



August Community Highlights

Connecting with Local Heritage - Logy Bay Museum

Members came together to explore local history and heritage, creating an opportunity for newcomers and multicultural families to connect with the community and learn more about Newfoundland and Labrador's culture. This program was offered in collaboration with the Logy Bay Museum, and all musical performers were generously provided by the Torbay History House.

Creativity & Connection - Mosaic Tile Craft Class

Our craft session provided members with a welcoming space to be creative, learn a new skill, and build social connections. Activities like these continue to support members' well-being and sense of belonging. This class was facilitated by Latifa Bounatiro, a newcomer from Algeria.

Bridging Generations - Lester's Farm Chalet Outing

Our intergenerational outing brought seniors, adults, and families together for shared experiences and meaningful conversation at Lester's Farm chalet. The event strengthened connections across generations and helped reduce social isolation.

Families Moving Together - Family Sports Day

Families enjoyed an active day of games, recreation, and connection. The event encouraged healthy lifestyles while creating opportunities for families from diverse backgrounds. Thanks to our teen volunteers Zaid & Jad Bouibaoune for organizing all the games!

Building Resilience - Managing Stress & Building Emotions Resilience Workshop

A big shoutout to our MWONL volunteer, Noor Un Nisa, who designed and facilitated this session for our participants! Members joined us for a supportive and practical session focused on recognizing stress, building emotional resilience, and developing simple self-care strategies. Participants also learned practical tools, connected with others, and took time to prioritize their well-being.

Organizational Updates

We are thrilled to share that MWONL served over **432 members from 46 countries this fiscal year!**

We are excited to announce MWONL is collaborating with **Food Processing Skills Canada to deliver the Skills Training Across Canada (STAC) We Feed Canada program** to deliver this program for our members! Connect with our staff to receive further information.

Thank you to all our funders and volunteers who make our work possible. Stay tuned for our **Annual General Meeting date** announcement coming soon!



MWONL had the pleasure to meet with Honourable Lela Evans, Minister for the Office of Women and Gender Equality to discuss the growth of our organization!



On behalf of MWONL, we'd like to acknowledge **Port Rexton Brewing Company** for considering MWONL in their fundraising initiative, IWD Violet Femmes fundraiser. They have donated a total of \$1,398.89!

Photo Highlights for August





MWONL ACTIVITY LIST

SEPTEMBER 2026

Thursday, September 3 @ 11:00 am – 11:45 am

Fitness Class

Facilitator: Victoria Lytvynenko

Location: MWONL Office, 44 Torbay Road.

Wednesday, September 9 @ 11:00 am – 12:00 pm

A Place for Everyone: Learning About 2SLGBTQI+ Inclusion - Workshop

Facilitators: Kari Esparza, Kimberly Offspring – YWCA

Location: MWONL Office, 44 Torbay Road.

Thursday, September 10 @ 10:30 am – 12:30 pm

Navigating NL Health Care System

Facilitators: Amanda Leona, Lei Nan – MUN

Location: MWONL Office, 44 Torbay Road.

Tuesday, September 15 @ 11:00 am – 12:00 pm

St. John's International Women's Film

Location: MWONL Office, 44 Torbay Road.

Wednesday, September 23 @ 11:00 am – 12:00 pm

Heritage on a Plate: Seniors Sharing Filipino Taste & Tradition - Cooking Class

Facilitator: Jasmelit Canlapan

Location: TBD

**All events require registration. Please contact us at admin@mwonl.com
or call MWONL Office Phone: (709) 726 0321/Cell: (709) 219 5797**