



# ST. JOHN'S

## LOCAL IMMIGRATION PARTNERSHIP

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### St. John's LIP Newsletter December 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.

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#### **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

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# Partners: News and Updates

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## Programs & Initiatives



### OPEN CALL FOR A NEWCOMER FAMILY

**The St. John's Local Immigration Partnership and Up Sky Down Films,** are collaborating and coordinating a video series about how to do seasons in St. John's in a variety of fun and meaningful ways specific to the region.

**Feeling and Being at Home in a Place:** is as much about people, as it is about landscape and weather; and combining both to highlight the best of with a newcomer family to show others how to live and play in the great outdoors, no matter the season, another way to invite and welcome others to do the same!

#### **We are looking for a young newcomer family**

(guardians/parents/children/youth) that can participate in a range of activities, that might include ice fishing, hiking, tobogganing, ice skating, snow shoeing, cross country skiing, etc, who are personable and comfortable on camera, and can help tell a story with their own unique spin and personality.

**As we mean to begin this project ASAP,** a recent family photo or 30 to 60 second intro video of the family; listing ages, names of each person, plus a sentence or few about why they'd like to do this, or what they would like to try, or what have they done that they love doing - all appreciated in helping get to know possible candidates.

**The more personality the better, so don't be shy!**

This call is for Winter/Spring activities, and will start in the new year. A summer/autumn video has just been completed!

Please send your submission of interest, along with photo or very short intro video to **Roger Maunder of [Up Sky Down Films](http://Up Sky Down Films)** at: **[roger@upskydownfilms.com](mailto:roger@upskydownfilms.com)**

**DEADLINE: End of Day January 7, 2023**

Please email Stacy at: [sgardner@stjohns.ca](mailto:sgardner@stjohns.ca) if you have any questions about the project. BUT send your expression of interest to participate to only Roger. ThankYou!



**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, Tuesday, 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](mailto:linc@ancnl.ca) or phone 709-726-6848.

### **CELPIP preparation classes**

The Association for New Canadians will offer CELPIP preparation classes in January. The number of classes will depend on interest in registering. Please e-mail [linc@ancnl.ca](mailto:linc@ancnl.ca) or phone 709-726-6848 to register

### **Citizenship Classes**

The Association for New Canadians offers free study classes for people preparing to take the Canadian citizenship exam. The next session will start in January, and may be offered virtually, depending on participant interest. Register, add your name to a waiting list, or indicate your interest in a future session by contacting the ANC ESL Training Centre – phone 726-6848 or e-mail [linc@ancnl.ca](mailto:linc@ancnl.ca)

### **Christmas Toy Drive**

The Association for New Canadians invites donations of toys, books, board games and gift cards as gifts for children and youth aged up to 18 years. Help make the season special for these newcomers' first festive season in NL!

We will collect toys until December 13. For more information, or to arrange a drop-off or pickup, please contact Chelsey Hicks: [chicks@ancnl.ca](mailto:chicks@ancnl.ca)

### **Employment Training Programs**

The ANC is accepting registrations for the next cohort of three innovative employment training programs. All include training, mentorship opportunities and connections with representatives of their particular sectors, and are free to any newcomer resident in Newfoundland and Labrador! Programs start in January. Space is limited, so apply soon!

**1. Build Your Future** is open to those with skills and experience in construction trades who want to learn about those trades in NL. Participants will learn about construction-related professions, health and safety regulations, employment conditions, work environment and tools and programs.

**They will be paid internships and introduced to apprenticeship opportunities.**

Apply to Build Your Future **here**.

**2. Agriculture Training** is open to those seeking either employment on a farm or to start their own farming business. Program includes the basics of agriculture in NL; field, nursery and greenhouse farming; data keeping, reporting and regulations; retail and marketing of agricultural products; and tools and programs. Participants will complete paid internships. Apply to the Agriculture Training program **here**.

**3. The Newcomer Entrepreneurship Training** program is for any newcomer with new business ideas who wants to learn about entrepreneurship and new business creation. Over the course of program, participants will develop business ideas, conduct market research, and learn some of the fundamentals of conducting business in NL, including legal structures, bookkeeping, taxation, funding opportunities, and effective sales and marketing strategies. Apply to Newcomer Entrepreneurship Training **here**.



