

St. John's LIP Newsletter November 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



LOCAL IMMIGRATION PARTNERSHIP

My New St. John's LIVE EXPO

Monday, October 17, 2022 10am to 4pm

St. John's Community Market 245 Freshwater Road

New to St. John's?

- Come discover what we have to offer
- Connect with 40+ community organizations

FREE

Event

ST. JOHN'S

Learn about different programs and services

Newfoundland

Meet new people in your community

Need more information?

Email: immigration@stjohns.ca Website: MyNewStJohns.ca

T. JOHN'S

My New St. John's LIVE Expo ... HAPPENED!

Thank YOU to all organizations involved on both

Day One and Day Two!

Much gratitude also, for all those who completed our survey.

Media Coverage was Fantastic! We will try and post all the links on

My New St. John's.ca website SOON! :) May we look forward to future collaborations.

Programs & Initiatives



IDEAS 2022

After a very successful summit last year, the ANC is happy to announce that IDEAS 2022 will be back in-person this year at

the Emera Innovation Exchange.

For those who can't make it in person, we will continue to live-stream the event through the ANC YouTube channel.

This all-day event showcases the positive impact that immigrants, racialized people and other underrepresented groups have on the labour market. IDEAS 2022 provides real-life examples and practical tips for employers to build IDEA into their day-to-day business practice and also includes performances by immigrant musicians from MusicNL.

Register now to attend, live or virtually. There is no charge, but space for the event is limited. Find out more and get tickets **here**.

NOMINATIONS OPEN FOR DIVERSITY AWARDS

The IDEA Awards, a pan-provincial showcase recognizing individuals, groups, and corporations doing outstanding work in the fields of Inclusion, Diversity, Equity and Anti-Racism, will be announced in a ceremony at IDEAS 2022 at 12:30-1:45pm.

If you know leaders in our communities, schools, and businesses who are making a difference, please considering nominating them for one of the following awards:

- · Anti-Racism and Inclusivity Youth Award (18 & under)
- · Cultural Educator of the Year
- · Community Hero
- · Bridget Foster Cultural Business Icon Award
- · RBC Diversity Leadership Award
- · Hospitality NL International Ambassador Award

Closing date for nominations is November 4, 2022. Get full informations on the awards and find the nomination form at this **link**.

Please join us for a day of sharing, learning, and discussion!

Citizenship classes

The Association for New Canadians offers free study classes for people preparing to take the Canadian citizenship exam. The current session starts Tuesday, Nov. 1 and will run through November.

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.

Pick-up soccer games

The Association for New Canadians' men's group invites boys and men to a football (Soccer) game every Friday (while the weather holds) in Churchill Park. Sessions this month are scheduled for Friday Nov 4, 18 and 25 if weather permits. Note: No soccer on November 11.

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** 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**



Let's Get Digital!

with





Thursday, December 1, 2022 12:00 to 1:30pm NT

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

Or sign up here: https://tinyurl.com/activate learningletsgetdigital



www.abcactivatelearning.ca



Join us for a Lunch & Learn workshop where you'll discover tips and resources to help you succeed in the digital world.

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!

Join our "Let's Get Digital" workshop and experience our new Digital workbook firsthand!

- When: Thursday, December 1, 2022 at 12pm NT
- What: Join us for a lunch & learn style workshop exploring tips and tools for success in the digital world. Participating organizations are eligible to receive a \$50 honorarium and individual participants will be entered to win a \$25 gift card.
- To Register: <u>click here</u>

(2) Join us for an information webinar on our HSBC Family Literacy First

Program!

- What: We will be discussing our newest module in the Family Literacy First Number and Cents program. You'll learn about what the program offers and how to incorporate it into Financial Literacy Month 2022.
- When: Tuesday, November 8, 2022 at 2:30pm NT
- Register <u>here</u>

(3) Check out our new resources!

 We have two new workbooks in our Up Skills program! Check out Introduction to Up Skills and Creativity and Innovation here.



NOW ACCEPTING VOLUNTEERS!

