



ST. JOHN'S

LOCAL IMMIGRATION
PARTNERSHIP

St. John's LIP Newsletter October 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



ST. JOHN'S

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**



**FREE
Event**

New to St. John's?

- Come discover what we have to offer
- Connect with 40+ community organizations
- Learn about different programs and services
- Meet new people in your community

Need more information?

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



ST. JOHN'S

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

October 17th, 10am to 4pm at the St. John's Community Market

Hosting More Than 50 organizations from Greater St. John's!

**Get to know the people in our neighbourhood.
Network, while creating opportunities for newcomers.**

**EXPO Day Two - visit our [WEBSITE](#) to register for SJLIP's
Employment + Skilled Labour Learning Day
October 18, 2022, Tuesday: 10am to 6pm**

ALL FREE!

Visit the [Facebook Event](#) and **SHARE, INVITE, and Spread the Word!**

Email Stacy: sgardner@stjohns.ca



Share This Email



Share This Email



Share This Email

**SAVE
the
Date**



**Oct 18, 2022
from 10 a.m. to 6 p.m.**

Employment & Skilled Labour Learning Day

at the St. John's Community Market

For more information and to
register for FREE

www.mynewstjohns.ca

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.

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**

IDEAS 2022

IDEAS 2022 - Inclusion, Diversity, Equity and Anti-Racism Summit: Inspiring Creativity in a Diverse Workplace is an employer-focused event with the ultimate goal of not only making the province of Newfoundland and Labrador's workforce more welcoming for immigrants, racialized people and others from underrepresented groups, but also providing opportunities to learn how to inspire and motivate a diverse workplace.

Scheduled for November 17, 2022, in-person at the Emera Innovation

Exchange and livestream via the ANC's YouTube channel, this full-day conference is a key avenue for businesses and organizations to learn about and build strategies for a more diverse and inclusive workplace to help employees feel included, respected and productive.

Registration will open soon. For more information about attending, participating and/or sponsoring, please e-mail diversity@ancnl.ca

Youth Employment Programs

Two new projects at the ANC are directed at helping newcomer youth enter the workforce.

The Youth Pathways Program aims to help navigate and empower youths aged between 15 and 30 years with educational and employment opportunities to achieve their goals. The program equips the youths with early preparation and practice of employability skills to enhance their employment readiness along with a career guidance component. The first cohort will start in October 2022.

Register here.

Coding for Success, launched in January, aims to provide an opportunity for the newcomer population to learn about coding/ programming and to explore career opportunities.

Participants do not need any coding experience before.

The cohort for Grades 9-12 will start in October 2022.

Register here. [LINK TO <https://forms.gle/cYeD5Fgv388jgEic9>]

Need for winter/rainwear

The ANC is seeking donations of gently used winter outerwear and/or rainwear for clients of all ages. If you are able to help, please phone (709) 325-2903 to make a dropoff appointment.

Pick-up soccer games

The Association for New Canadians' men's group invites boys and men to a football (Soccer) game every second Friday (while the weather holds) in Churchill Park. This month's session scheduled for: October 22/2022.



Building Key Skills in the Trades



Join our custom series
designed in collaboration with
Skilled Trades Professionals!

- Participants will earn Certificates of Completion
- The first 15 registrants to attend will receive \$15 e-Gift Cards!



www.abcactivatelearning.ca

Develop the skills needed for
success in the workplace:



Collaboration
September 27



Communication
October 25



Spending Plans
December 6

5:00 to 6:30pm NDT

**Scan to
sign up!**



Or visit www.tinyurl.com/5f67k9cm

Join our *Building Key Skills in the Trades Series!*

- **What:** Join Activate Learning for a series of online workshops designed in collaboration with and for Skilled Trades Professionals. Contact me (jnorcross@abclifeliteracy.ca) to learn more about the compensation offered for attending.
- **For more details:** See attached poster, and feel free to spread the word!
- **Register** to join us [here](#).

Help us gather feedback with our *Literacy Landscape 50+ Survey*

- **What:** This is the final month where we'll be circulating our survey to the

50+ community to better understand how we can better serve this demographic.