## NEWCOMER ENTREPRENEURSHIP TRAINING / NET Program

invites **NEWCOMERS**

- to gain knowledge of **CONDUCTING BUSINESS** in NL
- to learn new **ENTREPRENEURIAL SKILLS** and **BUSINESS STRATEGIES**
- to meet **SUCCESSFUL ENTREPRENEURS** and learn from their experience

**FREE**

**APPLY NOW**

**CERTIFICATE  
awarded!**

**Application Deadline 21 Dec 2022**

If you have any questions, please email  
[specialprograms@ancnl.ca](mailto:specialprograms@ancnl.ca)

# TOY DRIVE!

**Drop-off Locations:**

**Cal LeGrow Insurance & Financial Group**  
Monday to Friday, 8:30am to 4:30pm.  
189 Higgins Line, St. John's NL, A1B 4N4

**Conservation Corps**  
Monday to Friday, 8:30am to 4:30pm  
10 Austin St Suite 100, St. John's, NL A1B 4C2

Please have donations in by  
Decemeber 13th 2022

**Asking for:**  
Unwrapped and New  
Toys, Books, Board games,  
Gift cards ages 0-18

Please no war/violence  
related items or food

\$20-\$40 price range



## AGRICULTURE TRAINING Program

invites **NEWCOMERS**

to **LEARN ABOUT AGRICULTURE** in NL (10 weeks)

- to learn how to grow rich and healthy harvest
- to practice how to plant, grow and harvest fruit, vegetables and other plants in the farms around St. John's
- to complete a **PAID INTERNSHIP** (12 weeks)
- to **FIND EMPLOYMENT** in local farms

**FREE**

**APPLY NOW**

**CERTIFICATE awarded!**

If you have any questions, please email [specialprograms@ancnl.ca](mailto:specialprograms@ancnl.ca)



## BUILD YOUR FUTURE CONSTRUCTION TRAINING Program

invites **REFUGEE NEWCOMERS**

- to learn new or improve existing **SKILLS** in **CONSTRUCTION-RELATED PROFESSIONS** (18 WEEKS)
- to complete a **PAID INTERNSHIP** (12 WEEKS)
- to find **EMPLOYMENT** with local employers

**FREE**

**APPLY NOW**

**CERTIFICATE awarded!**

**Application Deadline 21 Dec 2022**

If you have any questions, please email [specialprograms@ancnl.ca](mailto:specialprograms@ancnl.ca)

## Workshops!

### (1) Smart Shopping

- **When:** Thursday, December 8, 2022 at 10:30am NT
- **What:** In this interactive workshop we'll discuss why we shop, shopping habits and ways to make smart buying decisions... and just in time for the holiday season!
- **To register: [click here](#)**
- Participating organizations in both workshops are eligible to receive a \$50 honorarium and individual participants will be entered to win a \$25 gift card. **See poster for more details!**

### (2) Planning for 2023? Join our New Year Series!

- **What:** Activate Learning will be hosting weekly workshops for the community on a variety of topics including Time Management, Spending Plans, and Communication. And again, participating organizations will be eligible to receive \$50 honoraria per workshop!
- **When:** Every Monday at 10:30 am NT from January 30 to March 20, 2023.
- **To register, [click here!](#)**
- Note: If you invite participants to register individually, please let them know to write your *organization name* in the form.

### (3) Upcoming HSBC Family Literacy First Events:

- HSBC Family Literacy First Train-the-Trainer: Best Practices for Encouraging Intergenerational Learning
  - **What:** Join ABC for a national discussion with experts from the family literacy field. We'll talk about different ways practitioners can create programs and resources that encourage intergenerational learning. Our guest panelists will include the winners from this year's HSBC Family Literacy First Fund.
  - **When:** December 6th at 2:30pm NT.
  - To register, **[click here](#)**.
- **L'alphabétisation familiale d'abord HSBC: Meilleures pratiques pour encourager l'apprentissage intergénérationnel**
  - **À propos:** Au cours du webinaire, nous discuterons des différentes façons dont les praticiens peuvent créer des programmes et des ressources qui encouragent l'apprentissage intergénérationnel. Nous aurons aussi une période de discussion durant laquelle vous aurez l'opportunité de poser vos questions aux experts eux-mêmes.
  - **Quand:** le 8 décembre à 14h30 HTN.
  - **Pour vous inscrire**

### (4) Family Literacy Day 2023 is fast approaching!

- **What:** Family Literacy Day is an annual event that raises awareness about the importance of reading and engaging in other literacy-

related activities as a family. Learn more and download fun resources **here!**

- **When:** January 27, 2023
- **Register** for ABC's exciting celebration event with Barbara Reid **here.**
- Learn more at our Information Session on January 17, 2023 at 2:30pm NT. Register **here!**

## Smart Shopping with



Thursday,  
December 8, 2022  
10:30am to 12:00pm NT

Contact us for more info:  
jnorcross@abclifeliteracy.ca  
1-800-303-1004 Ext 131

Or sign up here:  
<https://tinyurl.com/smartshopping8dec2022>



[www.abccactivatelearning.ca](http://www.abccactivatelearning.ca)



Join us for an  
interactive workshop  
to explore:

- Why we shop
- Shopping habits
- Ways to make smart buying decisions

**Attending  
organizations are  
eligible to receive a \$50  
Honorarium!**

### **All participants...**

- can receive Certificates of Participation
- have the chance to win a \$25 gift card!





