Disclaimer

This newsletter shares information from a wide variety of sources. While Thrive aims not to share content that is in conflict with our values, we are unable to screen all content thoroughly. Therefore sharing information is not an endorsement of the content by Thrive.

Due to an increase in advertising requests, we will be limiting the duration of ad postings to a maximum of two weeks. This change will allow us to manage our resources more effectively.
We appreciate your understanding.

Newsletter Submissions

Please send all future newsletter submissions to info@thrivecyn.ca
Next Issue: Monday, November 2, 2026
Deadline for Submissions: Thursday, October 29, 2026

If you have issues viewing the full newsletter please click the link in your email heading to view it in a web browser.

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Thrive: Holiday Giving

Donate

T.U.G TV

Yasmijn van Achterberg, Christine Ayling, Hilary Bilbrey... as 4 Master Facilitators with The Virtues Project... have a grand chat on Essence. Fun and insightful

indeed. Engage and enjoy!

Joy Restoration Project Series for Seniors

Dining Club 50/50 Tickets for Choices

Last Week to purchase Dining Club NL tickets in support of Choices for Youth!

Dining Club NL is a chance to win a night out every month of the year! 1 ticket enters you for all 12 months for first, second, and third place prizes -- giving you a total of 36 chances to win! With only 1500 tickets printed; your chances are better than ever! First prize wins a meal at one of St. John's finest restaurants paired with a memorable excursion; from fine dining to boat tours, there's something for everyone to love. All proceeds from ticket sales support Choices for Youth's Outreach and Youth Engagement (OYE) Program.

Deadline to purchase tickets is this THURSDAY, OCTOBER 29th

DCNL tickets are just $25 each, with additional 50/50 tickets add-ons available!

50/50 Pricing

- 1 for $10
- 3 for $25
- 5 for $40
- 10 for $75

To purchase your tickets, or for more information, please visit www.diningclubnl.com or call Cameron at 879-382-1467

ANC Newcomer Mentors

Become a Mentor – Make a Difference!

Are you an experienced professional interested in supporting skilled newcomers in Newfoundland and Labrador? Join our Mentorship Program and help newcomers build their careers in Canada.

We are looking for mentors in various fields, including Engineering, Tech/Computer Science, Finance & Business, Life Sciences, and more.

As a mentor, you can inspire and empower a highly educated newcomer, share your industry knowledge, provide career guidance, and help build valuable professional connections.

- Only 6 hours over 3 months
- Flexible participation – Online or in person
- Register via link below

Contact: eet@ancnl.ca, 709-691-8876

Register

Puppetry Arts Workshop

NEWFOUNDLAND & LABRADOR
Institute of Puppetry Arts

Puppetry Arts Workshop

Date & Time: December 7-11, 2026 from 10:00 a.m. - 3:30 p.m. daily

Location: Memorial University, Faculty of Education Building, St. John's, NL
Age: 18+

Facilitator: Jim Morrow

The Newfoundland and Labrador Institute of Puppetry Arts invites puppetry enthusiasts from across the province to join our five-day Introduction to Puppetry workshop. Guided by acclaimed puppet artist Jim Morrow, participants will be offered the opportunity to glean as much knowledge, and technical skill, as possible through a series of carefully designed exercises each day. These experiences will include independent and collaborative scene work with other puppet enthusiasts, as well as the development of short pieces using puppets designed and built by the participants themselves. This inaugural event will be offered in a safe, inclusive, and respectful environment where play and curiosity are encouraged fully! Upon completion, participants will receive a certificate for “Part I: Introduction to Puppetry.” We hope to offer a series of workshops as we continue to grow the Newfoundland and Labrador's puppetry community.

Space is limited to 25 participants.

Workshop Fees (5 Days)

- Regular: $500
- Full-time Student: $300
- Concession (e.g., unwaged): Pay What You Can

We are committed to making this workshop accessible. If the fee presents a financial barrier, please submit a brief request for fee assistance. Detailed personal information is not required.

Registration is first come, first served, with limited spaces available in each fee category.

Register

Men's Mental Health Workshops

Men's Mental Health Network

Practical skills. Real conversations. Stronger connections.

CMHA-NL's Men's Mental Health Network Program creates a practical, supportive space for men to build mental health knowledge, learn everyday skills and strengthen connection with others.

