

# THE Accent

Prince Edward Island Union of Public Sector Employees

## Retirement Planning Workshop

*"Planning Today for Pensions and Benefits Tomorrow"*

**February 16, 2016 9:00 - 4:00 p.m.**

**UPSE Office - 4 Enman Crescent, Charlottetown**

**&**

**February 19, 2016 9:00 - 4:00 p.m.**

**Holman Centre, 3rd floor Boardroom**

**268 Water Street, Summerside**

### General Topics

- **importance of retirement planning**
- **plan and start early (financial plan, activity / lifestyle)**
- **review your pension statements for accuracy**
- **review your health plan to determine your benefits (optional items and costs)**
- **invest early and often (registered retirement savings plan, tax free savings account)**



"We're doing a seminar on growing old gracefully."

### Speakers from:

**Drug plan, Health plan, Service Canada, Financial Planners and Retirees.**

To register contact the UPSE office at **902-892-5335**, toll free at **1-800-897-8773**, or e-mail **peiupse@peiupse.ca**.

**The deadline for registration is Friday, February 12 at 4:30 p.m.**

**Note: this is offered as a non-wage repayment educational.**

# Family Violence Prevention Week

## February 14 -20, 2016

February 14 to 20, 2016, is Family Violence Prevention Week and Islanders can get involved and show support in many ways. Communities across the Island are planning events to help raise awareness of family violence. Activities include walks in silence, awareness presentations, family activities and more. A full schedule can be found at [www.stopfamilyviolence.pe.ca/2016campaign](http://www.stopfamilyviolence.pe.ca/2016campaign).

Wednesday, February 17 is **Wear Purple Day** in Prince Edward Island. Islanders are encouraged to wear purple:

- to raise awareness of Family Violence Prevention Week;
- to remember victims of violence and their families; and
- to show that violence in any relationship is not acceptable.

Throughout Family Violence Prevention Week, Islanders can follow and share daily images and messages on [facebook.com/govpe](https://facebook.com/govpe) and [twitter.com/InfoPEI](https://twitter.com/InfoPEI).



### Neighbours, friends and families can make a difference!

Family violence may begin in the home, but its effects are felt throughout the community and in the workplace. Whether we are a neighbour, co-worker, friend or family member of someone experiencing violence, we all have a role to play in ending family violence. It can be hard to know what to do about family violence. If you suspect that someone you know is living with family violence, here are some ways you can help:

- **learn the warning signs:** look for "red flags" that may indicate someone is being abusive. Check out [www.stopfamilyviolence.pe.ca/warningsigns](http://www.stopfamilyviolence.pe.ca/warningsigns).
- **reach out:** speak to the person privately about your concerns. Don't try to tell the person what to do, but let them know you are willing to listen and help think about options.
- **provide information on community resources:** having the right information may help the person seek protection or reach out to a community support agency.
- **be patient:** do not get discouraged if the person does not want to talk or is not ready to make a change. It is important to continue to be supportive and let the person know they can come to you.
- **trust your instincts:** If you think you or someone you know is in danger, call 911.

**If you suspect someone you know is affected by family violence but are not sure how to respond, there are professionals who can help.**

- PEI Family Violence Prevention Services: **1-800-240-9894**
- Victim Services: **902-368-4582** (Charlottetown), **902-888-8218** (Summerside)
- PEI Rape and Sexual Assault Centre: **1-888-368-8055**
- Chief Mary Bernard Memorial Women's Shelter: **1-855-297-2332**

If you witness or suspect child abuse, it is mandatory to report it to the Child Abuse Hotline at **1-800-341-6868**.

If you suspect abuse or neglect of an older person, contact Adult Protection at **902-892-4790**.