- **If you're able to help us out by circulating the survey**, you'll find it attached, or you can contact me (jnorcross@abclifeliteracy.ca) for printed copies. There is also an online version available [here](#).

Check out our new resources!

- Our **Digital** workbook is now available through our **UpSkills program**.
- Explore new & improved **financial literacy resources**, including screen reader-friendly versions of workbooks.



**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.



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





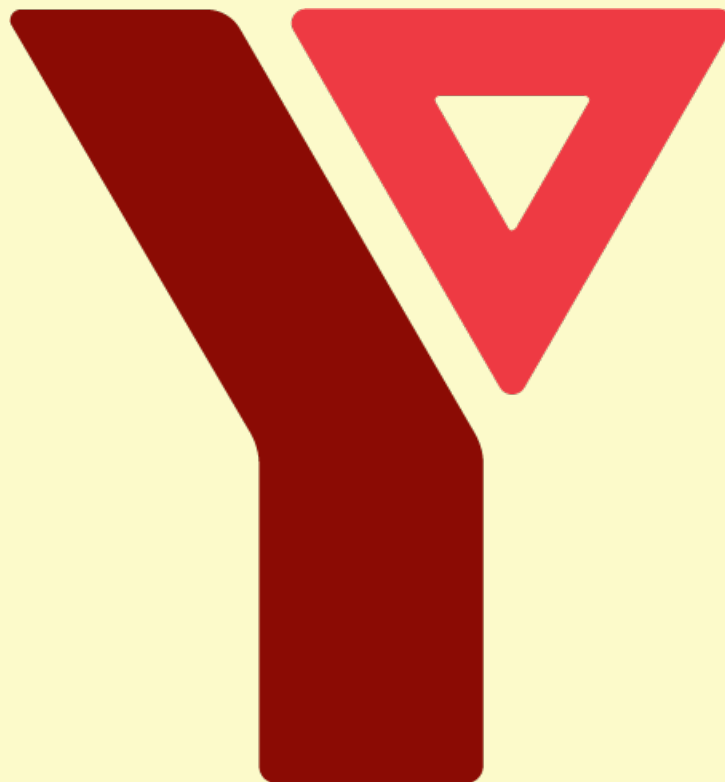
HOSPITALITY
NEWFOUNDLAND & LABRADOR



LOOKING FOR A JOB??

Explore careers in
Tourism & Hospitality

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

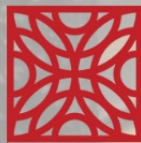


Are you new to Canada and looking to expand your network?

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 |

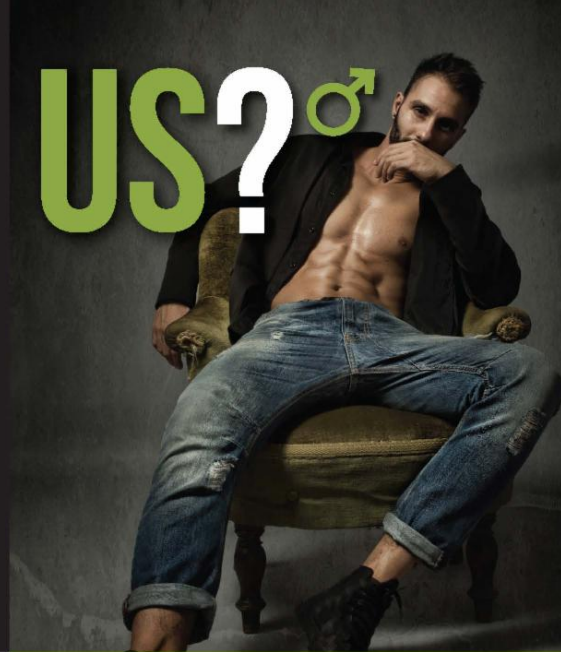


MUN RESEARCHERS SEEKING ENGAGEMENT

WHAT ABOUT

US?♂

STUDY ABOUT MEN WHO TRADE SEX FOR THINGS THEY NEED OR WANT



Participants must:

- Be age 18 or older for informed consent.
- Identify as male and/or transmasculine.
- Currently work in the sex trade in NL and have done so for at least 6 months, serving female and/or male clients.
- Work in any aspect of the sex trade such as online, exotic dancing, escort, porn, trading sex outdoors or in cars, etc.
- Live anywhere in NL and have access to reliable internet or cellular services for remote interviews and/or to maintain physical distancing during COVID-19.
- Be able to complete an interview in English.

