

THE Accent

Prince Edward Island Union of Public Sector Employees

Upcoming Educationals: Express Interest

Contact the union to express interest in attending one or more of the following UPSE educationals. Call **902-892-5335**, toll free **1-800-897-8773**, e-mail **peiupse@peiupse.ca**, or click on “**education**” on our homepage (www.peiupse.ca) and submit an “education application” online. **Get Involved!**

Welcome to UPSE

- *learn about UPSE's history and evolution in PEI*
- *learn about the union's structure, and how it works*
- *learn about the tools you need to carry out your role within the union effectively*

Date: April 17, 2019 (Contact UPSE by April 12)

Mental Health / Stress in Workplace

- *The course emphasizes 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*
- *There will be discussion about the ways people can help themselves cope with the aftermath of dangerous or traumatic situations at work so they can minimize the risk of suffering longer term impacts on their mental health*

Date: May 7, 2019 (Contact UPSE by May 1)

The Accent is an internal publication of the Prince Edward Island Union of Public Sector Employees. Comments, questions, concerns and suggestions should be sent to: Mark Barrett, PEI UPSE Communications and Campaigns Officer, at mbarrett@peiupse.ca.

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892-5335 or toll free 1-800-897-8773 (1-800-897-UPSE) Fax: 569-8186

E-mail: peiupse@peiupse.ca Web: www.peiupse.ca

PEI UPSE is proud to represent over 5000 members in the public and private sectors.

UPSE Educational *Steward Level I*

The Steward Level I course is designed for members interested in becoming a Steward or have been elected to the position.

- ***the important role Stewards play in the union***
- ***what makes unions strong***
- ***what tools are required to act effectively in the role of Steward***

Date: April 30, 2019 (Contact UPSE by April 24)

UPSE Educational *Steward Level II*

The Steward Level II course is an informative follow-up to the Level I offering.

- ***knowing your membership***
- ***working with your union executive***
- ***grievance preparation, problem solving and conflict resolution***

Date: June 6, 2019 (Contact UPSE by May 31)

Advanced Steward

• ***This course is for active stewards or experienced stewards who have completed Steward Level I and II with an emphasis on the role stewards play in the workplace, and relevant labour law.***

Date: June 13 & 14, 2019 (Contact UPSE by June 7 - twenty seats available)

Membership Surveys

UPSE will be conducting a series of membership surveys beginning in May of 2019 and continuing throughout the year. UPSE is interested in your feedback on a host of labour/social issues. The surveys will be conducted online, won't take much of your time, and are anonymous.

Please ensure your contact information is up-to-date with the union as access to the surveys will be provided via a link sent to your e-mail address. To update your information call UPSE at

902-892 5335 (toll free 1-800-897-8773), e-mail **nburns@peiupse.ca**, or visit UPSE's homepage and click on the "**Update Contact Information**" button (**www.peiupse.ca**).