Two Ways to Take Part

90-Minute Workshop

A practical introduction designed for workplaces, community organizations, groups and events.

Participants explore:

- Mental health and stigma
- Stress and warning signs
- The 4 R's: Recognize, Regulate, Reframe & Review
- Personal connection and wellness
- Building a simple personal wellness plan

8-Week Program

A deeper facilitated program that moves from awareness to skills to long-term wellness.

Weeks 1–4: Mental Health • Stress & Burnout • Emotions • Healthy Thinking
Weeks 5–8: Self-Care • Relationships & Connection • Purpose & Resilience • Moving Forward

Participants leave with a simple framework for responding to challenges, practical coping tools, and a personal wellness plan.

Book a Session

Nathan Jenkins
Men's Mental Health Coordinator
njenkins@cmhanl.ca
cmhanl.ca

Canadian Mental Health Association
CMHA Newfoundland-Labrador
Mental health for all

Introducing CMHA-NL's Men's Mental Health Network!

Over the past several months, we've been developing our Men's Mental Health Network, a practical, conversation-based program for men and male-identifying individuals aged 18 and older.

The program is designed to help men better understand their mental health, develop useful everyday coping strategies, build connections, and feel more comfortable talking about the things that affect their well-being.

The program is offered in two formats:

- A 90-minute presentation: Ideal for workplaces, community groups, organizations, and events. This interactive session introduces participants to topics such as stress, mental health stigma, recognizing warning signs, the 4 R's (Recognize, Regulate, Reframe, and Review), and developing a personal wellness plan.
- An eight-week program: Designed for groups interested in exploring men's mental health in greater depth. Through eight engaging sessions, participants explore mental health awareness, stress and burnout, emotions, thinking patterns, self-care, healthy relationships, social connection, purpose, and long-term wellness.

Our goal is simple: Make conversations about men's mental health more comfortable, practical, and meaningful.

John Howard is Hiring

Next Steps Employment Practitioner

Full-time contract position until March 31st, 2027 with possibility of extension.

Summary:

Under the supervision of the Manager of Employment Services, the Employment Practitioner delivers a range of employment-related services with the fundamental objective of assisting participants in acquiring sustainable employment.

Responsibilities:

- Delivers psycho-educational programming and services in a group and/or individual setting in the community and institutions.
- Completes record suspension applications on behalf of participants
- Completes file reviews, assessments and reports as required.
- Develops and presents information sessions to participants and community agencies.
- Maintains accurate electronic and manual participant records.
- Maintains collaboration with John Howard Society programs and partner agencies for the purpose of alternative program referral and participant advocacy.
- Reviews labour market information and trends on a regular basis.
- Attends program related meetings.
- Contributes to the orientation/training of staff/interns/volunteers.
- Engages in professional development as required.
- Ensures confidentiality guidelines are met regarding staff and participant information.
- Shares responsibility for maintaining a safe secure environment for both staff and participants.
- Performs other related duties as required by the Manager.

Qualifications:

- University degree in Social Work, Criminology or the social sciences. (Psychology, sociology or education).
- Minimum of one-year experience in the employment services sector.
- Demonstrated understanding of employment readiness assessments, essential employability skills, needs and barriers as well as effective interventions.
- Demonstrated attention to details
- Experience with and a demonstrated understanding of the offender population.
- Broad understanding of the criminal justice system.
- Demonstrated knowledge and experience in both individual interventions and group facilitation would be an asset.
- Excellent written and oral communication skills.
- Excellent interpersonal skills.
- Valid driver’s license required.
- Proven competency in computer software.
- Ability to work independently and as part of a team.
- Multilingual skills and multicultural competence are an asset.
- Certificate of conduct.

Job Ad

The Gathering Place is Hiring

FastTrackHer Recruiting

Curious about a career in energy but not sure where to start?

