

Miramichi Regional Multicultural Association

We acknowledge that MRMA operates on the traditional unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq People first signed with the British crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq title and established the rules for what was to be an ongoing relationship between nations.



Newcomers' Holiday Party

The Newcomers Holiday Party this year was a great night with giveaways, prizes, and a poutine bar for everyone to enjoy. We also recognized Afolabi Oladunni, who received the International Student Community Spirit Award.

Black History Month - Renous

In celebration of Black History Month, our practicum students delivered presentations at Renous Atlantic Institution, highlighting the rich cultures of Ghana and Nigeria. They shared insights about their home countries, traditions, and the significance of Black history.



Image from: Carleton, L. (2019, March 31). The Manatee



Hockey

Thanks to WorkSafe NB and the Timberwolves for providing us with tickets to the hockey game. We attended a Timberwolves game at the Civic Center, and it was a great experience for everyone!

UPCOMING EVENTS

Language Program

Starting in mid to late April, MRMA will be offering in-person beginner level ESL classes to non-PRs. Classes will be held at MRMA with an instructor. Space is limited. More details and the official start date will follow shortly.

Homework Club

Our Settlement Worker in Schools is running a weekly Homework Club at Dr. Losier Middle School for newcomer students. This club provides a space for students to get help with schoolwork, improve their English, and connect with peers. If you'd like your child to join, sign up by emailing sofiya.chuyanova@mrma.ca.

Craft Club

Our Settlement Worker in Schools is also running a weekly Craft Club at King Street Elementary for newcomer kids. In the club, children get to socialize, improve their English, share about their cultures, and take part in fun activities. If your child is interested in joining, or if you'd like us to bring this program to your school, sign up by emailing sofiya.chuyanova@mrma.ca.

Nowruz Celebration

Nowruz, known as the Persian New Year, marks the first day of spring and the beginning of the year in the Iranian calendar. We are hosting an event for everyone on March 20th at 5:00 pm. Learn about Persian and Central Asian cultures and celebrate the Persian New Year with us!

Check our facebook page regularly for updates!
Please contact info@mrma.ca or 773-5272 for more information or to register.

**Embrace diversity!
Become a member today!**



INFORMATION SESSIONS

Healthy Lifestyles

On February 6, MRMA hosted a Healthy Lifestyles Information & Orientation session in collaboration with Horizon Health Network. A guest speaker from Public Health shared insights on maintaining a balanced lifestyle, covering topics like nutrition, physical activity, and overall well-being.

Participants had the opportunity to ask questions and gain valuable health-related information tailored to newcomers.

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2025 FREE INCOME TAX CLINIC
/ CLINIQUE D'IMPÔT GRATUIT

MARCH 5 MARS
MARCH 12 MARS
MARCH 19 MARS
MARCH 26 MARS

Come to our office at 1808 Water Street between 9:00 am and 3:00 pm to participate / Venez à notre bureau au 1808, rue Water entre 9 h et 15 h pour participer

b Taxable amount



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COMMUNITY FEATURE

In this issue we had the pleasure of interviewing Mercy and Fatima, International Students at NBCC

Mercy

1. Can you tell us a little about yourself?

I am Mercy Amo Ampofo, from Ghana in West Africa. I relocated to Canada on August 9, 2023, as a student in the Human Service Practitioner Program currently in my final year.

2. Tell us about the projects you were involved in with MRMA? I was involved in most programs during my fieldwork at MRMA, but I would like to discuss my presentation of Ghana at the prison, during the Black Culture Month Celebration. Also, I was actively involved as a volunteer in the 2024 Tax returns filing.

3. How has this experience helped you adapt to life in Canada? Both programs gave me excellent experience. This experience allowed me to educate people about Africa, specifically Ghana which led to good integration and relationship here in Canada. I also felt fulfilled by being able to help others during the tax returns filling.

4. Have you learned anything new about Canadian workplaces? I have learnt about the great support at Canadian workplaces for people especially the Indigenous people and the people with mental illnesses. It excites me to know that.

5. What challenges have you faced as an international student, and how did you overcome them? The challenge I encountered as an international student was loneliness because I came here alone. I had to talk to my family on facetime every day, though the time difference was making it somehow difficult. I hope it will be easy for an international student to bring their family along. This will give much emotional support while learning.

6. Any advice for future international students? I will encourage an international student to become well prepared and with strong mental will, because of cultural shock and detachment from family.



COMMUNITY FEATURE

Fatima



1. Can you tell us a little about yourself.

My name is Fatima Awodele, a student of Nbcc, studying Social Service Community Worker and I am from Nigeria.

2. Tell us about the projects you were involved in with MRMA?

The project I was involved in with MRMA was BLACK HISTORY MONTH PRESENTATION at Renous Prison in NB. I had an opportunity to be part of the project, aimed at promoting cultural awareness and celebrating diversity. Delivered a presentation that highlighted important aspect of my country's history, including its contributions to the global black community and the significant cultural traditions we celebrate. This is a big deal for me.

The experience was powerful, the feedback from attendees was positive. It was a rewarding experience that reinforced the power of storytelling in building bridges across communities.

3. How has this experience helped you adapt to life in Canada?

I have experienced warm receptions from the

Canadians, I recieved a lot of love. Before coming to Canada, I heard Canadians are good people and when I came, what I experienced was beyond my imagination. So that has been one of my strength. Also the experience with MRMA plays significant role in helping me as well, being in a project that celebrated cultural diversity made me feel more connected to Canada's multicultural community.

4. Have you learned anything new about Canadian workplaces?

Yes, one new thing I learned is how Canadian workplace prioritize diversity and inclusivity. And MRMA is a wonderful organization that works to bring together people from different cultural backgrounds and foster a sense of belonging for everyone.

5. What challenges have you faced as an international student, and how did you overcome them?

As an international student I faced lots of challenges like the cold weather, it took awhile before I acclimatized. The food, and Canadian academic system was also challenging, adapting was difficult but I was able to overcome this by seeking support from my instructors and collaborating with classmates.

However, all the above challenges has taught me about resilience and adaptability.

6. Any advice for future international students?

My advice to all future international students coming into Canada. Please embrace diversity, and don't be afraid to ask for help when needed. Of course adjusting to a new life takes time, but remember each challenge you face will surely make you stronger.