

THE RIGHT NOTE

AUTUMN NEWSLETTER 2022

ABOUT US

Since 1986 the Alberta Network of Immigrant Women has connected and empowered immigrant women across the province, leading and supporting initiatives that foster equality, justice, and learning.

The Network has shared its innovative research on issues that impact the integration of immigrant women and their families within our society and has worked effectively with other partners and stakeholders to bring our recommendations to reality.



PRESIDENT'S NOTE



“ It’s hard to believe that we’re already in the final month of 2022! This is a time to reflect. This fall is especially poignant for us at the ANIW as we look back with a spirit of appreciation for what we have been able to achieve this year. Thank you to everyone who helped make 2022 a successful year for ANIW. We are experimenting with a few new ways of communicating better. We have revamped the ANIW newsletter to keep you informed on the developments that ANIW is embarking upon. Beginning with this issue, the newsletter will be published on a seasonal basis. In this, our fall 2022 issue highlights our latest programs and initiatives dedicated to providing a wealth of services to immigrant women and their families in the community. Stay tuned for more interesting updates and see you all in 2023!



Dr. Geetha Ramesh

SNAPSHOT

Our Board Members



From left to right Vafa Adib, Laura Neaves, Dr. Maria Torres, Dr. Sandra Dixon, Ramona Fernando, Dr. Geetha Ramesh, Minh Le, Kamal Sehgal

1. EMPLOYMENT PROGRAM

Employment for immigrant women is essential for integration into the Canadian society. Our programs are geared for immigrant women in regulated and unregulated professions.

- CAPACITY ALBERTA

The program focuses on creating pathways for women in regulated professions to reach their career goals.

The program includes:

- Orientation session to the profession
- Discussion and learning session on preparing for the examinations set by the regulatory body
- Assist in specific individual requirements

- ECONOMIC SECURITY

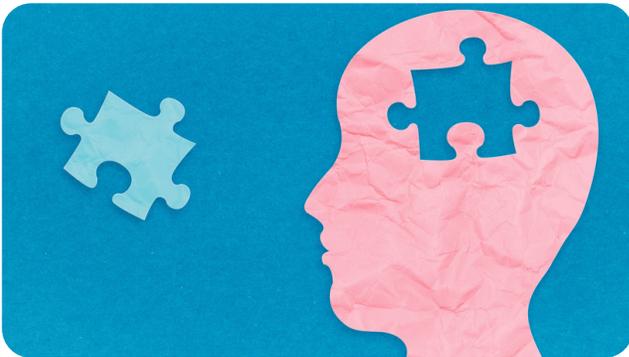
The program focuses on creating a pathway for immigrant women in non-regulated professions to reach their career goals.

The program includes:

- One on one consultation
- Workshops on personal goal setting, labour market information, overcoming personal, social and systemic barriers
- Referrals
- Mentorship opportunities



2. HEALTH AND WELLNESS PROGRAM



Health and Wellness program focuses on addressing workplace wellness, workplace oppression, internalized racism, and healing from racism.

The program includes:

- Research on workplace issues
- Referrals that arise from workplace issues
- Workshops on internalized racism, domestic violence, and mental health
- Facilitated sessions on engaging men in anti-oppressive work

3. INTEGRITY LEADERSHIP PROGRAM

Integrity Leadership program will help participants expand their understanding of ethical leadership. The program aims to explore patterns in the development of character, conduct and adaptive learning across history, culture and disciplines. The curriculum is drawn from the work of Human Venture Leadership.

The program includes:

- 50 in-class hours that will include readings, conversation, guest speakers and experiential activities.

