say Hi!





@nlpublibraries

A.C. HUNTER CHILDREN'S LIBRARY ZVENTS

PRE-SCHOOL ARTS & CRAFTS STORYTIME Wednesday, Aug 18th - 10:30 am Ages 3-6 yrs

FAMILY MOVEMENT STORYTIME Wednesday, Aug 25th - 10:30 am Ages 0-6 yrs

REQUIRED

REGISTRATION FOR THESE EVENTS OPENS AT 9:30 AM REGISTRATION TUESDAY, AUGUST 3RD







SUPPORT POSITIVE ACTION COLLABORATION & EXPERIENCES

Are you a high school student or recent graduate from high school? Did you experience racism, racial discrimination, or systemic barriers during your high school years?

JOIN US We want to hear from you

Come share your experiences and stories for a documentary to create awareness and engage in conversations with the community about racism. Together, let's take concrete actions towards embracing cultural

EMPOWER

TAKE

ACTION

DISCRIMINATION

Canada

RACISM

diversity and inclusion.

CONTACT US

for more information : emilie@sharingourcultures.com or 709-769-5316



MAGINE SPACE

SUPPORT POSITIVE ACTION COLLABORATION & EXPERIENCES

Canada

Es-tu élève du secondaire ou récemment diplômé? As-tu vécu du racisme, discrimination raciale, ou barrières systémiques pendant tes années au secondaire ?

Nous voulons t'entendre! **REJOINS-NOUS**

Venez partager vos expériences et vos histoires pour un documentaire afin de sensibiliser et d'engager la conversation avec la communauté contre le racisme. Ensemble, prennons des mesures concrètes pour favoriser la diversité culturelle et l'inclusion. AGIR AGIR AGIR AGIR RESPECT

emilie@sharingourcultures.com or 709-769-5316

Sharing Our Cultures provides spaces for the voices and experiences of racialized youth to be heard and seen. We are looking for highschool youth and recent highschool graduates across the province to participate in Imagine SPACE and take action against racist acts and attitudes. Let's make a difference together! Contact Emilie to get involved.

Sharing Our Cultures offre des espaces pour que les voix et les expériences des jeunes racialisés soient entendues et vues. Nous recherchons des jeunes du secondaire et des diplômés récents du secondaire à travers la province pour participer à Imagine SPACE et prendre des mesures contre les actes et attitudes racistes. Ensemble, faisons la différence! Pour vous impliquer, contactez Emilie.





ARE YOU AN... LGBTOIA+ NEWCOMER?

Are you looking for support and community? Join our Peer Support Group and Mentorship programs!



Programs for LGBTQIA+ Newcomers to Canada

Are you an LGBTQIA+ newcomer looking for support and community connection? Attend our Peer Support Group and/or participate in our Mentorship program! For more information, **click here to visit our website**

Both programs are **open to all LGBTQIA+ newcomers to Canada over 18 years old, regardless of immigration status**. This includes temporary residents, permanent residents, refugees, international students, new Canadian Citizens, etc.

Our next LGBTQIA+ Newcomer Peer Support Group meeting is on **Thursday, August 18th from 6:00-7:30pm**. This program will be held in-person at the YWCA St. John's office at **291 Water Street, Suite 302**

(4th floor, above the Merchant Tavern restaurant).

Register by contacting **kimberly@ywcastjohns.ca / (709) 769-6649**, or by completing the **online registration form here**. Drop-ins are also welcome!

*LGBTQIA+: refers to sexual and gender minorities who identify as lesbian, gay, bisexual, transgender, queer/questioning, intersex, and/or asexual, and plus.





LGBTQIA+ NEWCOMER PEER SUPPORT

August 18, 6:00-7:30pm

291 Water Street Suite 302 (4th floor) St. John's

kimberly@ywcastjohns.ca (709) 769-6649

Funded by:

Financé par :

Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

SKILLS, LABOUR, and TRAINING





Work Global Canada Inc., a Human Resource and Immigration company, provide complimentary facilitation in employment for Ukrainians and their family members in the provinces of Newfoundland & Labrador and New Brunswick. We have employers in different industries.

To view the job opportunities, click: Ukraine Support HERE

In the early weeks of August, we will host information sessions to provide an overview about employment and immigration pathway options available in Atlantic provinces.

Work Global Canada Inc., рекрутингова та імміграційна компанія, запускає Програму з безкоштовного працевлаштування для Українців та членів їх родин у провінціях Ньюфаундленд і Лабрадор та Нью-Брансвік. У нас є пропозиції роботи в різних галузях.

Доступні вакансії доступні за

посиланням https://www.workglobalcanada.com/ukraine-support-program/ В серпні ми проведемо серію інфо сесій де більш детально розкажемо про можливості працевлаштування та шляхи іміграції в Атлантичних провінціях.

New Staff



Join us in welcoming our newest team members.

