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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

The *Welcome to UPSE* course is perfect for getting to know your union better. You will:

- *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: March 25, 2020 at 9:00 a.m. (Contact UPSE by March 20)

Steward Level II

The *Steward Level II* course is an informative follow-up to the Level 1 offering.

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

Date: April 21, 2020 at 9:00 a.m. (Contact UPSE by April 10)

Mental Health / Stress in the Workplace

This course emphasizes the importance of maintaining good mental health and understanding mental health conditions. You will:

- *learn about the nature of stress in the workplace and look at strategies to manage stress*
- *engage in 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 long term impacts on their mental health*

Date: May 5, 2020 at 9:00 a.m. (Contact UPSE by April 24)

Addressing Workload, Overworking and OHS

Address workload issues and the stress it causes using the collective agreement, Occupational Health and Safety Act provisions, employer policies and WCB policies to:

- *provide alternatives and security for members*
- *help establish a workplace that is respectful and provides a safe environment with a reasonable workload*
- *build solidarity among the membership*

Date: June 1, 2020 at 9:00 a.m. (Contact UPSE by May 22)

Holland College: Welcome to UPSE

The *Welcome to UPSE* course is perfect for getting to know your union better. You will:

- *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*
- *learn about pensions and benefits*

Date: June 25, 2020 at 9:00 a.m. (Contact UPSE by June 12)

STEPS FOR LIFE: Saturday, May 2, 2020

Save
the
Date!



www.stepsforlife.ca



Save the Date for the *Steps For Life* walk for families of workplace tragedy.

Participate in the walk to raise awareness to all Canadians about injury prevention in the workplace and get your workplace, friends, family, and community involved!

The walk takes place on **Saturday, May 2, 2020** starting at the Queen Charlotte

Armoury (3 Haviland Street - corner of Water Street and Haviland Street in Charlottetown).

Registration: 9:00 a.m. • Walk start: 10:00 a.m. • Register online: www.stepsforlife.ca

For more information contact Craig Abbott (cabbott@wcb.pe.ca) or 902-368-6044.