



St John's LIP September 2025 Newsletter

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 funded by Immigration, Refugees and Citizenship Canada.

ST. JOHN'S

City Of St. John's Updates

Dryland Fitness Instructor Workshop

Dryland Fitness Instructor Workshop

Are you passionate about fitness and ready to take the next step in your training journey? The City of St. John's is offering a three-day Dryland Fitness Instructor Workshop at the Paul Reynolds Community Centre.

This hands-on, educational workshop is designed for those interested in learning how to develop and lead effective dryland fitness classes and will equip you with essential knowledge and practical tools.

Workshop Details - Dates & Times:

- ☐ Friday, September 19 from 6 to 10 p.m.
- ☐ Saturday, September 20 from 8:30 a.m. to 4 p.m.
- ☐ Sunday, September 21 from 8:30 a.m. to 4 p.m.

Location: Paul Reynolds Community Centre

Cost: \$150 per participant

What You'll Learn - Participants will dive into key topics including:

- ❑ Basic human anatomy and physiology
- ❑ Nutrition fundamentals for fitness
- ❑♀ Dryland exercise design
- ❑ Core principles of dryland training

This interactive workshop blends theory and practical application, preparing you to lead safe, effective, and engaging dryland fitness sessions.

[Register](#)



ST. JOHN'S

**Spaces Available in
Preschool Program**

Spaces Are Available In Our Preschool Program For Fall 2025

Active Preschool is a part time preschool program that focuses on socialization, early educational concepts, physical literacy with a focus on fundamentals, basic movement and skills taught through fun activities. Staff will build on children's interests and abilities and offer age- appropriate activities and learning centre.

We have spaces available at the following locations:

- Paul Reynolds Community Centre: MWF, September 15 to December 5, from 9 a.m. to Noon.
- Paul Reynolds Community Centre: Tues & Thurs, September 16 to December 4, from 9 a.m. to Noon.
- Southlands Community Centre: MWF, September 15 to December 5, from 9 a.m. to Noon.

The Preschool Program is for children attending kindergarten in September 2026.

Monthly payment options are available.

Register

Partner and Community: News and Updates



**Are you a final year international
student at MUN or CNA?**

APPLICATIONS ARE OPEN !



Elevate your skills, build connections, and launch your career in Newfoundland and Labrador's vibrant landscape. Apply now for your gateway to success!

www.ienl.ca/study-stay-nl

Study and Stay NL 2025/26 Applications Are Now Open!

☐ Are you a final-year international student in Newfoundland and Labrador?

It's time to take the next step. If you're ready to:

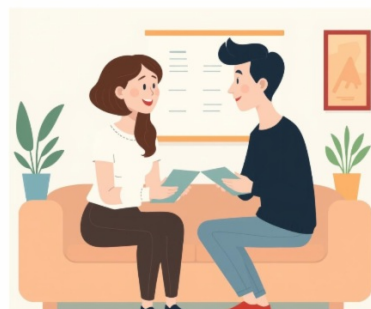
- Kick-start your career and connect with a like-minded community
 - Build meaningful relationships through workshops and networking events
 - Get post-graduation support to help you thrive in Newfoundland and Labrador
- Then Study and Stay NL is for you.

And it doesn't end there — this program is just the beginning.

- Join one of our info sessions to learn how the program can help you thrive in NL: **Sep 2 | 5:00 PM** - <https://us06web.zoom.us/join/register/JyKHHaozQf-2nHYb9IUPxg>
- Apply by September 8, 2025

Register

MATCHING MENTORSHIP SUPPORT PROGRAM FOR NEWCOMERS



REGISTER NOW

If you want to be matched-mentored please use link provided to access the registration form.



community@tombolomulticulturalfestivalnl.ca



Tombolo Multicultural
Festival NL

Funded By.

Canada

Newfoundland
Labrador

Organized By.

TOMBOLO
Multicultural Festival
• NEWFOUNDLAND & LABRADOR •

- ✓ Foster intercultural exchange and connection
- ✓ Match newcomers with mentors for support
- ✓ Support integration and cultural learning
- ✓ Build social networks and English skills

Let's build a stronger, more inclusive community!



Supported By.