"Inclusion Canada Newfoundland and Labrador is a non-profit organization that serves persons with intellectual disabilities and their families. We are looking to recruit 7 Regional Representatives province wide, to better serve persons with intellectual disabilities and their families in our community. We'd love to hear from you! As well, The Canada Revenue Agency (CRA) has connected with Inclusion Canada Newfoundland and Labrador and we are hosting a virtual information session for persons with disabilities. We would also like to invite anyone who is interested in becoming a member of ICNL to complete and submit the form on our website, everyone is welcome!

Please find more information at our website <https://www.inclusioncanadanl.ca/>, social media pages, or contact Emma at (709) 722-0790 ext. 3 email [community@inclusioncanadanl.ca](mailto:community@inclusioncanadanl.ca)."

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# Newfoundland Labrador



## Pathways Program for Internationally Educated Professionals

Prince Philip Drive Campus

College of the North Atlantic, with financial support from Department of Immigration, Population Growth and Skills, is offering a no-cost 11-week program to help develop job search strategies and the transferable and soft skills needed to adapt more easily to the Canadian workplace.

Newcomers to Canada who have acquired post-secondary education in their home countries, but do not have work experience in their field of study in Canada can participate in this program.

### PROGRAM HIGHLIGHTS

- Labour market and career guidance information
- Individualized career and occupational readiness plan
- Occupational workplace safety certifications
- Communication in the workplace
- Industry and organization connections

**Start Date: Jan 9, 2023**

**Deadline to Apply: Dec 12, 2022**

### ELIGIBILITY

- Minimum Canadian Language Benchmark (CLB) of 6 or higher
- Newcomers to Canada who are currently residing in Newfoundland and Labrador (see definition below)
- Completed post-secondary training from country of origin and a desire to enter that occupational field in Canada

To find out more:

Melissa A Humphries  
Student Development Officer  
melissa.humphries@cna.nl.ca  
709-727-2278



Newfoundland  
& Labrador



*\*Newcomers residing in NL includes those who are: Provincial Nominees, Atlantic Immigration Program Endorsees, International students and/or graduates, Permanent residents of Canada, protected persons (refugees), Migrant Workers, Canadian Citizens born outside of Canada*

# Holiday Hosting

## Host an international student for dinner!

The Internationalization Office, Memorial University, is seeking hosts to invite international students or a family to their home for a holiday meal.

How it works:

- Two students or a family are invited to your home for a dinner/meal between December 23 and 30.
- You will be paired with a student by December 16
- Notifications and introductions will be done via email.

**If you would like to be a host, please send an e-mail to [Georginne gworley@mun.ca](mailto:Georginne_gworley@mun.ca) or call 864-3234 by December 5th, 2022**

By hosting an international student, you promote friendship, understanding, and cooperation. These exchanges allow us to better understand our differences and appreciate our similarities.





# NOW ACCEPTING VOLUNTEERS!

## To apply

Fill out this form: <https://forms.gle/M6YXnge3yhBh4LGE8>

Or send your resume to : [mannyk@collectiveinterchange.com](mailto:mannyk@collectiveinterchange.com)

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. This project is designed to increase immigrant women's collaborations with service providers to explore solutions on how to address barriers impacting accessibility and use of resources by immigrant women.

This project so far has engaged 16 government-funded service providers in the project. It has also engaged 70 women and non-binary individuals from 21 diverse immigrant communities (based on countries of origin) seeking employment/business opportunities. Both categories of stakeholders have been engaged using a range of strategies, including positioning immigrant women and nonbinary individuals from immigrant communities as outreach and engagement community ambassadors.

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# HOSPITALITY

NEWFOUNDLAND & LABRADOR



**Service Best**  
NEWFOUNDLAND & LABRADOR

**\$20.22**

**FOR HOSPITALITY NL  
MEMBERS**



**COME  
HOME**  
NEWFOUNDLAND & LABRADOR



**Contact us now  
to book your  
session**



# ARE YOU LOOKING FOR A GIG?

LOOKING FOR FLEXIBLE WORK OPPORTUNITIES AND  
MAKE SOME EXTRA INCOME?  
CHECK OUT BELOW!!