To apply

Fill out this form: https://forms.gle/M6YXnge3yhBh4LGE8 Or send your resume to : mannyk@collectiveinterchange.com

Collective Interchange is now accepting volunteer applications for a social media project.

Please email: mannyk@collectiveinterchange.com to apply.









Contact us now to book your session





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**.

REQUEST FOR PROPOSALS

Housing Catalyst Plan Invitation Hospitality Newfoundland and Labrador

is seeking proposals from qualified consultant(s) with demonstrated research experience in Newfoundland & Labrador housing options. The research will focus on the housing resources, process, and an overview

of the housing information for Newcomers in City of St. John's.

https://hnl.ca/wp-content/uploads/2022/10/Housing-Catalyst-Plan-RFP-2022.pdf



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** or 709-765-5303. Let's grow that entrepreneurial spirit together!



Organization Of Newfoundland & Labrador

Event Calendar November 2022

Nov 3 @ 11:00 am - 12:30 pm Sewing Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Joan Power

Nov 7 @ 12:30 pm - 1:30 pm Healthy Cooking Location: Dominion Community Center (Lake Avenue) Facilitator: Marissa Park

Nov 9 @ 3:30 pm - 5:00 pm English Conversation Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Chaturrvi Maruthireddy

Nov 15 @ 3:30 pm – 4:30 pm Children's outing(Bowling) Location: 27 Elizabeth Ave.

Nov 16 @ 11:00 am - 12:30 pm English Conversation Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Samar Araby

Nov 17 @ 11:00 am - 12:30 pm Sewing Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Joan Power All events are free. Nov 18 @ 11:00 am - 1:00 pm Immigration Workshop Location: MWONL Office, 44 Torbay Rd.

Nov 22 @ 5:00 pm - 6:00 pm Art Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Shobhana Sariya

Nov 23 @ 3:30 pm – 5:00 pm English Conversation Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Chaturrvi Maruthireddy

Nov 24@ 12:00 pm -1:30 pm Seniro's Program(Estate Planning Workshop) Location: MWONL Office, 44 Torbay Rd. Facilitator: McInnes Cooper

Nov 29 @ 2:00 pm- 3:30 pm Buying a home Workshop(A Guide for newcomers) Location: MWONL Office, 44 Torbay Rd. Facilitator: St John's Life Real Estate

Nov 30 @ 11:00 am - 12:30 pm English Conversation Class Location: MWONL Office, 44 Torbay Rd. Facilitator: Samar Araby

To register and information contact Noran at noran.i@mwonl.com or callon (709)726 0321. For senior's program please contact lian.r@mwonl.com



CANADIAN IMMIGRATION WORKSHOP

Come learn about Immigration pathways and how it affects employment!!!

TOPICS

- Atlantic Immigration program
- Express Entry & Provincial Nominee Process
- Common mistakes when applying and more!!!

REGISTRATION DEADLINE: NOVEMBER 17TH

Tea, Coffee, and Refreshments will be provided

This workshop will be held virtually and in-person. *Limited capacity for in-person attendance

FRIDAY, NOVEMBER 18TH 2022 @ 11AM

VENUE: 44 TORBAY RD.

For more information and to register contact: mary.o@mwonl.com; shampa.d@mwonl.com











C.L. WHOLE YOU FOUNDATION and MULTICULTURAL WOMEN'S ORGANIZATION OF NL collaborated again. We hereby present a FREE IMMIGRATION WORKSHOP for anyone who is interested. It is going to be held on November 18th at 11 am. The deadline to register will be November 17th till 4pm. The venue for this event is 44 Torbay Road. There will be limited seats at the venue, but you can attend virtually too. Please mention if you would like to attend in person or virtually at the time of your registration. You can email Pardeep Deol or the email mentioned in the attachment to register. There will be a survey link mentioned below. Please fill out the survey and submit it. Those who register before the deadline will only be able to attend the event. Please feel free to ask any questions if you need more information about the workshop.

