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 9, 2026
Deadline for Submissions: Thursday, November 5, 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

TUGtalks is a space where Barry Lewis Green, aka TUG, The Unity Guy with Epic Engage ... holds cool conversation around ideas and initiatives of deep

personal interest. In this episode, a cool conversation with Elaine Dunphy, Tammy joy Lane and Yasmijn van Achterberg unfolds talking about an exercise Barry suggested around 5 Words. The conversation was fun and insightful... and an exercise and conversation anyone can do. Engage and enjoy!

CSCNL Coffee's On w/ Arts & Aging

Join CSCNL for our next Coffee's On with Arts & Aging Network!

For our November session, CSCNL's Lindsey Hynes will be joined by Erin Winsor from the Arts & Aging Network for a conversation about Creativity, Collaboration & Connection!

Together, we'll explore how arts programming and participatory performances can bring people together across generations, challenge perceptions of aging and dementia, and help build stronger, more inclusive communities throughout Newfoundland and Labrador.

We'll also discuss how creativity can be a powerful tool for community building, even if you don't consider yourself an artsy person!

- November 10
- 10:00–11:00 AM NST
- Online via Zoom

Whether you're interested in bringing Arts & Aging to your community or simply sharing your experiences and ideas, we'd love to connect and hear from you!

Register

Schizophrenia Family Recovery Program

Eating Disorder Family Therapy Workshop

Do You Have a Loved One with an Eating Disorder?

Would you like to participate in a 4-Session Emotion Focused Family Therapy Workshop designed to assist families to help their loved one with an eating disorder?

Workshop being offered Via Video Conference - Zoom

Wednesday November 25, Thursday November 26,
Wednesday December 2 & Thursday December 3

9:00am to 12:30pm Newfoundland Island time
(8:30am to 12:00pm Labrador & Atlantic time)

For more information about the Workshop and to start the intake process please contact:

Maureen Hammond
Counsellor EDFNL
Email: maureen@edfnl.ca

Lifewise November Groups Calendar

Please find linked below our November calendars, which outline the dates, times, and topics for this month’s upcoming groups and wellness workshops.

November Calendar

Next.js Coding Course

We are excited to share with you our Next.js course for Eastern Canada. It's free, 3-months long starting Jan 11th 2026 - if any of your clients/communities would be interested.

Course Details:

Topic: Next.js

Date: Jan 11, 2027 → Apr 12, 2027 (Monday, Wednesday, Friday)

Time: 7:00pm to 9:30pm EST time

Format: Virtual on Zoom. Open to Eastern Canada.

All ComIT courses are:3-months long for 3 weekday evenings (part-time)100% online Instructor-led

Require: Attendance, Communication & Final Project to complete with certification FREE!

To be eligible, applicants MUST:

- Be legally entitled to work in Canada
- Be between 18 to 40 years old
- Have secondary school completed
- Situation of unemployment or underemployment
- Not able to financially afford other types of training or education
- Show technical orientation.

This is an intensive course so foundational/prior programming or coding knowledge is essential for selection. Demonstrate motivation and dedication/Time commitment. While the class is part-time, substantial time of anywhere from 4-6hrs per week is needed outside of course for exercises, deliverables and project work. More information such as the selection criteria, application steps and the Registration Form linked below.

Register

Joy Restoration Project Series for Seniors

Life isn't either/or.
It's both.

Joy and sorrow.
Strength and softness.
Courage and vulnerability.
Hope and uncertainty.
Letting go and holding on.
Rest and growth.
Laughter and tears.

We don't have to choose one over the other.

We are allowed to hold both.

And maybe that's where the beauty of life lives.

The Joy Restoration Project
Grounded in Joy

A UNIQUE 4-WEEK SERIES FOR SENIORS

FREE TO ATTEND

Explore practical tools and gentle practices to help you navigate life's challenges and rediscover joy.

Dates November 9, 16, 23, & 30.	**Registration Required** Limited spaces available.
Time 2:00–3:30 PM NDT	
Location Holiday Inn, Portugal Cove Road, St. John's.	**Scan to Register or Email us** elaine@joyrestorationproject.com

Proudly Supported by SeniorsNL — INFORMATION • REFERRAL • OUTREACH

RICHARD'S LEGACY FOUNDATION

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

ASSOCIATION FOR NEW CANADIANS

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

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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