

# THE Accent

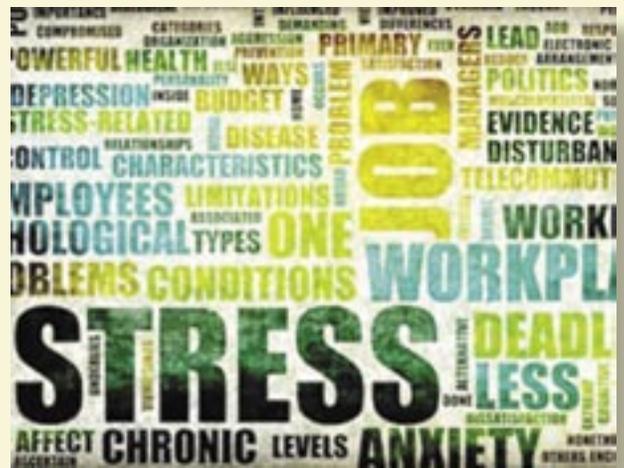
Prince Edward Island Union of Public Sector Employees

## UPSE Educational *Mental Health and the Workplace - May 4, 2017*

PEI UPSE will offer a course on Mental Health and the Workplace during Mental Health Week, May 1st - May 7th. The course will be offered on **May 4**; however, if there is enough demand it may also be offered on May 2.

Time: **9 a.m. - 4 p.m.**  
Location: **UPSE**

The course will emphasize the importance of maintaining good mental health and understanding mental health conditions. The nature of stress, particularly stress in the workplace and managing stress will be examined. Types of mental illness, stigma, and the factors affecting mental health conditions will also be discussed.



Finally, many employees are required to deal with situations that are potentially dangerous and traumatic. Examples of these types of situations will be reviewed, and there will be discussion about the ways people can help themselves cope with the aftermath so they can minimize the risk of suffering longer term impacts on their mental health.

*Please register online at ([www.peiupse.ca](http://www.peiupse.ca)) or contact the union office to register at 902-892-5335, toll free 1-800-897-8773, or e-mail [peiupse@peiupse.ca](mailto:peiupse@peiupse.ca) by 4:00 p.m. on **April 14, 2017.***

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

# Retirement Planning Workshop

**Monday, April 24, 2017 - UPSE office in Charlottetown, 9:00 - 4:00 p.m.**

**Monday, May 1, 2017 - Access PEI in Montague, 9:00 - 4:00 p.m.**

## 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)*

### 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](mailto:peiupse@peiupse.ca)**

**The deadline for registration is April 14, 2017 at 4:30 p.m.**

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

# BridgeFest 150

It's Canada's 150th anniversary this summer and it's also the 20th anniversary of the Confederation Bridge! Strait Crossing Bridge Limited, the company that operates and maintains the bridge, and whose workers are UPSE members, is having a party to celebrate.

**When: BridgeFest 150 will take place from June 16-18, 2017**

Activities planned for *BridgeFest* include fireworks in Borden-Carleton on June 16, and a gala night in Summerside on June 17. On June 18 there will be entertainment and activities at Gateway Village in Borden-Carleton.



The *IWK Run for Families* will also take place on June 18 as participants run or walk on the bridge (5km, 10km or half marathon). The bridge will be closed from 6 a.m. to 1 p.m. to accommodate the event.