

THE Accent

Prince Edward Island Union of Public Sector Employees

UPSE Educational *Mental Health and the Workplace*

PEI UPSE plans to offer a course on ***Mental Health and the Workplace*** in late May after successfully launching the course during Mental Health Week.

Time: **TBD**

Location: **UPSE**

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. Types of mental illness, stigma, and the factors affecting mental health conditions will also be discussed.



Finally, many employees are required to deal with situations that are potentially dangerous and traumatic. Examples of these types of situations will be reviewed, and there will be discussion about the ways people can help themselves cope with the aftermath so they can minimize the risk of suffering longer term impacts on their mental health.

*Please register online at (www.peiupse.ca) or contact the union office to register at 902-892-5335, toll free 1-800-897-8773, or e-mail peiupse@peiupse.ca by 4:00 p.m. on **May 18, 2017.***

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

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

Stewards Conference

May 26, 2017

Time: 9:00-4:00 p.m.

Place: Loyalist Country Inn, Summerside

(195 Heather Moyle Drive, Summerside)

Conference topics:

- **Communicating with management. How far can you go?**
- **Meeting with the employers. A steward's role.**
- **Just Cause for Discipline. What a steward needs to know.**
- **The Duty of Fair Representation. How to fairly represent members.**
- **PTSD and "bullying induced illness"**
- **Domestic violence and the workplace**
- **The Life of a Grievance: "A grievance has been filed- now what?"**
- **Recent decisions of note**



Presenters: *Kimberly Turner, Q.C., B.A., LL.B. and Andrew Nielsen, B.J., LL.B. (Pink Larkin)*

To register please contact the UPSE office by **4:00 p.m. on May 19, 2017** at
902-892-5335, toll free at **1-800-897-8773**, or
 e-mail **peiupse@peiupse.ca**

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