ANCO
ASSOCIATION FOR NEW CANADIANS

MWONL
MULTICULTURAL WOMEN'S ORGANIZATION OF
NEWFOUNDLAND & LABRADOR

We Care Foundation
Newfoundland & Labrador

LHANL
LIFE THROUGH ARTS
NEWFOUNDLAND & LABRADOR

GLOBAL CITIZEN
fostering cross-generational connections

Tombolo Community Connections Mentorship Program

This program matches newcomers, immigrants, and refugees with mentors to foster social connection, intercultural understanding, and shared support.

Register



Call for Employers: Work with Emerging Talent Through the Global Skills Exchange Initiative

Are you an inclusive employer interested in gaining an operational boost while fostering the growth of incoming talent?

100% supported by provincial funding and managed by Career Development and the Internationalization Office, the **Global Skills Exchange (GSE)** provides select *Professional Skills Development Program* participants at Memorial University with the chance to take on 60-hour work-integrated learning (WIL) placements with local employers.

Key objectives of the project are to:

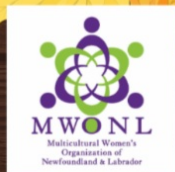
- Boost regional social and economic outcomes through partnerships with local businesses and organizations,
- Strengthen the employment ecosystem by facilitating opportunities to build industry-aligned skills and experience, and
- Improve the retention rate of skilled graduates in the province by enabling meaningful workforce connections.

Our program has a 95% employer satisfaction rate (see our full **2022-2025 Impact Report** [here](#)) and presents an excellent opportunity to bring new insights into your organization, increase operational capacity, demonstrate community leadership, and connect with talent.

Program participants have gone on to secure employment with a range of organizations, including *Fugro*, *NL Hydro*, *WorkplaceNL*, *Brightisle*, the *Community Sector Council of NL*, *Business and Arts NL*, *Pedal & Shift*, and *Verafin*, among others.

For more information on how to participate, please [review program details here](#) and/or reach out to emas@mun.ca should you have any questions. To signal expressions of interest, please email psdp@mun.ca by Friday, September 5th.

Full placement details must be provided by **Friday, September 12th**



MWONL ACTIVITY LIST SEPTEMBER 2025

1. Tuesday, September 9 @ 11:00 am – 12:30 pm

English Class

Facilitator: Amanda Michael

Location: MWONL Office, 44 Torbay Road

2. Thursday, September 11 @ 11:00 am – 12:30 pm

Boundaries: Lunch & Learn Session

Facilitator: Canadian Mental Health Association of NL

Location: MWONL Office, 44 Torbay Road

3. Tuesday, September 16 @ 11:30 am – 12:30 pm

Yoga For Release

Location: Yoga Bloom Studio, 17 Kings Bridge Rd.

4. Thursday, September 18 @ 10:30 am – 12:00 pm

Capacity Building Training to increase GBV-related knowledge

Facilitator: Bill Jeffery (Jeffery Counseling & Wellness)

Location: MWONL Office, 44 Torbay Road

5. Wednesday, September 24 @ 10:30 am – 12:30 pm

Educational Session on Anti-Racism and Discrimination to Build a Better Community

Location: TBD

6. Thursday, September 25 @ 5:00 pm – 6:30 pm

Bro-Culture: Workshop

Facilitator: White Ribbon Organization

Location: MWONL Office, 44 Torbay Road

7. Monday, September 29 @ 11:00 am – 12:30 pm

Fraud & Scams Info Session

Facilitator: Mary Ennis, Senior NL

Location: MWONL Office, 44 Torbay Road

8. Tuesday, September 30 @ 11:00 am – 12:30 pm

St. John's International Women's Film Festival Showing

Location: MWONL Office, 44 Torbay Road

All programs are free of cost. (Seats are limited)

To register and for more information, please

contact Inaam at admin@mwonl.com/inaam.j@mwonl.com

or call MWONL office: (709) 726 0321 Cell: (709) 219 5797

All Programs are free of cost.

For more information and to register, please contact admin@mwonl.com

A photograph of three people in a professional setting. A woman with long brown hair is seated in the center, facing slightly to the right, with her hands clasped. To her left, a Black woman is seated, looking towards the center. To the right, a man is seated with his back to the camera, looking towards the center. They are in a room with large windows in the background.

