

# THE Accent

Prince Edward Island Union of Public Sector Employees

## Attention UPSE Members! Send in Your Pics ..... Win UPSE Swag!

UPSE wants to highlight the membership and all the incredible work you do every day to make Prince Edward Island a great place to live and work. E-mail us a selfie at work or have a fellow member take your picture. Include your name, job title, and work location.



Don't forget to wear your mask if you are unable to social distance :)

UPSE may use the pictures in Union publications, the website, social media and the upcoming Christmas TV ad showcasing you - the members of UPSE!



# Thank You.

**Email your picture to [mbarrett@peiupse.ca](mailto:mbarrett@peiupse.ca) by November 26, 2021 for a chance to win!**

**Please ensure there are no identifiers in your picture, e.g., clients, patients, members of public, documents, etc.**

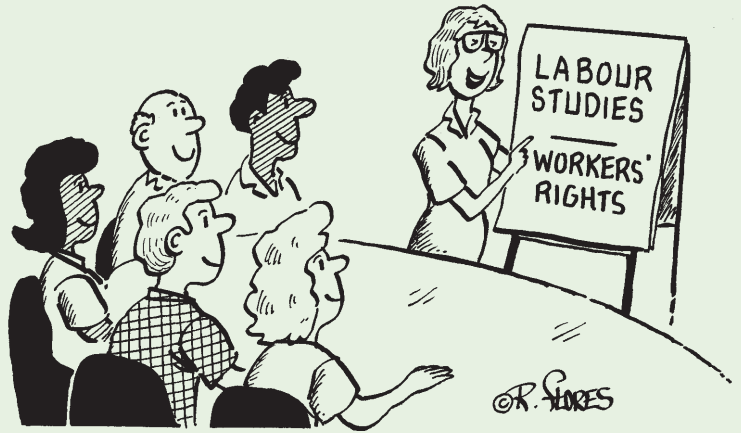


Prizes may not be exactly as shown in picture

# Mental Health / Stress in the Workplace: December 2, 2021

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: December 2, 2021 at 9:00 a.m. (Contact UPSE by November 22, 2021)**

Contact the union to register. Call **902-892-5335**, toll free **1-800-897-8773**, e-mail [peiupse@peiupse.ca](mailto:peiupse@peiupse.ca), or click on “education” on our homepage ([www.peiupse.ca](http://www.peiupse.ca)) and submit an “education application” online.

## Members: Please Update Personal Contact Information

The union encourages all members to take an active role in the union by keeping up-to-date on union news and issues. To ensure you receive the most recent UPSE communication materials, please update your contact information with the union.

***It's Your Union  
Get Involved!***

Call Norma Jarvis at the union office (902-892-5335, toll free 1-800-897-8773) to ensure your current contact information is up-to-date, or to make changes. You can also visit the UPSE website ([www.peiupse.ca](http://www.peiupse.ca)) and go to the [update contact information](#) link on the homepage where you can update your information on-line.

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