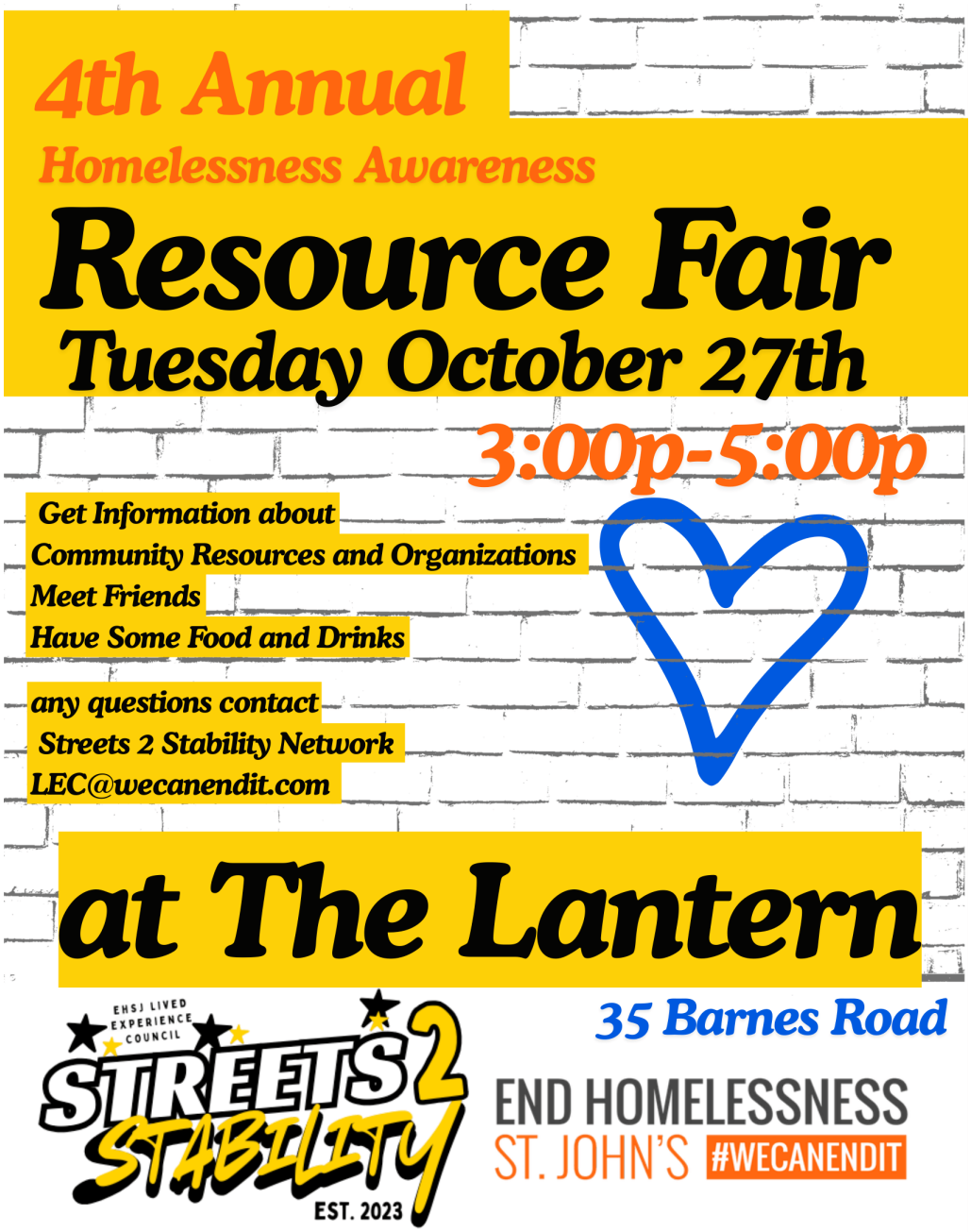
FastTrackHER Energy is a supportive, hands-on program where women and gender-diverse individuals can explore careers in Newfoundland and Labrador's energy sector, whether onshore or offshore.

Applications are now open.
Program Dates: November 19-December 4, 2026 (3 weeks, 30 hours per week)
Location: St. John's, NL

