

CUPW Prairie Region

Education Seminar

DATE: October 27,28 and 29, 2017

Location : Edmonton , Alberta

Chateau Lacombe Hotel

10111 Bellamy Hill



COURSES:

Mental Health in the Workplace (Urban or RSMC/PSBU) This course is designed for interested members who are inclined to dedicate themselves to help, support and advocate for their co-workers suffering from mental illness. Or members looking at becoming Social Stewards, or that are Social Stewards. Participants will explore the impact of different forms of stigma towards people living with mental health problems and identify the indicators and workplace factors of psychological health and safety in the work place.

Welcome to CUPW (Urban or RSMC/PSBU) This course is for new members. During this interactive course, participants learn about their Union and find their place in it. Topics include CUPW history and constitution, how to write a resolution, Union vs, employer values, understanding power and many faces of activism.

Grievance Handling This course is suited to stewards with some experience. The aim of this course is to reinforce participants knowledge as well as their investigation and advocacy skills. Participants have opportunities to work on being assertive, practice preparing and arguing grievances, learn about shop steward rights, explore their role as workplace organizers and look at alternatives and additions to the grievance procedure.

Updating Routes and basic LCRMS Members new to LCRMS (Letter Carrier Route Measurement System) learn it's basics and gain an understanding of the factors used to update letter carrier routes.

Interested members should be made aware that all sessions of the courses are mandatory. Please instruct participants to inform the Local and REOO of any medical conditions that must be considered and ask participants to refrain from wearing any fragrances during the sessions to protect those with fragrance sensitivity allergies.

Participants are expected to share accommodations, any change must be authorized by the Regional Office beforehand.

DEADLINE FOR INTERESTED PARTICIPANTS IS MONDAY SEPTEMBER 11,2017 5:00PM - NO EXCEPTIONS

This education program falls under Article 11.06 of the National Constitution and expenses for delegates are paid under article 7.42, which include meals, transportation and accommodation. Reimbursement for childcare expenses is also available. The Union encourages all members to access this right of membership and learn how to make your own working life and that of your co-workers better. For more information contact the Local office at 204-942-6323 or drop in at 207-83 Sherbrook.

In Solidarity,

Myron May – Education Officer , CUPW Winnipeg Local

**CANADIAN UNION OF POSTAL WORKERS
PRAIRIE REGION**



**** Application for Educational ****

Event: 3-Day Fall 2017 Educational // Chateau Lacombe Hotel

Date: October 27 to 29, 2017 // Edmonton, AB

Courses Offered: Welcome to CUPW
Mental Health in the Workplace
Grievance Handling
Updating Routes & Basic LCRMS

Local:	Classification:
Name:	Sister <input type="checkbox"/> Brother <input type="checkbox"/> Equity Seeking Group <input type="checkbox"/>
Address:	City: Prov.: PC:
Home Phone:	Work Phone:
email Address:	
Emergency Contact:	Phone:
Course selections:	1 _____
(In order of preference)	2 _____
	3 _____
<u>ACCOMMODATION:</u> <i>The Chateau Lacombe Hotel is a NON-SMOKING facility.</i>	
All accommodations are guaranteed. It is the responsibility of the participant/Local to notify the Regional Office of any cancellations, prior to 2:00 pm on the scheduled day of arrival at the hotel. All "no show" room charges will be submitted to the participant/Local for payment.	
Share: <input type="checkbox"/>	with: _____
<u>TRAVEL:</u>	
Costs associated with cancelled air travel will be billed to the Local unless otherwise arranged.	
Transportation: Air: _____	
Seat preference: _____	
Bus: _____	
** IMPORTANT: Please print name as it appears on picture ID for airline ticket purpose.	

Please advise if you have any environmental or food allergies, mobility, medical, hearing or vision issues that we should be aware of.	

By signing below I indicate I understand that if my application is accepted to attend this Educational Seminar and I am unable to attend I will be held responsible for any nonrefundable costs incurred and any "no-show" costs associated with non attendance

Signature of Local President

(MUST BE SIGNED OR WILL NOT BE ACCEPTED)

Signature of Applicant

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