Karina Humeniuk, Project Manager, Planning and Organizational Development. Karina, originally from the Ukraine, holds a Masters' degree in Political Science and International Relations from the Kiev Institute for the Humanities Kyiv, Ukraine. She has extensive experience in International Business Relations, Communication Advisory, and Events Management.

Karina will coordinate our Ukraine Support Program and she has the support of the following staff members, Tatevik Zaikova (Intake Administrative Officer) and Andrii Lymar (HR Assistant).

Welcome to the team!

Current Job Listings



We have a huge demand in a variety of Employer and Industry sectors throughout Newfoundland and Labrador. We do have a shortlist of urgent requirements outlined below.

If any of these opportunities appeal to you, kindly refer to the contact options listed below.

Urgent Requirements

- Maintenance millwright, Bloomfield, NL
- Heavy equipment mechanic, Bloomfield, NL
- Labourer, Bloomfield, NL
- We also have 50+ opening for the following in various locations throughout Newfoundland and Labrador.
 - Food Service Supervisors
 - Food Counter Attendants
 - Line Cooks
 - Bakers

We encourage those that have the above following work experience to visit our website job portal page listing, **here**, for complete details. We encourage prospects to register onsite (view our **quick guide**), however, we also welcome office visitations regarding the above shortlist and all appointments can be arranged through our office.

Our location and contact information is as follows.

Work Global Canada Inc. 69 Elizabeth Avenue St. John's, NL A1A 1W8 1.709.700.1983 Ext 0 (Office)

COMMUNITY ENGAGEMENT



Multicultural Women's Organization of NL (MWONL) Event Calendar August 2022



Aug 2@ 11:00 am – 12:30 pm English Conversation Class Location: MWONL Office Facilitator: Chaturrvi Maruthiredo

Aug 6@ 3:30 am – 5:00 pm Sewing Class Location: MWONL Office Facilitator: Fedaa Al Taani

Aug 9 @ 11:00 am – 12:30 pm Children's Outing (Whee Playground) Location: 61 Pippy Place

Aug 10 @ 10:00 am - 11:00 am Senior's Outing Program (Governor's House) Location: 50 Military Road

Aug 17@ 11:00 am – 12:30 pm English Conversation Class Location: MWONL Office Facilitator: Chaturrvi Maruthireddy Aug 18 @ 5:00 pm – 6:00 pm Art Class Location: MWONL Office Facilitator: Shobhana Sariya

Aug 19@ 6:30 pm - 8:00 pm Cultural Show Location: St David's Church, 98 Elizabeth Ave.

Aug 23 @ 2:00 pm - 3:00 pm Senior's Sport Program (Bowling) Location: Holiday Lanes at 27 Elizabeth Ave.

Aug 24 @ 11:00 am - 12:00 pm Healthy Cooking Location: Dominion Community Center (Lake Avenue) Facilitator: Marissa Park

Aug 30@ 11:00 am – 12:15 pm English Conversation Class Location: MWONL Office Facilitator: Samar Alaraby

Aug 31@ 11:00 am – 1:00 pm Children's Outing (Bannerman Park) Location: Military Road/

All events are free of cost. (Seats are limited) To register please contact noran.i@mwonl.com or call MWONL Office on (709) 726 0321

Looking for Volunteer Instructors/or Pay Small Stipend!

Neuropsychiatric Patients Association is starting up a free exercise/movement based activity program for people with neuropsychiatric conditions on Monday evenings!

Some of the instructors we have so far are for:

Yoga, Dance, Drumming, Basketball, Circus skills etc. Instructors we would like to find would be for: Tai chi/Qigong, Hunting/Fishing Snowshoeing, Hiking, Martial Arts, Cycling, Various Sports, Low Intensity Aerobics, Birdwatching, Gardening, Geocaching and more!

Please contact us at npanl@live.com, (709) 740-4794, or find us on Facebook!

Submit Your Events and Get Involved

Do you have an upcoming event the community should know about? Would you like us to highlight a successful program or initiative? Get in touch if you wish to have your organization's work or event included in our newsletter.

We send out a monthly newsletter, so please send your August updates by August 29, 2022

The St. John's LIP also has many opportunities for you to get involved. It is comprised of over 60 volunteers who participate through involvement on the Partnership Council or on one of our three working groups: **Welcoming + Wellness, Employment + Skilled Labour, and Education + Training** we welcome your passion in one of these areas to help us uplift and empower our newcomer community.

Contact **<u>sgardner@stjohns.ca</u>** for more information or to get involved.

Follow us on Twitter @StJohnsLIP

tweets organized by Communications Dept of The City of St. John's - communications@stjohns.ca

Visit our website

St. John's LIP | City of St. John's , 348 Water Street, St. John's, A1C 5M2 Canada

Unsubscribe immigration@stjohns.ca Update Profile |Constant Contact Data <u>Notice</u>

Sent bysgardner@stjohns.capowered by



Try email marketing for free today!