INTERESTED ?

Participation in this 90-minute study is completely voluntary and confidential. Interviews can be done either in-person or remotely via Zoom or phone. Demographic and health information will be requested prior to the interview. During the interview, you will be asked questions about your experiences as a male sex worker, in order to inform recommendations on policy and practice for meeting the needs of male sex workers in NL. Participants will be compensated with a \$40 honorarium.

Want to participate in the study or need more information?

Contact the lead researcher, **Dr. Sulaimon Giwa**, by ✉ sgiwa@mun.ca or ☎ (819) 319-9832

All contact will be confidential.

Participation is not a requirement of any organizations or groups that may distribute the study and recruitment documents on behalf of the research team. Your decision to participate, or not, will not impact membership and/or any services and/or programs that you may access, and will not be reported to anyone.

The proposal for this research has been reviewed by the Interdisciplinary Committee on Ethics in Human Research (ICEHR) 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.



Hello! My name is Dr. Sulaimon Giwa. I am a researcher at Memorial University's School of Social Work. I'm looking for research participants for my study on the experiences of male sex workers in Newfoundland and Labrador. Please see the study flyers for recruitment and contact information. If you meet the eligibility requirements and are interested in participating in the study, please contact me to schedule an interview. Any assistance in distributing the flyers to others you know who may be eligible for the study is greatly appreciated. Thank you.

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 **African Healthcare Experience** 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 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).



Right Here, Right Now Drop-In Counselling

Free, accessible,
trauma-informed counselling.

No appointment, referral or
MCP needed.

In person, by phone or Zoom.

Tuesdays & Wednesdays

12:00 - 5:30pm

753-0220

170 Cashin Avenue Ext.

Sessions available after 5:30, call us to arrange.



The Women's Centre (SJSWC) is dedicated to providing FREE community-based 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



Newfoundland & Labrador
Public Libraries

LAUNCHED and ... On The Go!

PLEASE JOIN US FOR

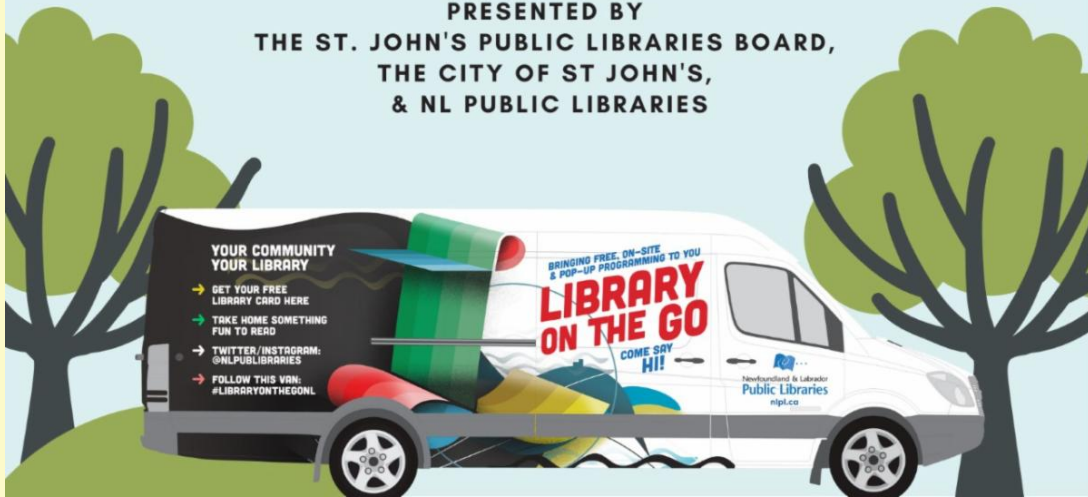
The Library on the Go Launch

An exciting mobile library project!