Pre-survey link https://forms.office.com/r/rqhkCHdu58 OR QR CODE BELOW

Thanks, Pardeep

Pardeep Deol

Project Administrative Assistant St. John's NL Office: **709-401-2583** Direct line: **709-200-0019** Fax: **709-200-0073** Toll-Free: 1-877-243-2361 Email: **pdeol@clwholeyoufoundation.ca** Website: **www.clwholeyoufoundation.ca**



SCHIZOPHRENIA SOCIETY NL

FAMILY RECOVERY JOURNEY

Do you have a Loved One living with Schizophrenia &/or Psychosis?

Learn Strategies for Managing the Impact of Psychosis & Schizophrenia on Family & Friends

> How to Support Your loved One Living life to Their Full Potential.

5 session Zoom program beginning Tuesday, Nov. 15, 2022

Limited group size. Free. For information or to register: Susan 777-3335 or ed@ssnl.org

MUSICNL

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





Newcomer Transit Experiences in Atlantic Canada

I am doctoral candidate from the Geography Department at Memorial University of Newfoundland. As part of my PhD, I am conducting a study to learn about the public transit experiences of immigrants in St. John's Metro area and Halifax Regional Municipality. I also want to consider how the transit needs of these populations can be addressed. I hope that the information I collect can be used to provide better, more accessible information about transit in Newfoundland and Nova Scotia.

The survey is anonymous and voluntary. The survey is available in English, French, and Arabic.

To be eligible to participate in this study, you:

- Are over the age of 18
- Currently live in St. John's Metro Area (permanently or temporarily) OR Halifax Regional Municipality (permanently or temporarily).
- Were born outside of Canada and have not spent more than 10 years in Canada
- First came to Canada as an international student, temporary worker, refugee (Protected Person), immigrant, and/or a visitor (tourist, or family member of one of the other categories)
- · Canadian citizens are eligible if they meet the above criteria

Participation involves completing a survey which should take no more than 10 minutes to complete. If you are interested in participating in this study, please visit the following link: https://mun.az1.qualtrics.com/jfe/form/SV_6XVuVR4goRldWF8 or scan the QR code below.



As a follow-up to the survey, I will be seeking 10 survey participants in each city for a ride-along interview. The 10 interviewees (20 in total) will be selected randomly (if there are more than 10 survey participants who show interest in each city) from the list of interested participants and an honorarium will be provided. If you have any questions about this research, please contact Tolulope Victoria Akerele at tvakerele@mun.ca

The proposal for this research has been reviewed by the Interdisciplinary Committee on Ethics in Human Research and found to be in compliance with Memorial University's ethics policy. If you have ethical concerns about the research, such as the way you have been treated or your rights as a participant, you may contact the Chairperson of the ICEHR at icehr@mun.ca or by telephone at 709-864-2861.

Get Engaged - Have your say about Transit!



Health Services Utilization among African Immigrants in St. John NL

My name is Ukeme Eka, and I am a student in the Interdisciplinary Ph.D. Program at the Memorial University of Newfoundland. I am conducting a research project called Determinants of Access and Utilization of Health Care Services among African Immigrants in St. John's, Newfoundland and Labrador: for my Ph.D. degree under the supervision of Dr. Eric Tenkorang. The purpose of the study is to examine how African immigrants in St. John's, Newfoundland and Labrador access and utilizes health care services, specifically mental health and dental care services. I am contacting you to invite you to participate in an online survey in which you will be asked about your dental and mental healthcare-seeking behaviours, barriers to accessing dental and mental health care, and determinants of the utilization of dental and mental health services.

The survey is anonymous and voluntary. The survey is available in English, French, and Arabic.

To be eligible to participate in this study, you:

- Are you over the age of 19
- Currently live in St. John's Metro Area (permanently or temporarily)
- Were you born in any of the countries on the continent of Africa and have not spent more than ten years in Canada
- First came to Canada as an international student, temporary worker, refugee (Protected Person), immigrant, and/or
 a visitor (tourist or family member of one of the other categories)
- Canadian citizens are eligible if they meet the above criteria

Participation will require 20-30 minutes of your time, and the survey can be completed in the comfort of your home. If you are interested in participating in this study, please visit the following link: https://mun.az1.qualtrics.com/jfe/form/SV_eXJ6Uye5ITF5Dds or scan the QR code below.