Contact- Manny Kaur at  
[mkaur@hnl.ca](mailto:mkaur@hnl.ca)





**HOSPITALITY**  
NEWFOUNDLAND & LABRADOR



# LOOKING FOR A JOB??

Explore careers in  
Tourism & Hospitality

**Service Best** Service Best NL is a full-day workshop that teaches employees and businesses how to create memorable customer experiences, identify and respond to customer needs, and turn dissatisfied customers into loyal fans.

**Register**

**Gig Work** If you are looking for flexible work opportunities to make extra income. Check it out **HERE**

**Job Board** The tourism job board is a great opportunity to showcase tourism jobs and careers in Newfoundland and Labrador in one area. Check out what the industry has to offer on our **job board**.

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# Current Job Listings

Over 100 job listings

## View

<https://www.workglobalcanada.com/wgci-jobs/>

## Register

<https://www.workglobalcanada.com/portal/register>

## Visit

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



We have a huge demand in a variety of Employer and Industry sectors throughout Newfoundland and Labrador.

We 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

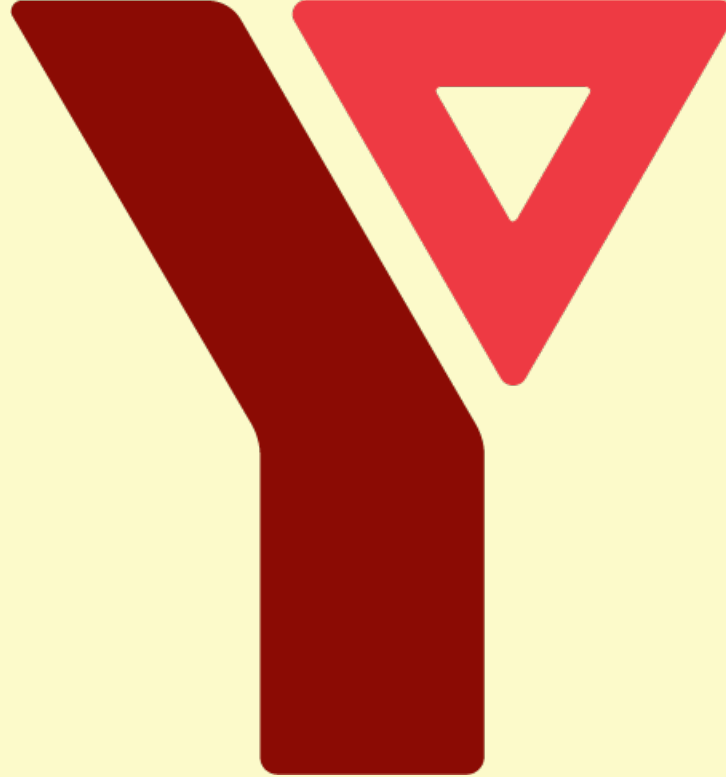
- Material Handler, Gander, NL
- Hairstylist, Various Locations, NL
- Forestry Equipment Operators, Forest Engineer, Various Locations
- Construction Millwrights and Industrial Mechanics, Heavy-Duty Equipment Mechanics
- Structured Technician, Telecommunications Installation and Repair Technician, Various Locations, NS
- 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.

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**YMCA St. John's**





The YMCA of Newfoundland and Labrador's **Y LEARN Program** is here for another school year! The YMCA is excited to support young newcomer entrepreneurs in the LEARN stream of NLESD schools in grades 7-12 across our province to identify gaps in their communities and build businesses to fill those gaps. All participating students have the opportunity to win prizes ranging from certificates, YMCA promotional prizes, and monetary prizes! If you are interested in participating, please reach out to our Enterprise Olympics Program Coordinator, Jess Rice, at [jess.rice@nl.ymca.ca](mailto:jess.rice@nl.ymca.ca) or 709-765-5303. Let's grow that entrepreneurial spirit together!

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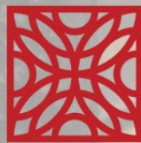


**Are you new to Canada and looking to expand your network?**

# MUSICNL



INSTRUMENTAL CONNECTIONS



NATIONAL  
CONNECTOR  
PROGRAM

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:**

- 1) Local immigrant serving organizations and post-secondary career centers refer employment-ready participants (Connectees) to the program.
- 2) 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 today [mariana@musicnl.ca](mailto:mariana@musicnl.ca) |





# 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!**

**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 brain-health-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 to the Calendar**

**FACEBOOK**

\*\*\*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).**



**Title: talking website TITLE TAGS**

**Date: December 14, 2022**

**Time: 10:20 AM - 10:30 AM**

**Event Link: <https://fb.me/e/418LNQHBQ>**

Some Books Are Judged By Their Covers! Website Title Tags are created in the backend, and they can really help your page show up.