July 26, 2022 | 11:30 AM

Bannerman Park

PRESENTED BY
THE ST. JOHN'S PUBLIC LIBRARIES BOARD,
THE CITY OF ST JOHN'S,
& NL PUBLIC LIBRARIES



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.

Adult Programs at the A.C. Hunter Public Library

Skills for Success Workshops, with ABC Life Literacy Canada

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

October 11, 6:30pm - Time Management [Register HERE](#)

All attendees will be placed in a draw to receive a \$25 PC gift card at each session.

An Introduction to 3D Printing

What is a 3D Printer? How does it work? Find out these answers and more in our 3D Printing information sessions in the A.C. Hunter Library Community Room!

Thurs. Oct 20th, 2:00pm-4:00pm

This presentation is for Adults and Teens 13+ Pre-register by calling 737-3950.

Internet & Email Basics

What is a URL? What is email? How do you search for something on the internet? Find out these answers and more in Internet & Email Basics!

Thursday, Oct 27 - 2:30pm-4:30pm

Pre-registration is required, space is limited. Please call 737-3950.



Join us on October 20th from 12 pm - 1pm for our **Let's Get Digital Guide to the Good MasterClass - CDAP Grant**

The Canada Digital Adoption Program (CDAP) supports getting small businesses online to give their e-commerce presence a boost or help digitize their business's operations. Eligible businesses will receive a micro-grant of up to \$2,400.

That could be you!

As part of CDAP, the Government of Canada has partnered with CBDC to deliver the Grow Your Business Online grant to small businesses across Newfoundland & Labrador.

Join Guide to the Good's Kim Todd and special guest CBDC's Jill Jubabir for this Let's Get Digital session.

Register NOW for this fun, friendly session that makes DIGITAL Do-ABLE.

Jill is a program coordinator for the NL Association of CBDC's and runs the CDAP program for Newfoundland and Labrador.

In this session, you'll learn the broad strokes of CDAP and Jill will show you how to navigate the application process. There will be time for questions! Here is where you can see the money!

As always, start where you are. Know where you want to go.
Digital Is DoAble!

Let's Get Digital is led by Kim Todd, founder and Digital Guide, Guide to the Good, graduate of Memorial's Digital and Social Media Program, Accredited Business Communicator (IABC), Accredited Communications Training Facilitator with McLuhan Davies Communications, and Dip. Applied Ethics, Phil, MUN.

CBDC s assist in the creation of small businesses and in the expansion and modernization of existing businesses by providing financial and technical services to entrepreneurs.

This online session will run on Google Meet.
Registration is free but space is limited.

**Find Your Way to Your Google Profile - Digital Is DoAble tips and tools from
Guide to the Good**

Date: October 12, 2022 from 10:20 AM - 10:30 AM

Event Link

Most companies know how important their Google Business Profile is. It's the
sleepy giant that shows up when people search - usually!

Google recently retired the Google My Business App, and now encourage us all
to use the Google Maps App to update and create.

Not the same!

In this stream, we'll look at how to do the things the new way - join us!
Digital Is DoAble is a free livestream of social enterprise Guide to the Good to
help local companies thrive and build sustainable communities.

We show up in the Digital Is DoAble facebook group usually on the second
Wednesday of the month, around 10:20 am. Join us!



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 kimberly@ywcastjohns.ca OR call/text (709) 769-6649

Register Online: <https://forms.office.com/r/ZMtjeLtEUA>

Funded by:

Financié par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



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

Call/Text: (709) 770-9634

Visit: www.ywcastjohns.ca/economic-security

COMMUNITY ENGAGEMENT



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 npa@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 November updates by October 27, 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 for more information or to get involved.

Follow us on Twitter [@StJohnsLIP](https://twitter.com/StJohnsLIP)

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



Share This Email



Share This Email



Share This Email

Visit our website

[Unsubscribe immigration@stjohns.ca](mailto:immigration@stjohns.ca)

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

Sent bysgardner@stjohns.ca powered by



Try email marketing for free today!