All respondents to the survey interested in participating in an interview will be redirected to a new survey window (separate Qualtrics questionnaire) to provide contact information separately from their survey responses. You are free to decide not to participate in this study or to withdraw at any time. There is no compensation for participating. However, your participation in this research may contribute to the efforts made by the government and relevant stakeholders to create an effective health care system that is culturally sensitive while interventions and eliminate alleviating some of the barriers to accessing care in Newfoundland and Labrador.

If you have any questions about me or my project, don't hesitate to contact me by email at ueue08@mun.ca.

If you know anyone who may be interested in participating in this study, please give them a copy of this information.

The proposal for this research has been reviewed by the Interdisciplinary Committee on Ethics in Human Research and found to be in compliance with Memorial University's ethics policy. If you have ethical concerns about the research, such as the way you have been treated or your rights as a participant, you may contact the Chairperson of the ICEHR at icehr@mun.ca or by telephone at 709-864-2861.

> Get Engaged and have your say about the <u>African Healthcare Experience</u> in St. John's, NL





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 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 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).



To celebrate **Global Entrepreneurship Week** we will be hosting an upcoming Virtual Information Session on the topic of **Business Plans**:

Date/Time: Monday, Nov 14th from 2:30 – 3:30p.

The Session will be hosted by **Futurpreneur Canada** and the **YMCA Business Planning Program.** Ted Cadigan, YMCA Business Consultant, will walk you through the major components of a Business Plan and discuss how to make the business plan writing process work for you. This includes: Improving your writing style, knowing your audience and researchbased business planning.

If you have anyone in your network that might be interested in attending, please forward this email and encourage them to attend!

No need to Register for the Session, simply click on the Teams link below at the time of the Event:

Microsoft Teams meeting

Join on your computer, mobile app or room device **Click here to join the meeting**

Meeting ID: 252 984 246 743 Passcode: DhQrcN

Or call in (audio only) +1 437-703-4645,,431385669# Canada, Toronto Phone Conference ID: 431 385 669# Find a local number | Reset PIN Learn More | Meeting options

Scott Andrews

Business Development Manager – Atlantic D. 709.700.2875 | C. 709.769.1205 St. John's, NL futurpreneur.ca



Write Website Headers So They Work! Digital Is DoAble tips and tools from Guide to the Good

Date: November 9, 2022 Time: 10:20am - 10:30am

Event Link: Facebook

You know when you're updating your website there are specific places to do specific things? That matters! In this livestream we're talking about Headers - H1, H2, H3. We've learned a LOT from our friend Alison Knott Consulting! We're excited to share.

Digital Is DoAble is a free livestream series to help make digital do-able for local companies because digital marketing helps local companies thrive, and that makes communities sustainable. We're live in the Digital Is DoAble Facebook group the second Wednesday of every month (usually!)





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 (709) 769-6649

Funded by:

Financé par :

Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



Are you an LGBTQIA+ Newcomer to Canada? Join our Peer Support Group and Mentorship Programs!

About Peer Support and Mentorship:

- Peer support groups are a confidential, non-judgemental space for participants to discuss shared experiences and support one another. Meetings occur once per month.
- Mentorship provides one-on-one support from another LGBTQIA+ newcomer. Mentors
 and mentees meet 1-2 times per month for one year, or until your personal goals are met.
- Some topics that peer support and mentorship can help with include: coming out, identity, settlement and integration, navigating services, emotional support, etc.

Who are these programs for?

- · Newcomers to Canada, who also identify as members of the LGBTQIA+ community.
- Participants must be over the age of 18.
- These programs are open to newcomers regardless of immigration status (this includes permanent and temporary residents, refugees, international students, etc.).

