

THE Accent

Prince Edward Island Union of Public Sector Employees

Upcoming Courses: Express Interest

Contact the union to express interest in attending one or more of the following UPSE courses. 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.

Holland College: Welcome to UPSE

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

- learn about UPSE's history, evolution, and 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: May 11 Course Postponed. New date pending (Contact UPSE to express interest)

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 course covers:*

- 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: June 9, 2021 from 9:00 to 4:00 pm at the UPSE office (Contact UPSE by June 4)

Mental Health / Stress in the Workplace

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

- 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: June 15, 2021 from 9:00 to 4:00 pm at the UPSE office (Contact UPSE by June 10)

Advanced Steward

This course is for active / experienced stewards who have completed *Steward Level 1* and *Steward Level II*

- the course will focus on the role stewards play in the workplace, collective agreements and relevant labour law
- the course will provide knowledge and skills to introduce new union activists to the basics of the grievance handling process
- the course will reflect on your strengths and challenges as a union activist
- the course will further develop your skills and knowledge in gathering information
- the course will provide you further knowledge and skills in specific grievance areas, including: duty to accommodate, dealing with management, harassment and different grievance situations
- the course will build your confidence and your ability to play the role of educator in your local

Date: June 24 & 25, 2021 from 9:00 to 4:00 pm at the UPSE office (Contact UPSE by June 18)

UPSE Delivers Course on Mental Health in the Workplace

During Mental Health Week UPSE offered the Mental Health / Stress in the Workplace course to the membership.

With another great turnout this year, members discussed the importance of maintaining mental health, and learned about the nature of stress in the workplace.



Karen Jackson, UPSE President, thanked all UPSE members for their commitment in these challenging times. The pandemic has created extra stress in the workplace and many of us have quite naturally felt afraid, uneasy, or anxious at times. During mental health week we were encouraged to name and express our emotions because it's good for our mental health.

UPSE is offering the Mental Health course again on June 15, 2021. Contact UPSE if you wish to attend. **Get involved!**