WE ARE HIRING

If you are passionate about creating welcoming spaces, delivering high-quality events, and supporting newcomer success in Newfoundland and Labrador, we would love to hear from you.

We are seeking a proactive and detail-driven Events & Administrative Specialist to join our Central Operations team at Amal Unite & Empower.

Full time, hybrid position.

★ OPEN ROLE ★
EVENTS & ADMINISTRATIVE SPECIALIST

The logo for Amal Unite & Empower. It features a stylized graphic of three human figures in white, with their arms raised and hands joined, forming a shape reminiscent of a leaf or a flame. Below this graphic, the word "AMAL" is written in a large, bold, sans-serif font. Underneath "AMAL", the words "UNITE & EMPOWER" are written in a smaller, all-caps, sans-serif font.

AMAL
UNITE & EMPOWER

Amal Unite & Empower Are Hiring An Events & Administrative Specialist

We're looking for a proactive, detail-driven professional who thrives on planning and delivering seamless events — from large community gatherings to workshops, training sessions, and employer events.

As part of our Central Operations team, you'll ensure all details are polished, welcoming, and inclusive. You'll also support our four program streams: Employment, Industry Engagement, Wellness, and DEI.

This role is perfect for someone who thinks two steps ahead, values teamwork, and cares about creating high-quality, inclusive experiences for all participants.

- ☐ Hybrid, St. John's, NL
- ☐ Full-time, Permanent
- ☐ Deadline to apply: Monday, September 8, 2025



Pathways & Perks: The Untapped Talent Advantage

This event is designed for employers, recruiters, HR professionals, and community leaders who want to strengthen their workforce by tapping into newcomer talent. The program features a brief opening from Amal Unite & Empower, a fireside chat with diverse perspectives, and direct updates from IRCC and NL JIG with Q&A.

You'll discover how immigration programs can help you access and retain top talent, hear candid stories from employers and newcomers, and explore under-utilized pathways and dedicated employer support channels that can transform your recruitment. Walk away with practical tools, meaningful connections, and trusted partners to make immigration a strategic advantage for your business. Expert panels. Real insights. Connections that matter.

Let's unlock this untapped talent — together.

- ☐ September 10th, 2025
- ☐ 4:00 PM - 6:00 PM
- ☐ Co. Innovation Centre
- ☐ Free parking available!

[Register](#)



The Self Made Breakfast Tour

Calling all powerhouse women entrepreneurs!

The Self Made Breakfast Tour, presented by PARO Centre for Women's Enterprise and powered in St. John's by NLOWE, is coming to town on **Monday, September 29!**

Join us at the **Emera Innovation Exchange** for a day of expert panels, fireside chats, mentorship roundtables, networking, retail pop-ups, and more. Spots are limited; apply for a sponsored ticket now

[Learn More](#)



EMPLOYER INFO SESSION

- **Meet** with federal and provincial officials
- **Learn** how to offset hiring costs
- **Discover** ways to recruit and retain
- **Network** with industry professionals



Thursday
Sept 11, 2025



1.00 PM to
3.00 PM



75 Tiffany Court
St. John's NL

REGISTER



📞 709-697-4515
✉ bmuche@ancnl.ca

Employer Information Session

☐ Employers, Local Business Owners, Recruiters & HR Leaders – This Session is for You! ☐

Do you have questions about hiring foreign workers, wage subsidies, or support with recruitment? Join us for an Employer Info Session designed to build the tools and connections you need! ☐

This is a great opportunity to:

- ✓ Meet with federal and provincial officials
- ✓ Learn how to offset hiring costs
- ✓ Discover proven ways to recruit & retain top talent
- ✓ Network with industry professionals

By attending, you'll also discover how tapping into newcomer talent can fill labour gaps, boost retention, and strengthen workforces across Newfoundland & Labrador. This is your chance to connect directly with government and sector

experts who are ready to support your hiring needs!

- ☐ Thursday, Sept 11, 2025
- ☐ 1:00 PM – 3:00 PM
- ☐ 75 Tiffany Court (upper entrance), St. John's, NL

[Register](#)

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.

The St. John's LIP also has many opportunities for you to get involved.

Contact immigration@stjohns.ca for more information or to get involved.

[Visit our Website](#)

Funded by:

Financé par :



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et Citoyenneté Canada

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