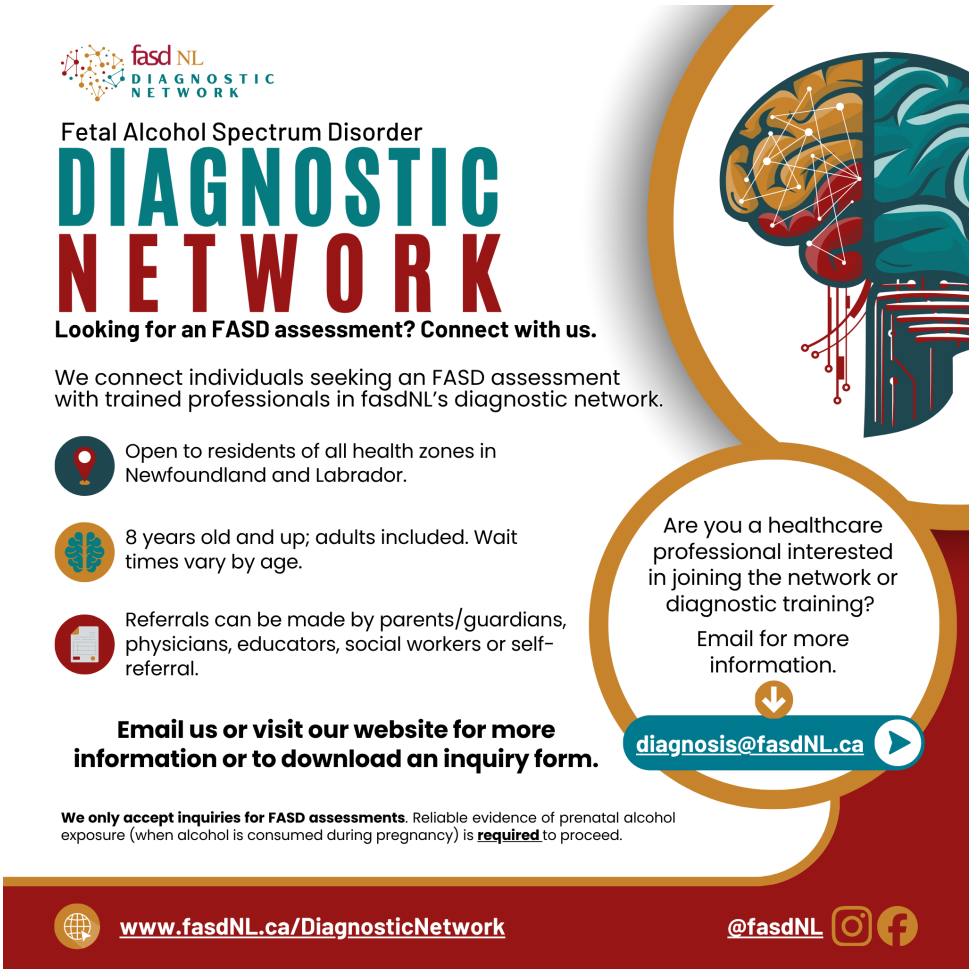
Each spot is fully funded, with additional supports available.

To learn more call 709-896-8076 or email **careerservices@equiforce.ca**.

Homelessness Awareness Resource Fair



fasdNL Diagnostic Network



Looking for an FASD assessment? Connect with fasdNL.

Open to residents of all health zones in Newfoundland and Labrador.8 years old and up; adults included. Wait times vary by age.Referrals can be made by parents/guardians, physicians, educators, social workers or self-referral.

Submit an inquiry form to determine if an FASD assessment is right for you.

Inquiry Form

Social Enterprise Fair

Social Enterprise Fair

The Centre for Social Enterprise is excited to host another Social Enterprise Fair on global social enterprise day, coming up on Thursday, November 19. This event is designed to showcase the fabulous SPOs in this province. Each participating organization will have a booth setup to talk about their products and/or services and share the amazing work that you do with folks at the university.

Date: Thursday, November 19th
Time: 10am – 1pm
Location: The Breezeway Bar & Café, Memorial's University Centre, UC-1004

If you'd like to sign up to have a booth at the fair, please complete the form below.

Tables and chairs will be provided (please bring your own table cloth if you'd like to have one on the table).
If there's any informational pamphlets, swag, etc. that you'd like to share at the booth, please bring them along!

If you have any questions or concerns, please contact Sarah Croft at smc217@mun.ca or socialenterprise@mun.ca

Sign Up

Want to See Your Info in Thrive's Newsletter?

Here's how:
Email anything you would like us to post to info@thrivecyn.ca

What can you post?
Send us anything that relates to the general promotion of programs, services, upcoming initiatives, donation drives, training and events in our community!

- Please include a short description of your event or posting (300 word max)
- We can post ONE image per entry, such as a logo, picture or poster. They must be in one of the following formats and no more than 600px wide.
  - JPEG / JPG
  - GIF
  - PNG

Meeting vulnerable individuals where they are, helping them go where they want to go, and supporting them to be who they want to be.

DONATE TODAY!

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