MULTICULTURAL WOMEN'S ORGANIZATION OF NEWFOUNDLAND & LABRADOR

MWONL Newsletter

MULTICULTURAL WOMEN'S ORGANIZATION OF NEWFOUNDLAND & LABRADOR

SEPTEMBER 2026 | @MWONL | 709-726-0321 | FB: MWONL-WOW



September Community Highlights

Fitness Class

- This was facilitated by Ukrainian newcomer, **Victoria Lytvynenko, Fitness Professional and Pilates Instructor** for our seniors and adults. Through accessible movement, participants were able to focus on their well-being while strengthening connections within our community.

A place for everyone: learning about 2SLGBTQI+ inclusion workshop

- This workshop was facilitated by **Kari Esparza and Kimberly Offspring from YWCA St. John's**. Participants explored ways to build understanding that can help create a stronger sense of belonging, while increasing knowledge of practical strategies to help prevent violence and create more supportive, and inclusive communities.

Navigating NL Healthcare System

- Facilitators **Amanda Leona and Lei Nan from MUN** provided practical information on accessing care, healthcare costs, prescriptions, vaccines, screenings, and available benefits.

St. John's International Women's Film Festival

- MWONL hosted a special screening of six short films as part of the **Films On The Go Summer Screening Tour.** This was presented by the **St. John's International Women's Film Festival,** highlighting a range of stories, perspectives, and experiences.

Heritage on a plate: Seniors sharing Filipino Taste & Tradition cooking class

- Seniors came together to celebrate Filipino culture, sharing traditions through a hands-on cooking experience provided by MWONL members, Jasmelit & Safia Canlapan. Thanks to our collaborators, **Seniors Connection NL**, for contributing to this great session.

Organizational Updates



MWONL attended the Preventing Violent Extremism Workshop with CPN-PREV as part of ongoing efforts to strengthen violence prevention and promote safer, more resilient communities across Newfoundland and Labrador and Canada.

NEWCOMER MENTORSHIP FOR CAREER READINESS (PHASE 2)

MWONL is inviting passionate MENTEES to join our structured mentorship program focused on career readiness, workplace integration, and professional networking. Participation is FREE.

Apply here: **Mentee Application**

Contact us if you have any questions.
Phone: 709-726-0321 or email:
admin@mwonl.com



MWONL attended **Community Connections Fair 2026 at CNA**, where we had the pleasure to connect with comunity organizations and many multicultural students, and discuss how we could assist their transition to NL.

Photo Highlights for September











MWONL WILL BE HOSTING A MEET N GREET WHERE YOU WILL RECEIVE THE FOLLOWING INFORMATION:

- WHAT MWONL IS AND HOW YOU COULD CONTRIBUTE
- WHAT BEING A BOARD MEMBER IS ALL ABOUT
- APPLICATION FORM

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MWONL ACTIVITY LIST OCTOBER 2026

1. Wednesday, October 7 @ 11:00 am - 12:00 pm
Thanksgiving & Halloween Trivia - English Conversation Class
Facilitator: Miranda Adedze
Location: MWONL Office, 44 Torbay Road

2. Friday, October 16 @ 6:00 pm - 7:30 pm
Mentorship Kickoff Meet & Greet - MWONL Mentorship Program
Location: MWONL Office, 44 Torbay Road

3. Tuesday, October 20 @ 6:00 pm - 7:30 pm
Board Recruitment Meet and Greet
Location: MWONL Office, 44 Torbay Road

4. Thursday, October 22 @ 5:00 pm - 6:00 pm
Consent & Boundaries for Youth - Workshop
Facilitator: Andrew Cram from Planned Parenthood NL
Location: Online

5. Friday, October 30 @ 10:00 am - 12:00 pm
What's gotten you through: Resilience from lived experience & Chair Yoga
Partnership: Connections for Seniors and A.C. Hunter Library
Wellness Facilitator: Stephanie Atwood
Yoga Facilitator: Victoria Lytvynenko
Location: A.C. Hunter Library, 125 Allandale 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

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New Board Members Wanted



MWONL Board of Directors

We are looking for some amazing women (and those who identify as women) to lead and govern our organization!

What we're looking for any of the following

- Financial Oversight
- Governance Knowledge
- Functional Skills
- Network and Fundraising
- Human Resource background

@MWONL | 709-726-0321 | FB: mwonl-wow
www.mwonl.com

Come join our Meet n Greet

MWONL will be hosting a Meet n Greet where you will receive the following information:

- what MWONL is and how you could contribute
- what being a board member is all about
- application form

Meet n Greet Event
Tuesday, October 20,6:30-7:30
44 Torbay Road, MWONL Office (entrance located in the back of the building)