Alison Knott of Alison Knott Consulting will be our special guest. She knows all the little bits of magic, and she's a great sharer.

Digital Is DoAble is free, fun, and a gift from Guide to the Good to help local companies thrive online, so our communities flourish. It's part of the Let's Get Digital Project.

Catch the livestream around 10:20 the second Wednesday of the month from the Digital Is DoAble facebook group.



**LGBTQIA+**

## **NEWCOMER PEER SUPPORT**

Upcoming meeting dates:

**October 13**

**November 10**

**December 8**

**From 6:00-7:30pm**

**Location:** 291 Water Street, Suite 302  
(4th floor), St. John's

**[kimberly@ywcastjohns.ca](mailto:kimberly@ywcastjohns.ca)**  
**(709) 769-6649**

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

## **Peer Support for LGBTQIA+ Newcomers**

Are you an LGBTQIA+ newcomer looking for support and community connection? Attend our Peer Support Group! Register by contacting [kimberly@ywcastjohns.ca](mailto:kimberly@ywcastjohns.ca) / (709) 769-6649, or by completing the online registration form [here](#). Drop-ins are also welcome!

### **Upcoming Meeting:**

Date: December 8th

Time: 6:00-7:30pm

Location: 291 Water Street, Suite 302 (4th floor, above the Merchant Tavern restaurant)

This program is 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.

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

### **Call for LGBTQIA+ Newcomer Volunteers!**

YWCA St. John's is seeking Mentors and Peer Support Group Facilitators for our LGBTQIA+ Newcomer programs. Priority will be given to applicants with lived experience as LGBTQIA+ newcomers.

To learn more and apply, check out the online application here: **Form Here**

For questions or to apply over the phone, email [\*\*kimberly@ywcastjohns.ca\*\*](mailto:kimberly@ywcastjohns.ca) or call 709-769-6649.



# CONNEXIONS

EMPLOYMENT PROGRAM

**ARE YOU AN IMMIGRANT WOMAN READY TO EXPLORE WORKPLACE OPPORTUNITIES?**

CONNEXIONS is a 19 week employment program for newcomer women and gender-diverse folks ages 18+ facing difficulties entering the job market.

Participants will take part in 7 week virtual classroom learning, receive one-on-one support, and participate in a 12 week work placement.

**Eligibility:** Immigrant women and gender-diverse folks ages 18+ who are currently not studying, hold a work permit and are unemployed or underemployed.

**TEMPORARY WORKERS WELCOMED**

**Email:** [ana@ywcastjohns.ca](mailto:ana@ywcastjohns.ca)

**Call/Text:** (709) 770-9634

**Visit:** [www.ywcastjohns.ca/economic-security](http://www.ywcastjohns.ca/economic-security)





**YWCA**  
ST. JOHN'S



# **VOLUNTEERS NEEDED:**

**LGBTQIA+ Newcomer  
Mentors and Peer Support  
Group Facilitators**

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To apply, contact us or  
complete the online  
application here:  
**[bit.ly/3W7TQyZ](https://bit.ly/3W7TQyZ)**

✉ **[kimberly@ywcastjohns.ca](mailto:kimberly@ywcastjohns.ca)**  
☎ **(709) 769-6649**

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

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## **COMMUNITY ENGAGEMENT**

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**RIGHT HERE,  
RIGHT NOW**



# **DROP-IN COUNSELLING**

Free, confidential, trauma-informed,  
no appointment needed.

**WEDNESDAYS 12-5:30PM.**

*Call us at 753-0220 or visit us at 170 Cashin Ave.*



## **CALL FOR DONATIONS!**

The St. John's Women's Centre is in need of winter attire for our clothing boutique:



**WINTER BOOTS**



**WINTER JACKETS**



**SNEAKERS**



**MITTENS & SOCKS**



# 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](mailto:npanl@live.com), (709) 740-4794, or find us on Facebook!

Fundraising Volunteers NEEDED Apply via **Indeed**

## 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 January 2023 updates by December 28, 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 [sgardner@stjohns.ca](mailto:sgardner@stjohns.ca) 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](mailto:communications@stjohns.ca)

 Share This Email

 Share This Email

 Share This Email

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](mailto:immigration@stjohns.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

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