How to Participate:

- Register by completing the online form at https://forms.office.com/r/ZMtjeLtEUA, or by contacting Kimberly Offspring at kimberly@ywcastjohns.ca / (709) 769-6649.
- Interested in volunteering? Please contact us to apply as a Peer Mentor or Peer Support Group Facilitator. Volunteers must also be LGBTQIA+ newcomers.

*LGBTQIA+ = refers to sexual and gender minorities who identify as lesbian, gay, bisexual, transgender, queer/questioning, intersex, and/or asexual, and plus. Newcomer = someone who is new to Canada (i.e. im/migrants and refugees)

Interested? Have questions? Please email <u>kimberly@ywcastjohns.ca</u> OR call/text (709) 769-6649 Register Online: <u>https://forms.office.com/r/ZMtjeLtEUA</u>









CONNEXTIONS EMPLOYMENT PROGRAM

ARE YOU AN IMMIGRANT WOMAN READY TO EXPLORE WORKPLACE OPPORTUNITIES?

CONNEXTIONS 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 Call/Text: (709) 770-9634 Visit: www.ywcastjohns.ca/economic-security





VOLUNTEERS NEEDED:

LGBTOIA+ Newcomer Mentors and Peer Support Group Facilitators

> To apply, contact us or complete the online application here: **bit.ly/3W7TQyZ**

☑ kimberly@ywcastjohns.ca√ (709) 769-6649

Funded by:

Financé par :

Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

COMMUNITY ENGAGEMENT



LSPU Hall (3 Victoria St., St. John's, Ktamqkuk and Labrador)





FOR IMMEDIATE RELEASE October 25, 2022 (St. John's, Ktamqkuk and Labrador)

TODOS PRODUCTIONS AND WHITE ROOSTER THEATRE PRESENT

"NewfoundLanded"

BY VANESSA CARDOSO-WHELAN, SANTIAGO GUZMÁN & NABILA QURESHI

A DOCUMENTARY THEATRE PLAY ABOUT IMMIGRANTS AND REFUGEES IN NEWFOUNDLAND AND LABRADOR

TODOS Productions and White Rooster Theatre are thrilled to present workshop presentation of **"NewfoundLanded"**, a verbatim theatre play by **Vanessa Cardoso Whelan, Santiago Guzmán & Nabila Qureshi,** directed by **Azal Dosanjh**, November 3rd - 6th, 2022, at the historic LSPU Hall at 7:30 pm NDT.



Taking direct quotes from interviews with immigrants and refugees from across Newfoundland and Labrador, **"NewfoundLanded"** follows their journeys of discovering and arriving in our province, falling in love, questioning their decision of coming here, and ultimately calling it home.

Join us for a work-in-progress showing and get a special sneek peak at the development process of this sure-to-be wonderful play!

1

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







MITTENS & SOCKS



ST. JOHN'S WOMEN'S CENTRE

Women's Centre Flu shot Clinic

Monday November 7th 1pm-3pm (drop in) 170 Cashin Avenue Ext.

For women & non-binary folks. Children over the age of 5 years are welcome as well.



Call to register. 709-753-0220. No appoinements necessary.



Consent forms and supplies will be on site. MCP card not required.

If anyone requires a Covid bivalent booster that can also be accommodated at the same time. For Covid boosters we can administer to those 18 years and above with Moderna bivalent. Flu and Covid can be coadministered.







Conference details, including the **registration form** - again free due to generous funding from the Memorial University Office of Public Engagement - are on the TEAL NL website (Just click on Conference 2022), and linked below.

Friday's schedule, including a presentation by Keynote Speaker Dr. Jim Cummins, will be held at the **LINC Language School**, 148 Elizabeth Ave, St. John's, from 10AM - 4PM and streamed online.

Saturday's schedule, including a presentation by Keynote Speaker, Donald Moen, President of TESL Canada, will be entirely virtual. Meeting information will be forwarded to registrants prior to the event.

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!

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 December updates by November 25, 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



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

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Sent bysgardner@stjohns.capowered by



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